

SAFETY PLAN for: Lake Lure Open Water Swims

SAFETY IS PARAMOUNT AND OUR PRIMARY CONCERN:

1. The Lake Lure Open Water Swim takes place the week-end before Labor Day. We have seen temp range from 78-82 F. Water quality is tested on a regular basis by Lake Lure Operations Patrol. Water on the course will be tested in weeks prior to LLOWS.
2. The Safety Coordinator for this event is Ron Morgan, *Fire Chief & Emergency Management Director for the Town of Lake Lure*.
3. On Race Day and during practice/workout Chief Morgan will direct a team of professional emergency personnel from Lake Lure (Fire, Police, Lake Operations) and Hickory Nut Gorge EMS as well as other area Volunteer Fire Department Personnel. Chief Morgan's Team will be responsible for protecting the course by controlling non-event boat traffic from the perimeter. The resort marina/boat slips are adjacent to the course. Any boat traffic going and coming from the boat slips is limited to *No Wake Zone* and is closely monitored. The team of professional emergency personnel will also be responsible for any emergency evacuation, medical aid and transportation to land-based services. These Departments will man 3 or more power boats w/ trained EMT's, Water Rescue Technicians and medical equipment including AED. There will also be one EMS Ambulance on site w/ trained personnel. One of the boats will be a Zodiac, rubber raft w/ outboard propeller cage.
4. The Professional Team will be assisted by the efforts of more than (12-20) volunteers. The volunteers will be on paddle boards, in kayaks and on stationary pontoon boats, with engines off, to monitor the event. Communication will be via walkie-talkie, whistles, flags and Radios of Emergency personnel. One kayak will escort the lead swimmer and one kayak will sweep the course behind the last swimmer. The remaining kayaks and pontoon boats will be stationed around the perimeter of the entire course until the all clear for the event is sounded.
5. Swimmers will wear the swim cap provided, must have their race number on their arms and swim cap, and must follow all announced safety rules without exception.
6. Time Limit: Swimmers who cannot complete one mile in 60 minutes or two mile in one hour and 45 minutes have been asked NOT to enter; swimmers on the course after these time limits may be stopped and listed as DNF in the results.
7. Start & Finish: Swimmers will start & finish from the beach. Swimmers will be started in waves based on seed time fastest to slowest. Clerk of the course & assistant(s) will document race # of swimmers entering and leaving water. When it is determined that the number of swimmers remaining in the water is less than 10 this number will be visually confirmed via radio communication between Safety Monitors and Clerk of the course.
8. If a swimmer needs assistance and is able, they are to stop swimming and raise their hand.
9. Any swimmer who signals or is observed in distress will be attended to immediately.

DELAY AND CANCELLATION PLANS: Delay &/or Cancellation is based on weather on race day and is left to joint discretion of Race Director & Safety Coordinator. The Swim will be delayed or cancelled if there is Lightning or any other unsafe conditions. If the swim has begun and unsafe condition(s) develops the Race Director &/or Safety Coordinator will communicate this to Emergency personnel and Monitors. A series of (3) blasts on whistles and horns will be repeated as well as all flags waved. Swimmers will be instructed in advance that should this occur they are to proceed to closest dock or pontoon boat. Swimmers will be transported to the beach and assemble in the **Pavillion** where participants will be accounted for and the Emergency Personnel notified.

MEDICAL EVACUATION PLAN: Once a swimmer signals distress or monitor observes swimmer in distress the monitor will move into position to provide flotation assistance. If it is necessary to remove the swimmer from the water or provide medical assistance the Monitor will signal, w/ one long blast on whistle repeatedly, while waving their flag to spot location for the assistance of Emergency Personnel. The Monitor will remove the swimmer from the path of other swimmers allowing Emergency Personnel to remove swimmer from the water safely. Air horn may be used to clear path for Zodiac. Emergency Personnel will access the situation immediately and take necessary measures. If the situation calls for the swimmer to be transported to Hospital by land they will alert EMS ambulance on site and transfer swimmer to Ambulance. The nearest hospital is Rutherford Regional Health Systems in Rutherfordton, NC; 18.8 miles less than 35 minutes. If the emergency were to dictate air evacuation would be arranged by air transport to Mission Hospital in Asheville, NC; 58 miles. Depending on the emergency, related activity and demand on the Emergency Personnel present the Race Director will decide whether to continue or Cancel the event. In the event of cancellation the prescribed plan will be activated.

This plan will be reviewed w/ Emergency Personnel and Volunteers in advance of the Event and again on Race Day. During the Pre-Race instruction the safety plan will be reviewed w/ swimmers.

Rich Guthmann - Race Director

Ron Morgan, Director of Emergency Management for Town of Lake Lure - Safety Coordinator