



## CENTRAL ILLINOIS OPEN WATER SWIM (CIOWS)

Evergreen Lake • Comlara Park • Hudson, Illinois

Sanctioned by Illinois Masters Swimming Association for USMS, Inc. (Sanction No. 212-W002)

Saturday, August 4, 2012, 9:00 A.M. CT

### Safety Plan\* (Revision 0)



### Scope

The objective is a safety plan for conducting the August 4, 2012 Central Illinois Open Water Swim event sanctioned by Illinois Masters Swimming Association, Inc., for U.S. Masters Swimming, Inc. CIOWS desires that each swimmer safely enjoy CIOWS 2012, when entering, swimming, and exiting Evergreen Lake at Comlara Park, in Hudson, Illinois.

\* Revisions to this Safety Plan may be warranted and uploaded at [USMS.org](http://USMS.org) after initial USMS/ILMSA Online Sanction Chair approval. Revisions may include subject matter expertise, recommended governing guidance, changing Event conditions, & safety value-add improvements.

### Hosts

Event Host: [Central Illinois Masters Swim Team, Inc.](http://Central Illinois Masters Swim Team, Inc.)

Host Facility: [McLean County Department of Parks & Recreation \(Illinois\)](http://McLean County Department of Parks & Recreation (Illinois))

### Venue: Evergreen Lake

Comlara Park, 13001 Recreation Area Drive, Hudson, IL 61748 (~10-Miles North of Bloomington-Normal, IL)

### Event Officials

Director	Dave Gibson	309.663.4019	<a href="mailto:info2012 AT ciows DOT org">info2012 AT ciows DOT org</a>
Advisor	John Traynor	309.829.8964	<a href="mailto:info2012 AT ciows DOT org">info2012 AT ciows DOT org</a>
Referee:	Rome Yount	309.662.3504	<a href="mailto:rbyount AT comcast DOT net">rbyount AT comcast DOT net</a>
Clerk of Course (IT Director, Swimmer Registrations, & Accounting of Swimmers)	Erik VanEtten	309.824.0398	<a href="mailto:info2012 AT ciows DOT org">info2012 AT ciows DOT org</a>
Aquatics Safety Coordinator (Aquatics Safety Resources & Monitoring)	Patti Koranda	309.826.0089	<a href="mailto:pjkorand AT ilstu DOT edu">pjkorand AT ilstu DOT edu</a>
Medical Officer & Fire Chief (Onsite BLS Ambulances, EMTs, Non-Transport First Aid Stations, Underwater Dive Rescue Resources, & offsite emergent ALS resources)	Dan Hite	309.824.2226	<a href="mailto:dhite AT hudsonfire DOT org">dhite AT hudsonfire DOT org</a> ; <a href="mailto:dahite AT ilstu DOT org">dahite AT ilstu DOT org</a>
Dive Master	Jeff Thomas	309.319.1556; 309.766.2292	
Incident Command Post (Communications & Monitor)	Eric Hodges Andy Stubblefield	309-275-2970 309.275.7575 (cell/text); 309.888.5030	<a href="mailto:eric.hodges AT mcleancountyema DOT org">eric.hodges AT mcleancountyema DOT org</a>
Host Facility/Venue Director (Evergreen Lake, Comlara Park)	Mike Steffa	309.242.5806 309.434.6770	
Timer, Scorer, & Results	Dick Sidner	317.695.9885	<a href="http://PlanetAdventuresLLC">PlanetAdventuresLLC</a>
Announcer (Public Address)	Bruce Rea		

### Websites

Event Host: [www.CIOWS.org](http://www.CIOWS.org)

Online Registration: [www.ClubAssistant.com/CIOWS](http://www.ClubAssistant.com/CIOWS)



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### Hospitals

1. [St. Joseph Medical Hospital](#) (Distance from Venue: 17.1-Miles)  
2200 E. Washington Street  
Bloomington, Illinois 61701-4323  
309.662.3311  
[Map & Directions](#)
2. [Advocate BroMenn Medical Center](#) (Distance from Venue: 13.8-Miles)  
1304 Franklin Avenue  
Normal, Illinois 61761  
309.454.1400  
[Map & Directions](#)

### Swim Course Description & Map

**Description:** The open water swimming courses consist of turn and guide buoy marks, lifeguards, rowboats, rescue boards, kayaks, Officials, and other safety and responder resources. Access of non-Event watercraft and personnel to the CIOWS swim course area will be "closed" to non-Event watercraft traffic.

CIOWS consists of an in-water start in Evergreen Lake and swimming 1.2-Mile (~2.0-Kilometers) counter-clockwise triangle loop(s) around 8-Foot orange tetrahedron turn buoy marks. The straight-aways are approximately 0.5-Mile (1<sup>st</sup> leg), 0.4-Mile (2<sup>nd</sup> leg), and 0.3-Mile (3<sup>rd</sup> leg), and marked by 24-Inch diameter red buoy guide marks. All buoy marks will be separated by less than approximately 150- to 200-meters. The swimmers will exit the water through an in-water and land finish chute that consists of a yellow in-water finish chute right-turn buoy mark, an in-water lane chute, and a brief run through the finish line chute on grass land. The swim course is subject to change if Event day conditions warrant.

**Map:** See Google Map course hyperlink, below:

<http://maps.google.com/maps/ms?ie=UTF8&hl=en&msa=0&msid=203310257120210112411.00049f55fb159bf25d885&ll=40.634099,-89.030092&spn=0.009168,0.018089&t=h&z=16>

### Rules and Regulations

The conduct of CIOWS 2012 is governed by the applicable rules and regulations of [U.S. Masters Swimming](#), which are described in [Part 2](#) and [Part 3](#) of the 2012 USMS Rule Book.

### Safety Resources (Monitoring, Watercraft, Rescue, & Equipment)

(Also, see [Swim Course Description & Map](#))

1. Lifeguards
  - a. A minimum of twenty-five (25) certified lifeguards with training that meets the American Red Cross lifeguarding program (or equivalent) will be optimally stationed and assigned to monitor the swim course & warm-up area, and at start/finish beach area). At least seventy-percent of the lifeguards will be certified as waterfront lifeguards (or equivalent). A certified lifeguard may be paired to work in-water with a certified waterfront lifeguard. All lifeguards will be equipped with rescue tubes and whistles, and assigned to either a rescue board, rowboat, kayak, or motorized watercraft. The Event Aquatics Safety Coordinator will assign all lifeguards their swim course stations and/or positions.



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- b. In addition, a minimum of three (3) Aquatics supervisors with at least certification as American Red Cross trained waterfront lifeguards (or equivalent), and one with emergency medical responder certification. Each Aquatics supervisor will be assigned to a swim course zone in either a kayak or other watercraft, and will oversee the lifeguards and swimmers in their zone area, as determined by the Event Aquatics Safety Coordinator.
2. A minimum of six (6) rescue boards with one (1) certified waterfront lifeguard assigned to each rescue board (we may substitute 1-2 kayaks on a one-to-one basis for rescue boards depending on their availability from other facilities).
3. A minimum of nine (9) rowboats, with one each stationed external to the swim course path of safety, at each of the three (3) 8-Foot orange tetrahedron turn buoy marks, and at least six (6) stationed on the interior of the swim course path of safety. The three rowboats stationed at the turn buoy marks will have at least one (1) Referee-assigned official and at least one (1) Aquatics Safety Coordinator-assigned lifeguard. Each rowboat participant will be equipped with lifejacket, whistle, and portable FRS radio, and a second lightweight floatation device.
4. A minimum of fifteen (15) monitors in kayaks will be on the swim course outside of (exterior to) the swim course path of safety, and will be swim course guides and spotters. Kayakers will be equipped with life jacket, whistle, and portable FRS radio, and possibly a second lightweight floatation/buoyancy aid device. Also, Volunteer kayakers may attend a pre-CIOWS event workshop on "spotting" (what to look for).
5. A minimum of two (2) motorized safety watercraft equipped with two (2) lifeguards each, rescue tube, first aid kit, blanket, mask, snorkel, fins, portable FRS radio, voice gun, binoculars, and marker buoy. The motorized watercraft will be optimally assigned on Evergreen Lake water outside of (exterior to) the swim course path of safety.
6. In addition, Hudson Community Fire Protection District certified emergency underwater dive search and rescue team responders will be fully expertise-equipped and optimally stationed on Evergreen Lake water in motorized boat watercraft outside of (exterior to) the swim course path of safety. At a minimum, rescue tube, first aid kit, blanket, mask, snorkel, fins, portable FRS radio, voice gun, binoculars, and marker buoy will be included on the watercraft.  

A primary objective of the motorized safety boat watercraft is to provide emergent rescue response to swimmers and to quickly and safely rescue any injured or distressed swimmer to medical attention.
7. A motorized powerboat watercraft will be assigned to police patrol Evergreen Lake west of the start/finish and warm-up areas to restrict non-CIOWS event watercraft and personnel access to the "closed" CIOWS Event swim course waters.
8. **At all times**, a minimum of one (1) fully equipped Basic Life Support (BLS) ambulance staffed with at least two (2) Emergency Medical Technicians (EMTs) will be stationed on land, at start/finish area.
9. A First-Aid station equipped and staffed with certified first aid and first responder personnel and resources will be stationed on land near the start/finish area.
10. At least twenty (20) portable, fully battery-charged FRS radios.
11. An Incident Command Post will be supplied by the McLean County Emergency Management Agency, equipped with capability to monitor weather radar conditions and provide centralized Event safety communications command. The incident Command Post will help ensure effective use of available resources when given changing Venue conditions.
12. An Event announcer with a speaker sound system that is sufficiently audible to the Northeast boat launch ramp, start/finish, and warm-up areas.



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13. Onsite medical equipment located at the on-land start/finish area with BLS EMTs and/or First Aid Station first responders include, at a minimum:
    - a. At least two (2) Cardiac defibrillators
    - b. Trauma kits
    - c. Oxygen, with masks
    - d. Pocket facemasks to allow rescue breathing without contamination
    - e. Asthma inhaler/bronchodilator
    - f. First aid kits to include supplies for lacerations
    - g. Epinephrine pen
    - h. Glucose tablets (or similar)
    - i. Ice
    - j. Blankets
    - k. Other
    - l. Diphenhydramine (for example, Benadryl) \*\*
    - m. Medications for treatment of seizure \*\*
    - n. Intravenous fluids (including ability to rapidly cool with chilled IV fluid in hot weather) \*\*
    - o. IV needles/equipment (including large bore (18-20 gauge) needles) \*\*
    - p. Other \*\*
- \*\* If needed, offsite ALS Ambulance (and/or other qualified interceptors) is emergent requested by Hudson Fire Chief (Event Medical Officer) to supply and administer using established protocols.

### Accounting of Swimmers

1. Each registrant is required to undergo "positive check-in" at CIOWS Event registration upon first entering the Event Host Facility/Venue area.
2. Each registrant who undergoes positive registration check-in receives:
  - a. Registrant-specific Event identification (ID) Number
  - b. Fluorescent or brightly-colored Swim cap with Event ID Number indelibly, clearly, and visibly marked on two opposite sides of the swim cap
  - c. Body-Mark with Event ID Number clearly and visibly marked on upper arms, leg(s) and upper back shoulder (below the neckline), and/or face, hands and feet, if wearing Category II swimwear (e.g., wetsuit)
  - d. Transponder chip with registrant-specific Event ID Number assigned to transponder chip
3. Each swimmer going into and out of the Evergreen Lake will only be allowed to enter and exit the water via a pre-staged one-way entry and exit point, whether for warm-up or competition.
4. Monitors will be staged at the one-way Evergreen Lake water entry and exit point to help ensure:
  - a. Each swimmer entering the lake water is wearing the Event-assigned swim cap (as the outer-most swim cap) with Event ID numbers, Body-Mark with Event ID numbers, and transponder chip with Event ID number.
  - b. Each swimmer entering the lake water is wearing the swimwear allowed and appropriate for swimming in the Event.
    - Swimmers are not allowed to wear wetsuits and/or heat-retaining swimwear when the Evergreen Lake water temperature is greater than 78-Degrees Fahrenheit. ([USMS Rule Book Part 3](#))



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- c. Each swimmer entering or exiting the Evergreen Lake water is accounted for:
- Automatically, via transponder chips traversing across the transponder chip timing pads to the Timer's & Scorer's primary (and backup) computer timing system(s)
  - Manually, via an Accounting of Swimmers cross-identification list, which includes the swimmer's name, assigned Event ID Number, Event Day Emergency Contact Name, and Event Day Emergency Contact's Phone Number (cell phone, other)
  - Via observation of Aquatics monitors on the water

### Safety Communications Plan

(Also, see CIOWS event timeline at [ClubAssistant.com/CIOWS](http://ClubAssistant.com/CIOWS) & more details at end of this Safety Plan)

1. All registered swimmers are required to attend a mandatory pre-event swim course safety briefing held on-land at the start/finish area.
2. All CIOWS event personnel and volunteers are required to attend a face-to-face pre-job briefing before performing assigned tasks. Evacuation procedures, recognition, prevention, rescue and search procedures are reviewed. This includes directors, coordinators, lifeguards, row boaters, kayakers, officials, emergency rescue personnel, and/or other safety monitors, etc.
3. The McLean County Emergency Management Agency will serve as the onsite centralized Incident Command Post for all radio communications and coordination (from land to in-water, land-to-land, & in-water to land). The Incident Command Post will be located onsite near the swim start/finish area and the Northeast boat launch ramp. FRS two-way radios will be a main method of communications among the Referee, Aquatics Safety Coordinator, and Lifeguards and other in-water and on-land safety monitors, and emergency treatment and rescue resources. The Incident Command Post may enhance offsite communications with use of MABAS on VHF and GMRS/FRS radios. Request(s) for off-site public safety resources (e.g., fire, EMS, law enforcement, etc.) will be conducted through the Incident Command Post. This ensures individual entities are not directly requesting those resources.
4. At least twenty (20) portable fully battery-charged FRS two-way radios will be pre-assigned by the Emergency Management Agency Incident Command Post to key CIOWS event personnel and in-water safety monitors, officials, and rescue personnel, as needed. The Incident Command Post will pre-assign and pre-set the FRS radios at proper channel/frequency, with one channel reserved for emergency communications. Each watercraft will be assigned and marked a number to simplify identification and communications from water-to-water, land-to-water and water-to-land personnel. FRS radios assigned to in-water Aquatics monitors, officials, and rescue personnel may be assigned by watercraft number. For example, rowboat No. 1, kayak No. 3, rescue motor boat No. 1, etc.
5. A decision on whether to continue with the CIOWS event (as scheduled or modified) will be made at 30-minutes before the scheduled CIOWS event start time, and announced to the Event participants. This decision will be made in consultation with the Referee, Safety Coordinator, Event Director, Host Facility Director, and emergency safety personnel, and the Incident Command Post.

As described in the "Event Cancellation and Evacuation Plan", the Event Referee, Aquatics Safety Coordinator, Medical Director, Fire Chief, Event Director, and Host Facility/Venue Director have the independent authority to delay, evacuate, and/or cancel the Event.

6. Communication of an emergency to all members of the CIOWS Event safety team is done via use of the **FRG radio call for help**, and/or system of **whistles and hand signals** (e.g., waving of the arms with the lifeguard rescue tube and/or noodles overhead).
7. If the Event is cancelled due to safety considerations while the swimmers are in-water, an air horn will sound with **three (3) long blasts** to alert and instruct swimmers that the swim is immediately stopped, and allow swimmer evacuation on the shortest safety-monitored swim path of safety to land.



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## Event Cancellation and Evacuation Plans

### 1. Event Cancellation Plan

The Event Referee, Aquatics Safety Coordinator, Fire Chief, Medical Officer, Host Facility/Venue Director, and Event Director have the independent authority to delay, evacuate, and/or cancel the CIOUS 2012 Event, if he/she considers and determines that unsafe CIOUS Event conditions exist, or are imminent, that preclude the start or continuation of the CIOUS 2012 Event.

Conditions considered include, but are not restricted to, the following when attempting to protect swimmers and minimize the safety hazard risk:

- Evergreen Lake water conditions (e.g., water temperature, quality, currents, etc.)
- Weather conditions
- Sufficient availability of adequate in-water and on-land safety resources (e.g., personnel, waterfront lifeguards, equipment, ambulance, emergency response, etc.) to adequately monitor and respond to swimmer safety hazard risks
- Significant uncorrected swim course design or operational setup flaw(s)
- Inadequate accounting of swimmers (e.g., in-water entry and exit)
- Inadequate communications between in-water and on-land safety monitors and responders
- Significant, aggregate infractions of U.S. Masters Swimming rules and regulations, which unsatisfactorily increase the risk of not protecting the safety of the swimmers

### 2. Swim Course Evacuation Plan

- a. **If CIOUS event is interrupted or canceled** due to safety considerations while swimmers are in-water, an air horn will sound with **three (3) long blasts** to alert and instruct swimmers that the swim is immediately stopped, and allow for orderly evacuation along the shortest swim route or path of safety to shore. Kayakers and emergency powerboats may assist in the evacuation.
- b. Air horns, whistles, bullhorns and/or physical contact may be used to assist with alerting swimmers of evacuation order. Swimmers will not be allowed to re-enter Evergreen Lake once a swim course evacuation order is established, unless and until sufficient time has elapsed, or delay has occurred, that renders safe continuation of the Event.
- c. **Medical or Emergency Evacuation (Rescue from the Water)**
  - (1) Swimmers will be notified to signal that they need assistance by waving one arm/hand over their head, and a kayaker or lifeguard on a rescue board or rowboat will typically make initial contact and attend to the swimmer to determine the swimmer's need.
  - (2) If any swimmer decides that they are unable to continue and complete the swim, they will be evacuated from the water to land.
  - (3) At the discretion of the safety monitor personnel, a swimmer that requests assistance will be either allowed to continue the swim event or be evacuated from the swim course aboard a summoned motorized safety rescue boat watercraft (nearest the swimmer) for return to land.
  - (4) If the swimmer needs or requires immediate or emergency assistance, the kayaker and/or lifeguard notifies (via FRS radio, and/or whistle, and/or rescue tube/noodles extended above the head) for the nearest available motorized safety rescue boat watercraft of the need for swimmer care.
    - While maintaining visual contact with swimmer (victim) and/or victim's last location.
    - While paddling or escorting the swimmer outside of the swim course path of the other swimmers. The lifeguard(s) transfer the swimmer to the lifeguards or emergency responders in the motorized safety rescue boat watercraft.



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- (5) The watercraft lifeguards and emergency responders continue care and notify (via FRS radio) the on-land Incident Command Post of the swimmer status (in-water, out-of-water, condition).
  - (6) If the swimmer requires First-Aid treatment, this should be applied before moving them to land, if safely possible.
  - (7) The Hudson Fire Chief will act as the emergency/medical Incident Commander and request additional resources as necessary. This may include the BLS ambulance, EMTs, First Aid, and, if necessary, may also include an ALS ambulance, air ambulance, and/or any other emergent assistance depending on current or anticipated venue and swimmer(s) conditions.
  - (8) Uninvolved lifeguards will continue their visual safety surveillance of the remaining swimmers and the involved lifeguards will be released as soon as possible so that they can continue lifeguarding the event.
- d. In event of swimmer recall, rescue, or removal from Evergreen Lake, manual accounting of swimmers will take place at the start/finish area and/or the Comlara Park Northeast boat launch ramp. Incident Command Post will lead with centralized communications coordination.
  - e. **In event of tornadic or extreme high wind weather conditions**, the Comlara Park Glasener Beach House serves as a CIOWS Event Shelter.
3. **Other Safety and Emergency Protocol**
- a. Any member of the safety monitor and emergency response team can initiate an emergency.
  - b. An emergency is indicated when any beach/land or in-water safety personnel observe or witness a participant/swimmer struggle without lifeguard response, submerge, or have sudden illness (severe pain or loss of consciousness), or a lifeguard or kayaker FRS radios or signals for help.
  - c. In addition, kayakers, paddlers and powerboat drivers should be observant for or aware of:
    1. Tired and possibly distressed swimmers, who may or may not wave their arms/hands above their head and call for help.
    2. Inclement, dangerous, or deteriorating weather or water conditions.
    3. Keeping watercraft, paddles, oars, etc., and their "wake" clear of the swimmers in the swim course path of safety.
    4. Not overloading the watercraft's capacity
    5. Wind and/or motorized watercraft engine noises might make verbal commands or questions hard to hear.
    6. A moving powerboat is not likely to be heard by a swimmer. Watercraft should maneuver in close cautiously, stop, and speak audibly and clearly.
    7. Swimmers are responsible for safe keeping of their personal property while they are on, and after leaving, the Host Facility/Venue property.
    8. At the in-water start, faster swimmers should position closer to the starting line with slower swimmers assuming a less risky position further back in the pack, while at the same time maintaining sufficient position space from other swimmers to help avoid unnecessary physical contact at the start of the competition.



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### Food & Ice

All food and ice will be located under the main Event Registration Check-in Tent and made available at zero cost to athletes and volunteers.

Hydration drinking fluids (i.e., electrolyte replenishment and water) will be available in 5-7-gallon coolers. In addition, eats will be made available [e.g., fresh whole unpeeled fruit (e.g., bananas and/or oranges), fresh bagels, and oat sport bars (e.g., "Quaker", etc.). Other assorted eats may be available].

Large ice bags (e.g., 5-pound bags) will be readily available to CIOWS Event personnel, as needed, from Comlara Park's Bait Shop ice cooler, which is located within 30-50 Yards of the CIOWS Registration and First Aid Station.

### Lake Evergreen (Comlara County Park, 13001 Recreation Area Drive, Hudson, Illinois 61748)

Evergreen Lake is a man-made fresh water lake that serves as a secondary feed water reservoir to Lake Bloomington, which is located about 3-4 miles East of the Event venue. Aside from storm run-off, Evergreen Lake receives makeup water from the Mackinaw River. Lake Bloomington is a source water supply for the City of Bloomington, Illinois, after processing through the Lake Bloomington Makeup Water Treatment Plant. Evergreen Lake contains a variety of fish species such as Largemouth Bass, Muskie, Crappie, Hybrid Walleye (Saugeye), Catfish, Bluegill, White Bass, and Yellow Bass.

Lake Surface Area: 835-Acres\*

Lake Depth (maximum; mean): 48-Feet\*; 15.6-Feet\*

Lake Shoreline Miles: 22.5-Miles\*

Swim Course Lake Depth Range: 16-Feet to 10-Feet to 14-Feet to 16-Feet to out-of-water exit finish\*

\* Estimate based on 87,032 data points collected (October 2007), GPS mapping grade (sub-foot accuracy), & adjusted to full pool level [Source: Herman Brothers Pond Management, Evergreen Lake, McLean County, IL (Lake Mapping, 2007)]

### Evergreen Lake Monitoring Parameters

#### 1. Evergreen Lake Water Surface Temperature

- a. The Evergreen Lake water temperature will be periodically monitored before Event day and on Event day. The official lake water surface temperature will be measured at an approximate depth of 6-inches below the top surface of the Evergreen Lake and at the mid-point(s) of each swim course, and at the start/finish and warm-up shore areas. A submersible digital and analog temperature instrument will be used to collect the temperature data.
  - Additional temperature sample points and depth measurements may be collected for informational purposes and/or at the discretion of the Event Director or other safety official(s).
  - For example, for data comparison information purposes only, temperature measurements may be taken at lake water depths of twelve (12)-inches and eighteen (18)-inches below the top surface of the lake water.
- b. If the official Evergreen Lake water temperature is greater than 78-Degrees Fahrenheit, then Event registrants shall not be allowed to wear wetsuits and/or heat-retaining swimwear in Lake Evergreen in connection with the CIOWS event. ([USMS Rule Book Part 3](#))
- c. Temperature measurement results will be periodically posted to [www.CIOWS.org](http://www.CIOWS.org)





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2. Air Temperature, Humidity, Wind, Lake Water Level, & Other
  - a. During the time of collecting lake water surface temperatures, data will also be collected for estimated venue air temperature, humidity, wind speed and direction, and lake water level (compared to “full pool” level).
  - b. Temperature measurement results will be periodically posted to [www.CIOWS.org](http://www.CIOWS.org)
3. Evergreen Lake Water Quality
  - a. At least two (2) lake water samples will be obtained:
    - During three (3)- to five (5)-days before Event day
    - Within One (1)-hour of Event start, or during CIOWS Event
  - b. Each sample will be collected from reasonably estimated midpoint(s) of the swim courses
  - c. Each collected sample will be hand-delivered to a qualified laboratory within four (4)-hours of collection for sample analyses of Fecal Coliform and E-Coli bacteria. The qualified laboratory (e.g., Key Laboratory Services, Inc., 2663 E. Federal Drive, Decatur, Illinois 62526) will analyze the samples and report results within forty-eight (48) hours, to determine Evergreen Lake water acceptability and compliance with CIOWS Event Special Permit. Fecal Coliform results within about 24-hours can provide a possible early indicator of E-Coli concentration levels.
  - d. Official written results of the sample analyses shall be reported to the Event Director and the Host Facility/Venue Director of McLean County Department of Parks and Recreation.
  - e. Additional Evergreen Lake water samples may be collected and analyzed for additional or separate water quality parameters, if determined warranted by the official written results of any Fecal Coliform and/or E-Coli sample analyses.

#### **Event-Registered Swimmer Responsibilities**

1. Participants make the attending medical safety personnel aware of any medications (including inhalers) that may be necessary in case of a personal emergency.
2. Swimmers must follow the Event instructions from Event Directors, Referees and Officials, Safety Coordinator, safety monitors, medical and emergency rescue personnel, and other Event support personnel.
3. Swimmers should make event personnel aware of any dangerous conditions or behavior of others, and alert the nearest kayaker or lifeguard, if you notice any swimmer experiencing difficulty.
4. **Guide for USMS Member Insurance Incident Reporting**

Swimmers should report accidents and serious incidents as soon as practical after the incident (e.g., within 24-hours). A USMS insurance incident report form will be made available. This report is for insurance and recordkeeping purposes, and requests the following types of information:

- a. A detailed summary of the incident, including date, time, names and numbers of the swimmers; and light, wind and visibility conditions.
- b. A statement by those involved and any witnesses, whether in watercraft, swimming, or on land.
- c. The signature of the individual making the incident report.
- d. If an incident requires medical or First Aid treatment, a description of the treatment and name of the individual providing the treatment should be recorded on the incident report form.



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*(Revision 0)*



### **COWS 2012 Event Timeline**

#### **August 2-3, 2012 (Thursday & Friday)**

**08:00 A.M. – 17:00 P.M.** Complete Registration Tent Set-up  
Stage & Set-up In-Water Swim Course & Buoys

#### **August 4, 2012 (Saturday)**

#### **COWS Event Mobilization & Readiness**

06:00 A.M. – 07:00 A.M. Staff, Officials, Volunteers, Boats, Arrive & Set-up  
07:00 A.M. Hudson Dive Team & BLS Ambulances & Rescue Squads (Arrive & Set-Up)  
First Aid Station Staff & Supplies (Arrive & Setup)  
Timer, Scorer, & Results Provider (Planet Adventures LLC (Setup)  
EMA Incident Command Post (Setup)  
07:30 A.M. – 07:45 A.M. Leadership Brief: EMA Incident Command Post & COWS Event Leaders  
Hand-out Radios  
07:50 A.M. Officials Meeting (Referee Lead: Rome Yount)  
07:50 A.M. – 08:15 A.M. Lifeguards Brief (Safety Lead: Patti Koranda)  
08:15 A.M. – 08:35 A.M. Lifeguards ferry & Officials to Lake course warm-up & competition rowboat positions  
Kayakers Brief (Safety Lead: Patti Koranda)  
Emergency response resources & personnel assemble to positions  
**ALL** Volunteers arrived & onsite  
08:30 A.M. Kayakers kayak to staged positions

#### **U.S. Masters Swimming Open Water Sanctioned Event**

07:00 A.M. Open Registration Positive Check-In (1.2-Miles & 2.4-Miles; U.S. Masters Swimming)  
08:00 A.M. Warm-up Open [Designated: 1-way IN & OUT of Lake]  
08:30 A.M. Close Registration Positive Check-In (1.2-Miles & 2.4-Miles)  
Warm-up Closed [Designated: 1-way IN & OUT of Lake]  
30-Minutes to Start of Competitions (satisfactory weather prerequisite)  
08:35 A.M. – 08:45 A.M. Mandatory Pre-Race Course Brief (1.2- & 2.4-Miles): Rome Yount & Patti Koranda  
08:45 A.M. – 08:48 A.M. National Anthem  
08:48 A.M. – 08:59 A.M. Assemble Wave 1 to In-Water Start  
**09:00 A.M. Start Wave 1: 2.4-Miles [In-Water Start]**  
09:00 A.M. – 09:09 A.M. Assemble Wave 2 to In-Water Start  
**09:10 A.M. Start Wave 2: 1.2-Miles [In-Water Start]**  
11:15 A.M. (ETA) Awards & Recognition [U.S. Masters Swimming]

#### **COWS Event Demobilization**

11:20 P.M. – 1:00 P.M. Cleanup & Leave Comlara Park  
1:00 P.M. North Boat Launch Re-Opens to Public