

Hagg Lake Swim

June 3, 2012

Safety Plan

The Hagg Lake Swims will be held in Henry Hagg Lake in Scoggins Valley Park, Gaston, OR. The swim will be held in the "no wake" portion of the lake. The swim courses will use an elongated triangular area with sides totaling 2000 meters. These courses will be marked with large orange buoys and patrolled by the Washington County Sheriff's powerboat. Two EMTs from the Gaston fire department will be on the water on jet skis during the races to extract swimmers and provide first aid. Maps of the course will be posted.

Pre-race briefings will include all appropriate safety information. Pre-race marshaling will include a swimmer count at the start and the post-race check-in will provide a swimmer count at the finish.

Swimmer Safety for each swim will be provided primarily by four groups:

- Spotters: Ten canoes/kayaks will be stationed on the flanks of the course, each boat covering a section of approximately 200 meters of the course. Each spotter will carry a map of the course, a two-way radio, and a whistle. Spotters will watch swimmers on the course, make primary rescue contact when needed, and call for the EMTs as needed.
- Rescuers: Two EMTs on jet skis will patrol the course. Each jet ski will carry rescue gear, first aid supplies, and two two-way radios. One radio is for communication with canoe/kayakers, and the other is for calling from the Gaston Fire Department for additional help if needed.
- EMTs: Two EMTs from the Gaston Fire Department will be present to cover all swims and handle all medical situations.
- Safety Director: The Safety Director will direct safety operations from shore using similar equipment and a cell phone for outside emergency communication.

At the exit from the swim, a safety marshal will observe all swimmers as they leave the water, and advise those showing signs of chill to get into warm clothes and drink warm fluids immediately. Free warm drinks will be available to all participating swimmers, and there will be an ample supply of blankets and sleeping bags in the First Aid RV. There are no hot showers at the lake.

In the case of a life-threatening emergency, the patient may be transported by ambulance to the Tualatin Forest Grove Hospital, located 11.6 miles from the race site. If a case is not life-threatening but needs emergency treatment, the patient may be transported by private car to the Hospital. Maps to the hospital will be available on site.

If mass evacuation from the water during a swim becomes necessary, the Safety Director will notify all spotters and rescuers by two-way radio to direct swimmers to the nearest shoreline, which in the farthest case is approximately 200 meters.

If conditions may adversely affect a swim, the Safety Director or Event Director is authorized to postpone the swim. The most probable case is a thunderstorm. Since swims are scheduled in the morning, there should be ample time to delay swims until danger has passed. The Event Director is authorized to cancel the event, but only continuing dangerous conditions would warrant cancellation.