Team Fort Collins Horsetooth Swim Safety Plan

2014

April 9, 2014 update

Pre-Race Plan:

1. Water Quality
   1. Larimer County performs regular checks of water quality and the swim organizers will check what the latest results are before the race day.
2. Water Temperature
   1. Water temperature is typically between 65F-70F.
   2. Water temperature will be measured a few days before the event and will be posted on the event website and facebook page.
   3. Water temperature will be measured the morning of the race
3. Safety Meetings
   1. There will be an event staff safety meeting a few days prior to the swim (typically held on Thursday night) that includes the primary safety team (Race Director, Safety Officer, Larimer County Dive Rescue Team, Larimer County Rangers, etc).
   2. Pre-Race 10K Logistics and Safety Meeting
      1. Webinar
         1. Primarily for repeat Horsetooth 10K swimmers that cannot make the Saturday night dinner. It is open to all swimmers and support paddlers.
         2. Covers race day logistics, safety information
      2. Saturday night Dinner
         1. 7pm Saturday night before race
         2. Covers race day logistics, safety information
   3. Race Day meetings
      1. 10K
         1. 6:30am Swimmers Safety meeting and Paddler Safety Meeting at the North End of the Reservoir
         2. 7:00am Race starts at the North End.
         3. 12:00noon Race course closed. All remaining swimmers pulled from the water
      2. 2.4M, 1.2M
         1. 6:30am Paddler safety meeting at the South End of the Reservoir
         2. 6:45am Swimmers safety meeting at the South End of the Reservoir
         3. 7:00am Race starts at the South End

Safety Plan:

1. On the water emergency services provided by Larimer County Dive Rescue Team (LCDRT).
2. On-Course – There will be a minimum of three roving motorized craft from Larimer County Park Rangers, Coast Guard or Larimer County Dive Rescue that will be carrying Larimer County Dive Rescue Personnel on board. There will be a designated swimmer spotter on board each motorized craft.
3. Support craft for the swimmers
   1. 10K
      1. There will be a support kayak/canoe per swimmer for the 10K race.
      2. In addition, there will be 2-3 support kayak/canoes that will be roving the race to assist if needed
      3. No swimmer will be allowed to swim the 10K without an individualized support kayak/canoe
      4. Support craft/swimmer meet up is spaced out a small distance from the start line to allow the swimmers to spread out and be identified easier. The meet up plan is as follows:
         1. Support crafts create a line waiting for swimmers. As a swimmer passes, each support craft in the line will call out the number of the swimmer so the corresponding support craft is aware the swimmer has arrived.
         2. The support craft assigned to the swimmer will exit the support craft line and start following the swimmer.
         3. If a swimmer gets to the end of the support craft line without meeting up with the assigned support craft, one of the rover support craft will accompany the swimmer until the assigned support craft can catch up.
   2. 2.4M, 1.2M, 1000yd and 250yd
      1. There will be a minimum of one support kayak/canoes for every 20 swimmers at the race that will be spaced along the course to assist swimmers if needed.
      2. These will be spaced along the course to assist swimmers if needed
4. All Swimmers must remain within 50m of the shore.
   1. Race Operations will be manned by:
      1. Race Director - with radio
      2. Referee
      3. Safety Officer
5. A paramedic vehicle manned by two EMT’s from Poudre Valley Hospital will be on-site during the race.

Communications Plan:

1. Primary - The primary safety communication will be the radio frequency band used by Larimer County Dive Rescue Emergency.
   1. Larimer County Dive Rescue Team – emergency radio will be used by the following:
      1. Race Director/Safety Officer
      2. LCDRT
      3. Larimer County Rangers
2. Secondary: Cellular telephones will be used as a backup communications link. The following positions will be have cell phones and the cell phone numbers for each position:
   1. Race Director
   2. Meet Referee
   3. Safety Officer
   4. LCDRT Chief

Emergency Action Plan:

1. Swimmer in Distress:
   1. When a support craft (canoe/kayak) identifies a swimmer in distress, they wave their paddles over their heads to signal the nearest LCDRT or Ranger boat for assistance. The support craft will also blow 3 short blasts of their whistle.
   2. LCDRT will activate their water rescue protocols.
   3. Swimmers withdrawing from the race must report to the race officials at the start or finish line for identification
   4. Paramedics and an EMT vehicle will be stationed at the South Bay swim area manned by the EMT.
   5. Swimmers needing emergency medical care will be administered to by LCDRT or the EMT at the finish.
   6. Swimmers requiring evacuation via ambulance will be transported to Poudre Valley Hospital – 11 miles from course center. Transit time 25-30 minutes.
2. Missing Swimmer
   1. Swimmer identification
      1. 10K
         1. The swimmers will check-in at the start of the race and a number will be marked on their bodies for identification with a permanent marker
         2. The swimmers will be checked off at the finish line as they finish the race.
      2. 2.4M, 1.2M, 1000yd, 250yd.
         1. The swimmers will be assigned a timing chip that they will wear on their ankle.
         2. The swimmers will cross a timing mat or pad the morning of the race as part of the pre-race check-in before entering the water.
         3. The swimmers will cross a timing mat as they complete the race.
         4. If the swimmers timing chip has gone missing or fallen off during the race, the body marking numbers will be used as a secondary confirmation of completion.
   2. All swimmers will be required to provide a personal cell phone contact during registration.
   3. If a swimmer is reported missing and was last seen in the water:
      1. LCDRT will activate their under-water search and recovery protocol. Concurrently, meet operations will attempt to contact the swimmer via cell phone.
      2. Meet Operations will review the start list, withdrawal list, and finish to confirm the swimmer actually started the race and has not completed the race.
      3. All swimmers are reminded before the race start that they must report to the nearest race official if they withdraw from the race.
      4. All swimmers who depart from the water will be identified by their race number (on their bodies or via timing chip).

Contingency Plan

Parameters for Abandoning the Race:

1. Under the conditions set forth by Larimer County, the race cannot go on unless the LCDRT is on the water. If for some reason (rescue request from another lake), the LCDRT has to exit the water, the race must immediately be abandoned.
2. Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.
   1. Race Director
   2. Meet Referee
   3. Safety Officer
   4. Head LCDRT
3. If the race is to be abandoned, the Race Director will relay via radio to all vessels to signal abandonment. Simultaneously, the LCDRT will signal abandonment to the crafts nearby.
4. The abandonment signals will be:
   1. From LCDRT Boats – 5 short blasts followed by one long blast.
   2. Each kayak/canoe shall pass on the whistle signals down the line to other kayak/canoers.
5. Swimmer actions are to:
   1. Immediately swim to the nearest shore line.
   2. Look for directions from the Officials or water safety personnel on how to proceed to either the race start or race finish area.
   3. Once at either the start or finish area, check-in with race officials before leaving the area.

Contingency Plan:

1. If weather conditions require, the race course may be modified if feasible.
2. If the race is abandoned, it may be postponed until later the same day. If the race must be abandoned for the entire day, the race will be cancelled.

2013 Critical Position Assignment and Cell Phone Numbers

(Names and numbers subject to change in 2014)

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| **Position** | **Name** | **Cell Phone** |
| Race Director | Ken DeSimone  Joe Bakel | 970-219-9318  970-218-9431 |
| Meet Referee | Linda Seckinger | 970-454-3697 |
| Safety Officer | Jackie Stiff | 970-481-6640 |
| Larimer County Dive Rescue | Mike Levy | 970-412-6742 |
| Larimer County Rangers | Mark Caughlin | 970-481-4120 |