***Whiskeytown Open Water Swim Safety Plan***

**General Information**

The Whiskeytown Open Water Swim for USA swimmers is a circuit swim consisting of a 500yd swim, 1mile swim and 2 mile swim. The swim will start with the 500 yd at 10:00 am 1 mile swimmers at 10:45am followed by the 2 mile USMS swimmers at 11:15am. The course will start and end at the Brandy Creek beach. It will be a beach start and beach finish through a chute. 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. Zero to very slight current dependent on winds.

**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 which will have a driver and a swimmer monitor will be stationed outside the course to help with traffic control and help if need be. Kayaks – 10 -15 kayaks will accompany or follow swimmers during each leg of the race, each will be issued an orange flag and a whistle to signal motorized boat for assistance with swimmers. If a swimmer needs immediate assistance or wishes to get out of the race, the boat will respond to the kayaker’s signals and pick them up and take them to shore. In addition, the kayakers will also use their radio to alert lifeguards and official and medical personnel on shore in case of a medical emergency.

**Athlete Accountability** - Check in will be done by roster to enter starting area and at finish line. Swimmers will not be allowed in starting area until they have checked in with meet referee. Caps will be color coded with red for US swimming and green for Pacific Masters. The swimmers will finish through a chute where two officials will check their numbers off with the participant list with another person assisting to call out numbers. They need to stay in the chute/finish area until they have been checked off. 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 by the kayaker who assists them and when they get back to shore by the official. In the event a swimmer is reported missing and last seen in the water, we will call for the swimmer with the pa system, call by cell, call swimmer’s handler and if not found we will ask the park service to 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 and/or abandonment of the race - Race will be cancelled/abandoned in the event of severe weather; both weather radio and lightning detector are available through National Park Service and will be monitored by them. 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 for the quickest route to land or boat and once on land will proceed to start finish line to check in. If their closest land is an island the kayakers will follow them to land and report back to officials their numbers and location, while they wait for boats to bring them to start/finish where they will again be checked in by number by the officials.

Safety Officials meeting will be held at 9:15am

**Mandatory Saftey briefing will be held at 9:30am** --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. Check fingernails and toenails.

**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 and flag down a boat to take you back to start/finish area where you will check in.

If you drop 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.

Go over athlete accountability as detailed above.

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