## Event Description

### General

* The September 20th, 2014 event includes a 1.0 mile and 2.0 mile race on a rectangular course at Angle Lake in Seatac, Washington. The 2.0 mile race will start at 10:00am and the 1 mile race will start at 10:30am. The last swimmer is expected to finish around 11:30 a.m. All swimmers must check-in by 9:30 and attend mandatory safety meeting. No late check-in will be allowed.

**Key Personnel**

Race Director: Mike Murphy [MeetDirector@BlueWave-Aquatics.com](mailto:MeetDirector@BlueWave-Aquatics.com) 206-316-0234

Meet Referee: Connie Sholdra [sholdras@yahoo.com](mailto:sholdras@yahoo.com) 425-255-2608

Safety Officer: Scott Lautman [scott.lautman@alaskaair.com](mailto:scott.lautman@alaskaair.com) 206-669-6695

Head Lifeguard: Jennifer Mesler [themeslers@gmail.com](mailto:themeslers@gmail.com) 206-715-8850

Backup Personnel:

Registrar: Judy Williams [registrar@bluewave-aquatics.com](mailto:registrar@bluewave-aquatics.com) 206-242-7802

Asst. Meet Director: Wendy Neely [wendymal@mac.com](mailto:wendymal@mac.com) 206-793-9391

### Course

Refer to course map at end of document. The race course is rectangular, approximately one mile in length swum in a counterclockwise direction (left shoulder turns). It’s long in the east/west direction, marked by 4 tall, cylindrical yellow buoys at each corner of the course and two orange guide buoys, one in the approximate center of each of the long legs of the rectangle. The course can be seen in its entirety from dock and shoreline to the top of the rise behind the dock.

The start line will be located at the southeast corner of the dock, near Buoy 4, and extend south from the corner of the dock as necessary, approximately 50 feet. Buoy 1 is at the first turn at the southeast corner of the course. Buoy 2 (turn 2) at the northeast corner, buoy 3 at the northwest corner and Buoy 4 is at the southeast corner. The finish line will be on the beach, past Buoy 3. 2 orange buoys will be set up on the water, designating the finish area. The finish line is on the beach.

For day of race communication purposes the course will be divided into 4 roughly equal and rectangular zones: A, B, C, and D. Zone A will be the most westerly closest to the start and finish, containing Buoys 3 and 4. Zone D will be the most easterly, furthest away from the start and finish, containing Buoys 1 and 2. Zones B & C, the middle zones, will be split by the middle guide buoys.

For the purposes of this safety plan, the victim or distressed swimmer will be referred to as DS.

### Safety

* **Mandatory Safety/Course Talk for all participants:** 30 min prior to the event start the race director, safety coordinator and head lifeguard will host safety talk mandatory for all participants. All swimmers will be handed a personally numbered ticket. At this point no swimmer is allowed in the water without handing in their ticket to the appointed ticket official. Course description, currents, distressed swimmer, early exit/race abandonment and personal responsibility will be covered in this briefing.
* **Communications**: There will be two sets of radios, one set for course officials (course radio), and the other set for safety personnel (safety radio), including designated lifeguards, EMT boat, and safety officer. The race director will carry a radio from each set.
* **Lifeguards (12-16)**: There will be a maximum ratio of 15 swimmers to 1 lifeguard. The intent of the lifeguards and kayakers is to provide a ready response to swimmers in distress, and to initiate rescue, provide first response, treatment and transportation to safety and advanced care.
  + **Head Lifeguard-** Will give pre-race briefing to all lifeguards. **She will be on shore** with a safety radio coordinating lifeguards and, if necessary, rescue efforts.
  + **East and West Lead Lifeguards-** will be in a kayak with whistle, flag, safety radio and rescue tube, West Lifeguard is responsible for coordinating lifeguards in Zones A & B. East Lifeguard is responsible for coordinating lifeguards in Zones C & D. Both lead lifeguards will receive direction from the Head Lifeguard. May make first contact with DS.
  + **Long board Lifeguards-** will be on a long board with whistle and flag, one long board lifeguard in each of four zones. Responsible for reaching and moving DS to EMT boat or shore, whichever is most expedient. May make first contact with DS.
  + **Kayak Lifeguards**- will be in kayaks with whistle, flag, and rescue tube. Two or three in each zone. Responsible for identifying swimmers in distress, making first contact with distressed swimmer (DS), if necessary, assisting DS until long board lifeguard arrives to move DS.
* **Kayakers (4-8):** The non-lifeguard kayakers will wear a personal flotation device (PFD), as well as have an extra flotation device i.e. rescue tube or foam noodle. They will also have a whistle and flag. Non-lifeguard kayakers are there to help keep swimmers on course and to follow lag/last swimmers in each event. The non-lifeguard kayakers may offer assistance in the way of flotation devices but must defer to lifeguards if DS requires more assistance than flotation aid.
* **Swim Officials (4-6):** Swim officials in kayaks, wearing PFDs, will have a whistle and flag, extra flotation device, course radio, and cell phone. Some swim officials will be posted at turns and others will be following and observing groups of swimmers. Although swim officials are not in the water specifically for the safety of the swimmers, they may offer assistance in the way of flotation devices but must defer to lifeguards if DS requires more assistance than flotation aid.
* **Observation Boats (1):** There will be one observation boat, located near the southeast corner of the course, at least 50 feet away from the swimmers. The boat will be manned by the captain and a swimmer monitor (USMS OW-102.2.2B). The boat will have a whistle, flag, and rescue tube or foam noodle flotation device. The boat will have cell phones for contacting race officials. It will also have warming blankets. The boat will be available for swimmers at the far end of the course who are not in need of medical attention but are too tired to continue with the race. The boat engine will be turned off as the swimmer approaches within 25 feet of the boat.
* **EMT Boat (1):** An EMT boat (exempt from propeller guards) will be patrolling the South side of the course, available to render aid and medical assistance as necessary. The boat will have a safety radio on board.
* **Medical Staff**: There will be 2 medical doctors on site, on shore. All calls to 911 Emergency response or local hospitals will be made by the medical staff on site, not by other personnel, in order to increase the clarity of the communicated information and to speed proper advanced medical treatment.

**Distressed Swimmer**

* **Action for Aiding a Distressed Swimmer:** If a DS requires assistance, the lifeguard making first contact will determine the type of assistance to offer. In each case the lifeguard will wave their flag to get the Lead Lifeguard’s attention. Lead Lifeguard should make their way toward DS and inform Head Lifeguard of situation by radio. If DS requires immediate medical assistance, lifeguard making initial contact will wave flag and blow whistle. Long board lifeguard should proceed immediately to DS location.
  + If DS is tired but in relatively good shape. Offer a flotation device but let the swimmer know if they hold on to the kayak or other flotation device, according to the rules of the competition, they are out of the race and need to swim directly to an observation boat or the finish line. Swimmer may, when ready, continue with race or accept flotation device. If the swimmer opts to quit the race, the lifeguard or kayaker will follow swimmer in observation boat or to shore where swimmer must inform officials that he/she is out of the water, and turn in their timing chip. Whether the swimmer quits the swim or continues with the swim, lead lifeguard should inform head lifeguard, who will in turn, inform officials of situation.
  + If DS requires medical assistance and cannot swim out on their own, the long board lifeguard will take the swimmer to either the EMT boat or in to shore.

**Missing Swimmer**

* All swimmers will provide their own cell phone number, as well as the name and cell number of the person (handler) remaining on land and accompanying that swimmer to the event.
* All swimmers will be issued and marked with a unique competitor number during the registration process. They will also be given a ticket to enter the water.
* Prior to the race the swimmers will line up in front of the entry area. The tickets of each swimmer will be taken from the swimmer as they enter the water. Swim officials will verify that their ticket number matches the number on the swimmer. The sole purpose of the ticket is to know who exactly has entered the water. If the swimmer does not have their ticket they may not enter the water.
* Swimmers will be checked off as they exit the water after the race.
* If a swimmer chooses to abandon the race, they must notify a race official as soon as possible, after which they will be checked off the list.
* If a swimmer is reported missing, the announcer, over the PA system, will ask the swimmer to come to the registration table. The race director will call the swimmer’s cell phone. If the swimmer cannot be reached, the next call will be to the swimmer’s handler. If the swimmer cannot be located, 911 will be called by the medical staff and the lifeguards will start an under-water search.

### Specific Race-Day Operations

#### General Course Patrol

* Kayakers should be watching for any swimmers in distress and alert your radio operator so that he/she can notify the Head Lifeguard/Safety Officer/Race Director.
* Keep an eye out for other boats (There should be no other boats other than kayaks, observation boats (anchored) and the EMT boat).

#### Swimmer Rescue

* General
  + If a swimmer must be rescued for any reason, the Head Lifeguard will notify the Race Director/Safety Officer.
  + Obtain swimmer name and number and general condition. Relay information to Race Director/Safety Officer, also noting time and approximate location along the course.
  + Notify Race Director/Safety Officer that rescue has concluded. Note that swimmer has withdrawn, restate swimmer’s name, number and condition, and time of rescue.
  + Contact Race Director/Safety Officer and, fill out incident report at conclusion of race.
* Non Medical Emergency Measures (e.g., fatigue),
  + Follow outline above
  + A kayak may notify nearest long board lifeguard by whistle and/or flag that a swimmer requires a non-medical rescue.
  + Kayaker will escort the swimmer outside of the swim course for pickup by observation boat, or swimmer may proceed on his or her own power.
  + Get swimmer into boat and comfortable. Keep swimmer on board until docked at race finish.
* Medical Emergency
  + Long board lifeguards and/or EMT boat will evacuate any swimmer needing medical attention.
  + Lead lifeguard must radio to head lifeguard that a rescue is being conducted so medical staff on dry land can call 911.
  + Identify yourself and your location when radioing to the medical staff and follow outline above.

### Other Tasks and Information

## Kayak safety

### Boat Requirements

Experienced kayakers should come equipped for up to two hours of slow paddling. Boat must be seaworthy. Life jackets required. Bring the following if you have them:

* Red Flag (will be provided)
* Cell phone
* Flotation device i.e. rescue tube or foam noodle (will be provided)
* Extra life jacket

### Role

You are here to (1) keep swimmers on course, (2) watch for swimmers in distress, and (3) help transport any swimmers withdrawing or needing rescue to EMT boat, to observation boat, or to shore.

#### Course Policing

* If you see a swimmer heading off course, use your flag, paddle or shout to get their attention. Do not be shy about herding them back onto the course, but please try your best to not harm the swimmer in your attempt to redirect them
* Avoid following swimmers off the course unless necessary to redirect them *back* to the course. In other words, don’t keep moving out just because they are. Swimmers will follow you, right or wrong. Be a good guidepost for swimmers, encourage (or herd) errant swimmers to follow you back on course.
* If someone wants to abandon the race, please ask them to hold on to your boat (stern or aft – never the sides) and signal a lifeguard for assistance. If they are able to swim back to shore or an observation boat, follow them. Get their name and race number and relay that information to an official on shore, or to a lead lifeguard with a radio.
* General
  + Please remember that you are watching all the swimmers in your area. Unless directed by a race official or lead lifeguard, do NOT follow one swimmer, *you are not a personal escort*.
* When to pull a swimmer from the competition:
  + If a swimmer demands you paddle next to them.
  + If a swimmer is incapable of staying on course and you are spending all of your time corralling one individual
  + Safety Officer/Race Director/Head Lifeguard determines if the last swimmer needs to be pulled, and if so will radio that information to either lead lifeguards or officials in kayaks.
  + Use your best judgment.
* Pulling a swimmer
  + Clearly explain your decision. Tell, don’t ask. And don’t argue.
  + Direct the swimmer to follow you to shore, to an observation boat, to a long board lifeguard, or to the EMT boat.
  + When swimmer is on long board, boat, or shore, go back to your assigned position.
* Tired swimmers
  + A rest is different than needing help. Ask the swimmer if they need a rest or need help.
* Swimmer Rescue
  + If a swimmer is panicking or appears in trouble, whistle and signal with the flag for lead lifeguard and long board.
    - Lifeguards are intended to be the first response to rescues if they are available.
  + If a lifeguard is unable to reach the swimmer, quickly approach the swimmer, give them a flotation device (rescue tube, foam noodle). If reasonable, direct them to nearest observation boat (south side of course), dock or shore (north side of course).
  + As a last resort, allow the swimmer to hold onto your boat. Use caution, a panicked swimmer can dump a kayak easily and quickly. Get them to the stern and tow them to nearest longboard lifeguard, EMT boat, observation boat, or shore (start/finish area).
  + If a swimmer was rescued, contact the Head Lifeguard at the end of the race. It may be necessary to fill out an incident report.

#### Communications

* Bring a cell phone if you have one. Race Director’s (Mike Murphy) number is 206-316-0234. Safety Officer’s (Scott Lautman) number is 206-669-6695. Meet referee (Connie Sholdra)425-255-2608. All three are able to communicate by course radio and/or safety radio.

## Swimmer Responsibilities

The event’s success requires the swimmers accept certain responsibilities. In addition to recognizing the risk inherent to exercise in cold water (e.g., heart attack, hypothermia, drowning), every participant is expected to abide by the following:

* No guide is available. The kayaks and boats are there for the safety of the group, *not as individual escorts or safety marshals*. Expect to follow the course with the help of adjacent swimmers and buoys, not with the personal aid of the boaters.
* DO keep an eye out for your fellow swimmers. Help them stay on course. If you see another swimmer clearly in distress, please summon a lifeguard and stay in contact with the swimmer.
* If you decide to abandon the event midway, DO NOT swim to shore alone. Notify a kayaker or lifeguard and they will escort you to an observation boat, the EMT boat, or to shore.
* If you are tired or injured and need assistance, summon help from a kayaker or lifeguard; this is why they are here.
  + When a lifeguard or official approaches, clearly explain the nature of your problem. Be accurate when assessing your condition or circumstance. Don’t sugarcoat it. Don’t cry wolf.
  + If you are injured or have a medical emergency, enlist the help of a lifeguard. They are trained in first aid and lifesaving. If unable to reach a lifeguard, explain your situation to the nearest kayak or swimmer. If urgent, BE VERY EXPLICIT.
  + If you need a rest or simply want a break and require a flotation device, raise and wave your hand, look for and get the attention of a kayaker.
  + Listen to whatever direction or instructions are provided by the lifeguard or official in the kayak.
  + If injured or needing medical attention, you will be transported to an EMT boat or to shore, whichever is more expedient. If uninjured but withdrawing from the race, a kayak or long board will escort or transport you to an observation boat or to shore.
* If you are showing signs of distress, are obviously unable to follow the course, or will clearly finish outside of the 1:30 hour time limit, you will be pulled from the event.
  + If you are pulled, do not argue with lifeguards or officials. They are looking after the safety of all the swimmers, not one.
  + You will either be escorted by a kayaker, or transported by a long board as appropriate.
* If transported or escorted to a pontoon boat, you will remain on the boat until that boat is authorized to return to the finish area. While on the boat, the boat crew will radio or call in your location and that you are out of the race. When you return to the finish area, **you must check in with a race official** and return your electronic timing chip.
* If you start the race and subsequently abandon it for any reason, you must report to a race official and return your chip. If you start the race but do not check in at the finish, we will conclude you are still on the course. If the race is over and your time chip has not been returned, we will assume the worst and we will begin search and rescue procedures for you.
* If you have sustained minor injuries and are able to remain at the race venue (ashore), notify the Race Director or Safety Officer. You will be expected to complete an incident report describing the nature of your accident, illness, or condition.

#### Prior to the event start

* Check in athletes and hand out caps.
* Race Director, Meet Referee and Safety Officer are responsible for determining and announcing event cancellation.
* Announce plans for rescheduling if possible.
* If cancellation is due to circumstances beyond the control of the event hosts (i.e. weather), no refund is due.

#### During the event

* The Race Director and Safety Officer are responsible for determining and announcing event cancellation.
* Notify lifeguards and officials on the water immediately by radio that the event has been canceled.
* Lifeguards and officials shall inform swimmers of cancellation.
* Verify that all entrants have been accounted for.

**Parameters for Abandoning the Race:**

* Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions: Meet Referee, Meet Director or Safety Officer
* If the race is to be abandoned, radios will be used to communicate to all water craft.
* From the Referee, the abandonment signals will be 5 short blasts followed by one long blast.
* From the Lifeguards, the abandonment signals will be 5 short blasts of the whistle followed by one long blast.
* Swimmer actions are to discontinue swimming and look for directions from the Officials or water craft personnel. Once safe on shore, make sure they get checked off as being safely out of the water