

Foster Lake Cable Swims

June 29, 2013

Safety Plan

The Foster Lake Cable Swims will be held in Foster Lake from Lewis Creek County Park. The cable swim course uses an area approximately 480 yards by 30 yards in a section of the lake already reserved & marked for swimming use. To avoid conflict with recreational boaters, the side of the course facing the lake will be marked with large orange buoys and patrolled by a warning powerboat. 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, trained before the event:

- Spotters: Ten volunteers will patrol the flanks of the cable course in kayaks, each in a single boat and each covering a zone measuring approximately 55 yards by 30 yards. Each spotter will carry a rescue device, a two-way radio, and a whistle. Spotters will watch swimmers on the course, and make primary rescue contact & call for the rescue boats as needed.
- Rescuers: Six volunteers—three per boat—will patrol the flanks of the cable course in two powerboats; non-government powerboats driven by propeller will be equipped with propeller guards. Each rescue boat will carry rescue gear and a two-way radio, and will bring swimmers quickly to the EMTs on shore as needed and provide primary care on the way.
- EMTs and ambulance: Two professional licensed staff and an ambulance from the Sweet Home 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 each swim, the EMTs will observe all swimmers as they leave the water, and advise those showing signs of distress. Free warm & cool drinks will be available to all participating swimmers, and there will be an ample supply of blankets and sleeping bags available. 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 Sweet Home Hospital, located five minutes 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 or the emergency walk-in clinic in Sweet Home; maps to these places will be available on site.

If mass evacuation from the water during a swim becomes necessary, the Safety Director will notify all spotters & rescuers by two-way radio to direct swimmers to the nearest shoreline, at no point farther than eighty meters. All evacuation points are easily walkable to the race site.

If conditions may adversely affect a swim, the Referee, Safety Director, or Event Director is authorized to postpone swims. 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 swims, but only continuing dangerous conditions would warrant cancellation.