



2013 USMS 5K OPEN WATER NATIONAL CHAMPIONSHIP (and RELAYS)



Saturday, April 27, 2013, 10:00 A.M. ET
Miromar Lakes, Florida

Sanctioned by Florida LMSC for USMS, Inc. Sanction # 143-XXXX

Race Information, Safety Plan, Medical Report for Open Water Swimming

Course

The race starts in the water out in front of the dock at Miromar Lakes Tennis and Beach Club. Athletes will do 3 laps around a 1.666K L – shaped course. For the start, a rope will be stretched out between 2 anchored boats as swimmers will grab the rope with 1 hand while in approximately 6-8 feet of water. The finish line will be on shore through a chute with a timing system pad at the shoreline. To finish, the swimmers will run up onto the beach and cross the line under a Finish Line banner. The course is marked with large Yellow and Orange buoys on each of the corners as well as smaller orange buoys along the length of the course.

Swimmer and Race Instructions

1. All registered swimmers will report to the Check In area and have an assigned number stamped on each upper arm and shoulder area and both wrists.
2. All swimmers will be called down to the water's edge for a "Roll Call" and the Pre-Race meeting. Swimmers will be briefed and directed to follow the Safety and evacuation plan.
3. Once swimmers are directed to enter the water and proceed out to the starting area they will be alerted to a 1 minute countdown which they will position themselves on the "start rope". The race will then start after the 1 minute with 1 long horn.
4. Each corner boat has an official and volunteers who will call off and mark down the swimmers numbers in an effort to track the swimmers and their laps. Any of the course boats can offer a swimmer assistance if they need to exit the race.
5. The end of the 3rd lap swimmers will head into the finish line and run through a finish line chute and cross the Finish Line under the banner.
6. The Safety Kayaks will also have bottled water available for swimmers if needed.
7. Swimmers having difficulty on the course are instructed to wave their arms and signal for assistance from any of the spotters and lifeguards in kayaks and the safety and patrol boats on the course. All swimmers that check in at the start of the race must report DNF at the Check In area if they leave the course at any time other than at the finish line.
8. A designated Medical Tent will be set up with Emergency Medical Technicians (EMT's) and a Medical Doctor. The Medical Tent will be equipped with basic first aid supplies along with Supplemental Oxygen and an AED. The closet hospital is Gulf Coast Hospital 9.66 miles away (within 15 minutes) and maps will be available at the first aid station.

Escort Crafts / Kayaks

Six to eight Kayak Escort / Spotter Crafts (Supplies for each Kayak, Orange Reflective Vest over PFD, rescue tube, whistle, orange flag, extra H₂O). Primarily eight to ten Lifeguards along with local paddlers will be assigned to the course and will paddle and scan the swimmers within their zone of protection.

1. Paddle back and forth for Zone Coverage to check on individual swimmers.

2. Recognize a distressed swimmer – Swimmer asking for assistance, waving arms or swimmers that display low, slow body position, as well as watching for swimmers who are constantly rotating to a back float position.
3. If the distressed swimmer requires assistance, the kayaker will approach the swimmer bow first. If the swimmer requires floatation, then swimmer should hold on to the bow or grab bow loop or toggle. Drift with swimmer until he/she is either pulled from the course or returns to shore on their own (the swimmer will be considered disqualified – DQ- if they hold on and seek assistance). The escort craft will call the check in area to report the swimmer's name and number.
4. If distressed swimmer needs to be rescued and pulled off the course, then the Escort Craft should wave orange flag or paddle and blow whistle (series of 2 short blasts) to alert the Safety Rescue boats. If the swimmer goes unconscious the guards in the kayaks will support swimmer with the rescue tube and provide open airway and or rescue breathing and the staff on paddleboards will use their board to support the unconscious swimmer. The Safety Rescue boat will notify the Command Center of the swimmer's condition and transport to the dock.
5. As the lead packs of swimmers finish the race the kayaks will then pick up and paddle with the "lone swimmers" and follow them around the course.

Safety Rescue Boats

1. Two Emergency Response Boats with Fire / Rescue staff will be patrolling the course at all times. Other boats (course officials, corner and media boats and wave runners), can also be considered a Rescue boat if needed and are close enough to respond and get a swimmer safely on board.
2. Emergency Response Boats will be patrolling the course perimeter to act as spotters for kayaks / distress swimmer and will attend to swimmer / rescue situations. **All** boats should be attentive to swimmers and escort kayaks that might have a "swimmer in distress" situation.
3. Emergency Response Boats will call Command Center if transporting distressed swimmer to beach area and will be met with EMS staff for treatment on beach. If swimmer is unconscious, then the Safety Rescue boat will provide ALS to swimmer and transport to the US Coast Guard Station where an Ambulance will be waiting.

Course Official Boats

1. Course boats (5) will be anchored at the buoys on the outside perimeter of the course and will have Yellow "Caution" Flags flying. These Course boats will have course officials, judges and media on board. These Course boats will also act as "Look Out" and **All** Course boats should be attentive to escort kayaks that might have a "swimmer in distress" situation, be attentive to swimmers that are moving slow in the water and alternating strokes and body position and be ready to assist any distressed swimmer off the course.
2. One boat with Race Officials, Judges and Media will be moving in and around the course following the lead swimmers and pack swimmers.

Weather Contingency

1. Lightning or dangerous conditions prior to the event – Seek safe shelter at the restaurant by the Marina / beach. We will observe the National Weather Service 30/30 Lightning Policy (within 30 sec you hear thunder after lightning strike is observed you wait 30 minutes). A minimum 30 minute warm-up and check in will be held prior to the start of the race. RACE DIRECTOR, SAFETY DIRECTOR and HEAD REFEREE, will make final call as to the start of the race based on weather and course safety: which
2. includes all watercraft, (safety, turns and officials) being in place.

3. Lightning or dangerous conditions during the event – As determined by Race Director, Safety Director and Head Referee the course will be cleared. A “CLEAR THE COURSE” call will be made with a series of 3 long blasts on air horns or whistles, waving of the Yellow Flags as well as announced over all radios from the Command Center. Swimmers will be picked up by boats or they will head directly into shore area, and seek immediate shelter, closest to their shore arrival. Immediately as soon as conditions are acceptable, **ALL** swimmers should seek any meet official, and inform them of their safe arrival to shore. All boats are to remain on the course until ALL swimmers have made it to shore or picked up by any of the course, safety and patrol boats. Any boat that picks up a swimmer should immediately notify race officials through the Command Center, with the name/number of their athlete.

A complete race will be determined by the 2013 rules of USMS Swimming. If the race is ruled incomplete, the day and time of the restarted race will be determined by the Head Referee, Race Committee and Race Director.

Event Contacts

Event Director - Gregg Cross 462-3322

Safety Director – Alise Flanjack 239-229-0488

Head Referee – Mark McCall

First Aid Station – San Carlos Fire Dept

Lee County Sheriff's Marine Unit Patrol -

Safety & Rescue water craft –

Lead Lifeguard - Nancy Apperson 239-229-0545

Lifeguards in Kayaks – Sue Postma, Sandy Reynolds, Bob Zekanowski, Sean O'Conner, Glenn Pollack, Rebecca Flora, John Zavacky, Christie Davis, Kori Herrin, Bruce Fassett, Weston Cechman, Rachel Davalos, Caley Frappier, Richard Doupe, Sven Anderson

MEDICAL REPORT

Rescue Personnel (e.g. lifeguards) and equipment on the beach and in the water.

Eight to ten lifeguards will be on the water monitoring the course in “zone coverage” paddling in kayaks. Each Kayak will have a rescue tube, PFD's, Whistle, Orange Flag and Orange Safety vests. Two Emergency Response Team (ERT) boats with trained Lifeguards, EMT's and rescue divers. Both boats will have BLS equipment on board.

Medical Personnel and equipment on the beach.

A Fire Rescue unit with an EMT and Paramedic with full ALS equipment will be on site at the medical tent. The medical staff will be ready to treat any swimmers at the tent or treat any swimmers from the ERT boat at the dock area. A local physician volunteering will be on site..

Medical evacuation plan and the nearest hospital or other emergency care facility.

The ERT boat will respond to the lifeguards in kayaks if a distressed swimmer needs medical attention. The ERT boat will determine if the swimmer will be transferred to the medical staff on shore or at the dock. If a swimmer is a priority 1/trauma then they will be transported by ERT to the dock and transferred to an ambulance or a motorized cart will transport patient to a designated landing zone for transport to the Hospital.

Directions and maps to the nearest hospital will be provided at the Medical Tent with an estimated travel distance and time of 9.66 miles and about 15 minutes.

Pre-Race briefing for swimmers will summarize the Safety Plan and medical / evacuation procedures.

A mandatory pre-race meeting will be on the beach at the shoreline 15 minutes before the race starts. Safety Plan and evacuation procedures will be reviewed at the pre-race meeting.

The course design, start and finish.

The course is set in 6-18 feet of water with approximate water temperature of 76-80 temperature F. The course is three laps around a 1.666K L-shaped course. A large "poster size" map will be on site to show the course layout with large Yellow and Orange buoys at all corners and smaller orange intermediate "site buoys" along the course as needed.

All corner boats, as well as all kayaks, will have bottled water on board if a swimmer needs to rehydrate.

The race will start in water approximately 6-8 feet deep and will finish on land.

Cancellation plan in the event of unsafe conditions.

The start of the race will be postponed in the event of inclement weather. A minimum of 30 minutes check in and warm up at least 30 minutes after any signs of lightning within 8 miles away. A "Clear the Course" call will be made by Safety Director, Race Director and Head Referee with a series of 3 long whistle or horn blasts. Course Boats will wave yellow flags and direct swimmers to get on board any course boat. Swimmers that are close to the beach area will head directly to shore. All swimmers should report to the Check In / Event Headquarters Tent.

Law enforcement agency involved with the race.

One Lee County Sheriff Deputy Marine Dive Unit