*Whiskeytown Open Water Swim Safety Plan*

*General Information*

*The Whiskeytown Open Water Swim is a point to point swim consisting of a 500 yard swim for ages 8-10, 1mile swim and 2 mile swim. The swim will start with the 500 yard swim at 10 am, followed by the 1 mile USMS swimmers at 10:30am, 1 mile USA swimmers ages 11-18 at 10:45 am, 2 mile USA swimmers 13-18 at 11:15am and 2 mile USMS swimmers at 11:30am. The course will start and end at the Brandy Creek beach. The safety plan outlines the procedures for the swim, roles of the volunteer and personal kayakers, and motorized boats.*

Race Day Conditions - Whiskeytown Lake is a fresh water lake with a depth on the course of between 15 – 20 feet. Some of the conditions on the course are grass in the shallows and wind on the 1 and 2 miles course. Expected air temperature – 60-80 degrees. Expected water temperature – 65 – 70 degrees. Starting point for the race will be on the beach at Brandy creek and finishing point will be at the same location.

Meet Safety plan

 Personnel - Mercy Ambulance personnel will be on site 30 minutes before the start of the race and until all personnel are accounted for after the race. The ambulance crew will consist of EMTS. 3 ARC lifeguards will be on duty and on the course on boards during the race. Motorized boats – both park service and Coast Guard Auxiliary will be stationed at course, in case any swimmers need help in addition 2-3 other boats will be stationed outside the course to help with traffic control and help if need be. Kayaks – 10 -15 kayaks will accompany swimmer during each leg of the race, each will be issued an orange flag to signal motorized boat for assistance with swimmers.

Athlete Accountability - Check in will be done by roster to enter starting area and at finish line. Caps will be color coded with red for US swimming and green for Pacific Masters. Each competitor will be required to check in before entering starting area and to check in when finishing race. The start and finish areas will be roped off. All swimmers will be reminded before the race to check in at the timer at finish line if they withdrawal and all swimmers who finish the race or leave the water will be identified by their race number. In the event a swimmer is reported missing and last seen in the water, the park service will activate their underwater rescue, search and recovery protocol. Concurrently meet operations will review start list, withdrawal list.

Communications - Race communications will be done with radios and cell phones as backup a list with phone numbers will be handed out at the race safety meeting.

Cancellation of the race - Race will be cancelled in the event of severe weather; both weather radio and lightning detector are available through National Park Service (NPS) and will be monitored by them. The race will also be cancelled in the event of a failed water quality test. The NPS collects water samples every 4 weeks. Cancellation of the race after start will be signaled by 5 short blasts and 1 long blast on an air horn, which will be with race personnel at start finish area. Swimmers will look to officials and safety personnel for directions and once on land will proceed to start finish line to check in.

Whiskeytown Swim Cancellation Plan - In the event that unsafe conditions occur while the swim is in progress, the powerboats marshalling the course perimeter will be notified by radio and instructions to sound alarm horns or whistles, thus notifying the escort paddle craft as well. Swimmers will be instructed to swim to the nearest shore, not more than two or three minutes swim from any point along the course. Paddle craft and powerboats will assist those swimmers farthest from shore or in most need until all swimmers are safely ashore. All participants will be instructed in this evacuation procedure during pre-race instructions, and will be required to check in at the finish area after any such evacuation.

Whiskeytown Lake Swim Medical Evacuation Plan - Any swimmer in distress may signal one of the paddle craft or powerboats for assistance at any time by calling out or raising a single arm. The paddle craft will tow the swimmer out of the course either to the shore or to a waiting powerboat, but powerboats may not enter the course to pick up a swimmer. The estimated time from the farthest point on the course to shore facilities is approximately five minutes. Mercy Hospital Ground Ambulance will be at the start/finish area. Mercy Air Ambulance can be contacted if necessary, which is only a few minutes flight time from the parking lot at the beach.

Whiskeytown Lake Swim Medical Equipment/Personnel - There will be a standard first aid kit on the beach for minor problems. An ambulance and medical personnel will be on the beach for more serious problems, and air ambulance is available in life-threatening situations. The National Park Service also has equipment at the lake for emergencies, on both the beach and aboard a vessel on the water.

Saftey briefing – the following will be gone over with swimmers during pre race briefing.

Welcome to the Whiskeytown Open Water Swim

Thank Sponsors

General Announcement

 Refreshments

 Facilities

 Bathing suits – What’s legal what’s not.

Conditions

 Weather

 Possible Hazards

Safety and emergency Procedures

 If you are apprehensive about participation in the swim or your ability to complete the distance, please withdraw before entering the water.

 If you need assistance during the race wave one arm over your head. A paddler will come to you.

 If you dropp out before or during the race, report immediately to the finish line judge under the finish banner so we know you didn’t complete the race and are safe.

 Faster swimmers should position themselves closer to the start line at the edge of the water. Slower swimmer need to be towards the back of the pack. This is for safety reasons.

 Emergency Staff will be stationed along the course in Kayaks, motorized boats and boards.

 If you are not registered to swim, please do not participate

The finish

 Chute directions

 Clock

The course

 Reference map at start line to show course and buoys to round

The Start

 Time of start

 Spread out and be courteous

 Start commands

 Red Flag 3 minutes

 Yellow Flag 1 minute

 Green Flag and horn - go