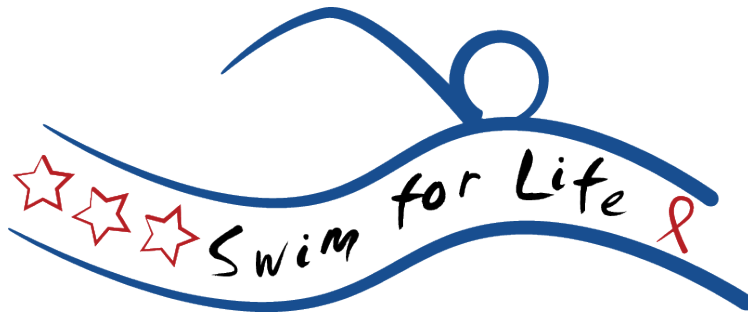


# + Maryland Swim for Life

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## 23<sup>rd</sup> Annual Maryland Swim for Life

*Sanctioned by Maryland LMSC for USMS, Inc., Sanction No. Pending*

### **Safety and Emergency Action Plan**

Version: Draft May 24, 2014

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### Introduction

The 23<sup>rd</sup> Annual Maryland Swim for Life will take place on July 12, 2014 at Rolph's Wharf Marina in Chestertown, MD. The event is a USMS Sanctioned Open Water event. This Safety and Emergency Action Plan is prepared in accordance with USMS Open Water Guide to Operations Part 2: Open Water Safety Guidelines dated January 2014. The following sections will comprise the Open Water Safety Plan.



### Venue

Rolph's Wharf Marina in Chestertown, MD is the site of Maryland Swim for Life.

### Course Design

The swim course is upstream in the Chester River from the marina sand beach 2.5 miles to the furthest (5-mile course) turnaround buoy. The course meanders following the curve of the river parallel to shore. Participants will be instructed to stay within the east half of the river. Escort kayakers will help swimmers stay in the designated swim course.

### Start

Swimmers will start in the water in accordance with their chosen wave. All swimmers must wear a timing chip on a Velcro strap around the ankle. Swimmers will start in the water, in 6 waves according to distance: 5-milers first, followed by 4-milers, then 3-milers, the 2.4-mile Triathlon Challenge swimmers, 2-milers, and 1-milers last. Each group will begin 5 minutes after the preceding group has started. The bottom is sandy silt and free from hazards. The start line for the swim will be perpendicular to the short at the finish line buoys at the edge of the water. The shallow water will allow all participants fair access to the first leg of the race. The Start / Finish Judge will be assigned to keep the area clear of non-participants. The PA system will be used to address the swimmers at the staging area on the sand beach. The start of each wave will be signaled by a single 1-second blast of the air horn.

### Turn/Course Markers

There will be 5 large inflatable yellow buoys on the course at ½ mile intervals. Consecutive buoys are visible from each preceding buoy. Each wave will turn around at the buoy that marks the halfway point of their swim. A special orange buoy will be set at 1.2 miles from the start for the turn-around point of the 2.4-Mile Triathlon Challenge. Five milers will swim by all 5 buoys, turning around at the 5th, at mile 2 1/2. Each buoy is spray-painted with its respective wave number (i.e., the first buoy, located ½ mile from the start, is labeled "1 mile" because that is where the 1 mile swimmers turn around). All swimmers will start the swim in the same direction – up river (North). Upon reaching the appropriate buoy, swimmers will go around that buoy and swim back down river (South).

Swimmers should always keep buoys on their LEFT going NORTH. Swimmers should always keep the buoys on their LEFT going SOUTH, with the exception of the 2nd buoy (at mile 1), which swimmers must keep to their right on the return leg. Kayakers will be there to be sure they swim to the correct side. This prevents unfair shortcuts due to the curve of the river.

There is a fishing weir between the first and second buoys. This is a type of net stretched across the river. The net is marked by vertical wood pilings in a row perpendicular to the shore. The net can easily be swum over, however many swimmers find it just as easy to swim slightly to the west of the furthest piling from shore. Kayakers will monitor swimmers in this area and will direct them towards the easiest crossing points.

### Finish Line

Swimmers finish on shore where they started. The river bottom leading up to the finish line is sandy silt and free from objects that could injure participants. A bright red mat with orange buoys on either side will mark the finish chute to the on-shore finish line. The finish line will be marked with additional red buoys, and the timing clock will be on the finish line. The Start / Finish Judge will be assigned to keep the area clear of non-participants. Finish Monitors will aid participants in standing and exiting the water, and ensure sportsmanlike conduct. Finish Monitors remove the timing chips on the swimmers ankles and will provide swimmers with bottled water and fruit as they exit. The Head Timer will check-off the swimmer's number and record the time on a manual time sheet.

### Did Not Finish (DNF) Pier

A pier will be designated for watercraft to bring any swimmer that is removed from the course. Two DNF Officials / Spotters (with binoculars) will be assigned to the pier, which has a good vantage point to see up river from the course. The DNF Official will be positioned at this location and will be in charge of properly accounting for any swimmers that did not complete the swim over the Finish Line. The DNF Officials will communicate directly with the Head Timer when a swimmer is received at the DNF pier. The DNF Official will trade-off with the spotter in 15 minute increments while swimmers are in the water to avoid fatigue. The spotters will repeatedly scan the river for incidents using binoculars.

### Maps / Diagrams

#### Course Map

An interactive course map is available online for all registrants. It can be accessed at: <http://swimforlife.swimdcac.org/swimforlife/Course.html> with detailed instructions available via “View [MD Swim for Life Course](#) in a larger map.” The registration flyer has a small version of this map included. A large map of the course will be produced from the online map for posting at the event on race day. Letter-sized maps will be available to participants at the registration table and event officials will be provided the maps during their briefing.

#### Site Map

A Site Map will be produced showing the layout of the venue. Registration / Information Tables, Emergency Access Routes, restrooms, and first aid station is marked.

The site map is available at: <http://g.co/maps/99k45>

#### Emergency Medical Services

A map to the nearest Emergency Medical Services will be available at the First Aid Table. The map is available at: <http://g.co/maps/u8e37>

Chester River Hospital Center is located at:

Chester River Hospital Center  
100 Brown Street  
Chestertown, MD 21620  
(410) 778-3300  
[chesterriverhealth.org](http://chesterriverhealth.org)

### Water and Environmental Conditions

#### Water Look, Feel and Taste

The Chester River has no abnormal taste or feel. The turbidity of the water limits sight distance to 12-24 inches.

#### Local and Seasonal Trends

The Chester River is monitored by the Maryland Department of the Environment and our charity, the Chester River Association for water quality. We have no reason to believe at this time that our past experience with the river quality should not be expected this coming year. The river is designated as safe for recreational human contact.

### Participant Safety

#### Waiver/Disclaimer/Warning

Participants share responsibility for their own safety and shall sign a waiver of liability to that effect. The waiver should provide notification of potential hazards of open water swimming and swimming at the particular venue. Each participant shall be required to sign online or in hard copy at the event the following USMS required statement:

*I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.*

*I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.*

I certify that I have read this document, and understand its content.

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#### Emergency Contacts

Participants will be required to provide Emergency Contact information during registration. The Event Director and Safety Director will have copies of the Emergency Contact information during the event.

#### Participant Identification

Participants will be marked with a permanent marker with their unique swimmer id number assigned on the day of the race. The unique swimmer id number will be cross-referenced with the timing chip number and will be verified with the registration information including emergency contact information. The markings will be on one hand and the opposite shoulder. Each participant will be required to wear a swim cap with their unique swimmer id number written on both sides of the cap. Registration volunteers will write the numbers on the caps and participants during the registration process.

#### Participant Visibility

Participants will be provided with high visibility swim caps based on the swim distance they have stated in the registration. Monitor craft will be watching for color caps beyond the intended distance our outside of the course. (Colors subject to change at the event.)

PINK CAPS	1-MILE
BLUE CAPS	2-MILES
RED CAPS	2.4-MILES
YELLOW CAPS	3-MILES
GREEN CAPS	4-MILES
ORANGE CAPS	5-MILES

### Participant Safety Briefing

The Event Director and Safety Director will inform the participants about the swim and potential hazards. A public briefing for all participants will be held before the start of the swim at 8:30 AM at the registration tables from the elevated platform. Instructions should be able to be seen, heard and understood by all. A public address system will be used. The briefing will include the following:

- Description of general "race time" conditions, such as water temperature, depth, unusual hazards, weather conditions, etc.
- Opportunity for withdrawal prior to start if any participant has apprehensions as to their ability or desire to participate.
- Participants' obligations if they drop out before the swim or quit during the swim. Location of the "Did Not Finish" (DNF) Pier and the Finish Monitors
- Course and safety monitor locations.
- Procedure for getting assistance or aid during the swim.
- Course directions/markers/rules.
- Starting procedure/signals.

### Postpone / Cancel / Modify

In the event of inclement weather, the event may be postponed up to 2-hours. No "rain date" is scheduled. No refunds of donations will be made. Refunds of registration or OEVT registration fees received via online registration prior to the event will be made if requested. Modification of the event distances is at the discretion of the Event Director and may be made in the event of impending weather concerns. Cancellations and modifications to the event will be solely at the discretion of the Event Director in coordination with the US Coast Guard and local authorities.

### Plan for Potential Situations

See Emergency Action Plan below for plans addressing specific potential situations.

### Participants with Disabilities

Participants with physical disabilities are permitted under USMS regulations to participate in the event. As with all participants, disabled swimmers must be physically fit and capable of swimming their selected distance. Reasonable and fair accommodation shall be made to the extent they are necessary for disabled persons to participate in the event and equal terms as other swimmers. The Event Director, will, at his discretion, assign escort craft to an individual swimmer with physical disabilities warranting added scrutiny. USMS does not have any regulation that requires a disabled swimmer to prove capability beyond the other participants. With regard to start and finish conditions, Article 303.10 Swimmers with Disabilities, gives the Event Director latitude to devise a solution as long as it conforms to safety requirements and does not give the swimmer a competitive advantage. The last point would be a matter of judgment.

It is expected that this year, one swimmer will be paraplegic and rely on a wheelchair to get in the water. The swimmer will be assigned an escort craft and may hold onto the escort craft as swimmers prepare for the in-water start. At the finish, the swimmer will be allowed to be lifted from the shallow water by two assistants and carried over the finish line.



### Staffing for Safety

Maryland Swim for Life has been fortunate to be accident-free and is committed to the safety and well being of its participants and volunteers. The event is grateful to have an abundance of volunteers to staff the event. The ratio of volunteers to participants is nearly 1 volunteer for every three participants. All event personnel will be briefed on emergency provisions at a meeting held by the Event Director and the Safety Director before the start of the event. This safety plan will be emailed out to all Safety Team members 48 hours prior to the event.

### On-Site Race Day Contacts: 2013 Maryland Swim for Life Key Safety Staff

To be updated the week prior to the event:

Title	Name	Organization	Cell Phone
<b>Event Director</b>	Robert Jeter	DC Aquatics Club	<b>703-403-5228</b>
<b>Safety Director</b>	Alicia Washkevich	DC Aquatics Club	757-362-6657
<b>CG Patrol Commander (PATCOM) (Safety Patrol Craft)</b>	James Abels, Operations Petty Officer	US Coast Guard Station Annapolis	410-267-8108 (Stn Mainline) 443-758-2823 (event day mobile)
<b>Monitor Craft Coordinator</b>	pending		
<b>Safety Patrol Craft</b>	Officer Jacob Coxon Sargent Richard Walbeck	MD Department of Natural Resources	443-528-6797 410-713-8448 (Walbeck mobile)
<b>Pilot Craft (Kayak/SUP) Coordinators</b>	Sue Stevens Rich Stevens	Chesapeake Paddler's Association	443-306-1801
<b>EMS – On-water</b>	Larry Hastings	Kent and Queen Anne Co Rescue Squad	410-708-0446
<b>EMS – Shore</b>		Church Hill Fire Company	410-758-6552

#### Event Director

Robert Jeter will act as the Event Director for the purposes of the Event Safety Plan.

#### Safety Director

Alicia Washkevich will act as the Safety Director for the purposes of the Event Safety Plan. Robert Jeter will be the backup Safety Director.

The Safety Director will be responsible for completing the Safety Director's Checklist on the day of the event prior to the start. This document is recommended to assist the Safety Director the day of the event. The checklist represents all the safety details of the event that must be completed before the event is started. The check list should also be reviewed by the Event Director and Referee. If all items on the list have been completed, all three officials should sign the checklist with the Event Director keeping the signed document on file for one year.

#### EMS Services

The Kent and Queen Anne Co. Rescue Squad will provide boat and ambulance services for emergency medical assistance. Trained professionals from the Squad will be on-site, both in the water and on land.

#### On-Course Water Monitors

On-water craft will be assigned and distributed so the entire field of participants is covered visually at all times during the race. All craft used in conjunction with this event should meet U.S. Coast Guard and local standards for equipment and loading capacity. The US Coast Guard will provide provisions for non-event boat traffic control in accordance with the waterway use permit. It may be necessary to assign multiple tasks to a single craft (e.g. monitor and evacuation). The safety of participants should not be compromised by a craft performing multiple tasks.

All propeller-driven watercraft used in conjunction with the sanctioned open water event must have a propeller guard(s) installed for the duration of the event. The following are exceptions:

- Boats owned and operated by Coast Guard, police, fire and rescue, or other government agencies;
- Boats at anchor from start to finish of the sanctioned event with engine(s) off, while any swimmer is in the water;
- Boats with propellers fore of the rudder (e.g. inboard motors), provided
  - These boats do not run directly on the designated swim course.
  - For events requiring personal escort craft, watercraft with inboard motors may be allowed on the course provided their engines are off when any swimmer is within 20 feet of the propeller and during relay exchanges. For feedings the swimmer may approach within 5 feet of the bow or side of boat with engines engaged. *Swim for Life does not use personal escort craft or provide relay exchanges.*
- Private propeller-driven boats without a propeller guard **MUST** have a dedicated **Swimmer Monitor** to assist the boat captain while navigating on the swim course. The swimmer monitor shall ensure the boat steers clear of all swimmers while the motor is running. The swimmer monitor may not swim in the event. The swimmer monitor may not drive the boat; however they may perform other actions that do not detract from their primary role.
- All motorized watercraft must provide proof of insurance. The proof of Insurance shall be submitted to the referee at least 24 hours prior to the event. The Event Director must keep proof of insurance documents for one year.

All support and rescue craft should approach participants with the utmost caution. Where motorized craft are required to assist with rescue, the additional inherent dangers should be considered (i.e. moving props, potential reduced visibility, carbon monoxide, exhaust fumes). No swimmers should be allowed in the water to warm-up without having safety monitors on the water or observing from the beach during the entire warm-up period. *The name of all swimmers who get out or are pulled out during the swim MUST be communicated directly to the Safety Director immediately upon setting ashore.*

### Escort and Pilot Craft

Individual escort craft are not assigned for this event, except for participants with disabilities warranting added precaution. The Chesapeake Paddler's Association is expected to provide approximately 10-15 kayak paddlers for assistance as on-course monitors and pilot craft. Paddlers in kayaks will be stationed at all turn buoys and along the outside length of the course. Additionally, approximately 5-10 stand-up paddleboard (SUP) volunteers are expected to assist.

All water support personnel are required to wear a Personal Flotation Device (PFD, aka "lifejacket"), worn in the manner in which the manufacturer intended, i.e. fully fastened. All water support personnel must have a sound-producing device (whistle) at all times. Spray skirts are strongly recommended on boats that are designed to accommodate them due to the possibility of being swamped by boat wakes, waves, and when interacting with swimmers. All boats should have adequate floatation so that a self or assisted rescue may be performed on the water without the time consuming necessity of towing the occupant and flooded boat back to shore in the rare event that a capsizes occurs.

On-Course Monitors will be first responders to incidents of distressed swimmers. Pilot craft will pull distressed swimmers at least 100 feet off of the racecourse and away from all other swimmers. Pilot Craft must be capable of completing the course distance and maintaining speed to keep up with the participants. They will signal the Monitor Craft and Evacuation Craft using hand-held whistles should assistance be required. A set of kayak craft will precede each wave and act as pilot craft for each wave of swimmers. Pilot craft are requested to bring a supplemental flotation device such as an extra PFD or rescue tube.

Escort Craft personnel are encouraged to read:

[The Chesapeake Paddlers Association Guide to the Support of Swimmers](#), by Greg Welker / Chris Conklin

### Monitor Craft

Private volunteers will provide powerboat support ("Boston Whalers") as monitor craft. We expect to have 3-4 monitor craft Safety monitor stations are craft of various types positioned on the course to oversee participants while swimming and to provide feedings/water at the longer distances. Safety monitor stations should be equipped with first aid supplies and an emergency signaling device to summon a medical evacuation boat. Signals may include day flares, smoke flares, radio, or flags. If available, monitor craft shall display a "swimmer down" orange flag to identify volunteer craft from the public. The monitor craft shall act as a sweeper or cleanup boat following the last participants. Monitor Craft shall stay at least 100 feet off of the racecourse and away from racing swimmers in the water at all times. Monitor Craft will be manned by an additional assistant known as "**Swimmer Monitor**", with binoculars, who will help during an incident and repeatedly scan the course for distress. The Swimmer Monitor will assist the boat captain while navigating on the swim course. The swimmer monitor shall ensure the boat steers clear of all swimmers while the motor is running. The swimmer monitor may not swim in the event.

All private volunteer Monitor Craft will be required to complete the **Boat Operators Checklist** before the start of the event. The Boat Operators Checklist is a method of reminding the Boat Operator of the Safety Guidelines recommended to keep swimmers around their boat safe. This document should be verified and signed by the Event Director, the Safety Director and the Boat Operator. If all items on the list have been completed, the checklist should be kept on file for one year by the Event Director.

### Evacuation Craft

These are craft that move participants off the course when necessary and bring them to land or to motorized emergency evacuation craft. MD Department of Natural Resources patrol boats, and the Kent and Queen Anne Co. Rescue Squad boat shall be located near 3 locations: start/finish, half-way along the 2 ½ mile course (3rd buoy, 1 ½ miles upriver), and by the final buoy (5th buoy, 2 ½ miles upriver). Motorized emergency evacuation craft (power boats) should not approach the course at any time unless absolutely necessary. Where practical, persons in trouble should be brought to the evacuation boat by a safety monitor using non-motorized transportation. First responders may use their judgment on making life-saving exceptions to the previous statement. Should a Monitor Craft signal for evacuation, the evacuation craft shall immediately respond and notify the Safety Director.

### Safety Patrol Craft

The US Coast Guard will control the waterway to boat traffic in accordance with the waterway use permit request submitted. These are craft placed outside the course to keep craft not associated with the swim off the course.

### Pre-race Safety Briefing

The event director should ensure that safety officials know their jobs and their place in the safety planning. The Safety Director will hold a mandatory Pre-race Safety Briefing with all staff and volunteers at 8:10 am on race day. Topics will include:

- Equipment and its use
- Event procedures outlined
- Positioning of personnel and water craft
- General assistance duties
- Signs of distressed swimmers
- Response and care duties
- Communication
- Evacuation
- Cancellation

### Safety Monitor Training

Evacuation craft and Safety Patrol staff are trained professionals. No lifeguards will be on-duty. Participants and guests swim at their own risk. Monitor craft staff should be trained in first response and first-aid.

### Signs of Distressed/Drowning Swimmers

The following signs of distressed swimmers will be conveyed to the Safety Team at the Safety Briefing. Swimmers may be tired and may float on the back with head up when taking a rest break. Safety Team members should watch tired swimmers carefully for signs the swimmer is transitioning to a distressed swimmer. A swimmer in distress shows various degrees of anxiety or panic.

#### Distressed Swimmers:

- Fear in someone's eyes – facial expressions of fear or panic
- Body position changes from horizontal to vertical or angled.
- No longer making progress but is still able to struggle enough to keep his head out of the water.
- Arms reaching / grabbing upward out of the water. May call or wave for help.

#### Actively Drowning Victim:

- An actively drowning victim is at a stage just before submersion and unconsciousness.
- They can't stay at the surface and will generally go under in less than a minute.

- Unable to call or wave for help and must be recognized by his facial expression and inadequate movement.
- Usually vertical in the water and may have his head thrown back with face upward.
- Arms are extended to the side, pressing down or flapping.
- There is no effective leg movement. His head may bob below the surface.
- Although conscious, he probably cannot respond to commands or reach for nearby rescue aids.

### Safety Gear

All safety gear is provided by the On-Course Water Monitor volunteers. Pilot and monitor craft should carry rescue tubes and personal flotation devices (PFDs) that can be thrown to distressed swimmers. All support craft shall have whistles or air horns to alert the swimmers of impending dangers. All support craft should carry all USCG required safety gear applicable to their craft size and category. For boats, this will include PFDs, whistles or horns, fire extinguishers and possibly flare kits. Professional Evacuation and Safety Patrol Craft shall be equipped with medical first aid kits and EMS equipment.

## Participant Supervision and Management

### Accounting for Participants

The event director should ensure that no participant is left in the water or in medical need at the venue after each swim. Swimmers will be assigned a Unique Swimmer ID number on race day and the Head Timer will be given the list of numbers before the start of the race. The Event Director will have a list of all registered participants and their emergency contact information. In coordination with the timing chip vendor, the Event Director, Safety Director, and Head Timer shall know the number of participants starting the event. The Safety Director must be notified of the name of all swimmers who get out or are pulled out during the swim immediately upon setting ashore. Swimmers removed from the water will be brought to the DNF pier and will be scored as "Did Not Finish." They will be given a numbered florescent green card directing them to see the Head Timer immediately for accounting. The DNF Official will be responsible for communicating the names of those swimmers brought to the DNF pier to the Head Timer and the Safety Director immediately upon receipt of the swimmer on-shore. The Finish Monitors shall call out the Unique Swimmer ID Numbers for the Timing Monitors to record the manual time and for the Head Timer accounting of participants. The Head Timer shall account for all participants swimming the race by marking off their Unique Swimmer ID Number from the checklist as they pass the finish line. The Head Timer shall consult with the Safety Director to determine the swimmers who were pulled out during the swim and did not cross the finish line. *The Event Director, Safety Director, and Head Timer shall account for each participant or find the missing participant before event officials leave the venue and ensure that all participants have left the venue before event officials leave the venue.*

### Layers of Surveillance

The event will have a "layered" protection approach. Pilot Boats and Monitors should watch swimmers, and evacuation boats and the Safety Director should watch monitors and other personnel on the water. Spotters will scan the course from multiple vantage points for signs of distress from all boats, monitors, and swimmers.

### Response and Care Objectives

The planning goal for participant safety is to have all participants arrive safely and accounted for back on shore at the completion of the race. The professional Evacuation and Patrol Craft, the Event Director, and the Safety Director will respond to emergencies as soon as possible. However, individual emergencies must not take attention away from the safety of the remaining participants in the water. After the evacuation boats bring injured swimmers to shore, ground staff must take over to allow on-water staff to return to their posts. EMS will be notified and will be responsible for transportation to emergency services.

### Qualifying Standards

Swim for Life has no qualifying standards to prevent participants from entering the water. Swimmers are encouraged to attempt only that distance for which they feel confident they could complete. Swim for Life offers as little as 1-mile swim which allows for most levels of participants in US Masters Swimming. The Event Director and Safety Director reserve the right to deny any swimmer completion of their registered distance based on visual evidence of distress.

### Time Limits

Swimmers must complete the swim by 12:30 p.m. Any swimmers remaining in the water after that time will be removed by the Monitor craft. Swimmers will be brought to the DNF pier and shall immediately proceed to the scoring table to check-in. Swimmers removed from the water will be scored as “Did Not Finish.”

### Communications

Communications will consist of air horn, whistles, radio systems, and cell phone communications.

### Air Horn

The Event Director shall have an air horn for starting and emergencies. The following signals shall be established and communicated during the Safety and participant briefings.

### Air Horn Signals

Meaning	Signal
<b>Race Wave Start</b>	One 3-second blast
<b>Emergency – Return to Start / Finish Line</b>	3-long blasts, repeat after 10 seconds, twice total
<b>Emergency – Evacuate to Shore Immediately (Lightening spotted, medical emergency, etc.)</b>	3-short blasts, repeat after 5 seconds, three times total
<b>All clear, return to Start / Finish Line via Evacuation Craft</b>	One 3-second blast, repeat after 10 seconds, twice total

### Whistles

All on-water craft shall use whistles to signal for assistance from Monitor and Evacuation craft.

### Public Address System

A Public Address System will be used for the participant briefing and the pre-race coordination.

### Cell Phone Communications

Cell phones shall be used to get ahold of the Event Director and the Safety Director. The personnel on-site at the Safety Briefing shall fill out the following table on race day. Copies shall be distributed to the key race officials.

### On-Site Race Day Contacts: 2013 Maryland Swim for Life Key Safety Staff

To be updated the week before the event:

Title	Name	Organization	Cell Phone
<b>Event Director</b>	Robert Jeter	DC Aquatics Club	<b>703-403-5228</b>
<b>Safety Director</b>	Alicia Washkevich	DC Aquatics Club	757-362-6657
<b>CG Patrol Commander (PATCOM) (Safety Patrol Craft)</b>	James Abels, Operations Petty Officer	US Coast Guard Station Annapolis	410-267-8108 (Stn Mainline) 443-758-2823 (event day mobile)
<b>Monitor Craft Coordinator</b>	pending		
<b>Safety Patrol Craft</b>	Officer Jacob Coxon Sargent Richard Walbeck	MD Department of Natural Resources	443-528-6797 410-713-8448 (Walbeck mobile)
<b>Pilot Craft (Kayak/SUP) Coordinators</b>	Sue Stevens Rich Stevens	Chesapeake Paddler's Association	443-306-1801
<b>EMS – On-water</b>	Larry Hastings	Kent and Queen Anne Co Rescue Squad	410-708-0446
<b>EMS – Shore</b>		Church Hill Fire Company	410-758-6552

#### Radio Systems

The US Coast Guard has secure radio communication to their base station. The main base station phone number is 410-267-8108. The Coast Guard boat will also monitor VHF-FM Ch #16. The Event Director will have a handheld CB radio on Ch 16.

### Plan for Potential Situations

#### Tired or Distressed participants or Participants whose capabilities are overmatched by conditions

The pilot boats shall assist distressed swimmers by providing flotation assistance and signaling a Monitor Craft for assistance. The Monitor Craft staff shall determine if the swimmer should continue the race.

- If the Monitor Craft staff believes the swimmer can no longer continue, the swimmer shall be pulled from the water and the swimmer shall be scored as “Did Not Finish.”
- If the Monitor craft staff believes the swimmer may continue, the pilot craft shall escort the swimmer on a one-to-one basis to the finish line. If the swimmer has a second distressing situation, the Monitor Craft shall pull the swimmer from the water and the swimmer shall be scored as “Did Not Finish.”
- If the swimmer is in need of emergency services, the monitor craft shall signal the Evacuation Craft for assistance. **Notify the Safety Director immediately on the cell phone number provided above.** The Safety Director shall notify the Swimmer’s Emergency Contact of the situation as soon as practical.
- If the swimmer is not in need of emergency services, the monitor craft shall continue with monitor duties until such time as swimmers have consolidated to the point where other monitor craft can fulfill monitoring duties. At that time, the monitor craft may shuttle the swimmers to the DNF pier. **All swimmers coming ashore via boat MUST check-in with the Head Timer and Safety Director immediately upon arrival.**

#### Heart attack/stroke/seizure

##### On-Water Emergency

The pilot boats shall immediately assist distressed swimmers by providing flotation assistance and signaling a Monitor Craft for assistance. **The pilot craft shall pull the distressed swimmers at least 100 feet from the swim course and any other swimmers.** The monitor craft shall signal the Evacuation Craft for immediate assistance. Once transferred, the Monitor Craft shall immediately return to monitoring duties of the remaining swimmers. **Notify the Safety Director immediately on the cell phone number provided above.** The Safety Director shall notify the Swimmer’s Emergency Contact of the situation as soon as practical.

The Kent and Queen Anne Co. Rescue Squad emergency boat should be equipped to handle the situation on-water. Rescue Squad staff shall take charge upon entering the scene. The rescue squad shall bring the swimmer to shore and transfer the victim to ground EMS staff. The Rescue Squad shall return to monitoring the remaining swimmers as soon as possible.

##### On-Shore Emergency

If during the event, a participant or guest on-shore is stricken by a heart attack, stroke, or seizure, notify Registration / First Aid Table. The event staff at the table shall notify the Church Hill Fire Company on-site ambulance or Kent and Queen Anne Co. Rescue Squad boat, which should have an emergency vehicle on-site. EMS staff shall take charge upon entering the scene. **Notify the Safety Director immediately on the cell phone number provided above.**

#### Water conditions: tides, currents, wind, and waves

The Chester River is generally protected from strong currents and waves. The river does have a slow downstream current and is influenced by tides. The Event Director and the Safety Director shall confer with the local officials to understand the race day conditions and communicate to the swimmers and volunteers during the briefings.

The event will take place with rain, moderate wind, and moderate waves. Cancellation or postponement of the event must be considered if conditions exist that would risk the swimmers or watercraft.

### Weather conditions

The event will take place with rain, moderate wind, and moderate waves. Cancellation or postponement of the event must be considered if conditions exist that would risk the swimmers or watercraft. Lightening visible within the event area will postpone the event for at least 30 minutes following the last visible lightening strike.

### Heat and/or cold

Event participants are expected to dress appropriately for varying weather conditions. Should excessive heat become a concern to participants or spectators, the on-shore Kent and Queen Anne Co Rescue Squad emergency vehicle is available for consultation.

### Boat traffic

The US Coast Guard Safety Patrol Craft will monitor and direct non-event traffic to the west of the event. Should a non-event large watercraft impinge on the racecourse, monitor boats and pilot craft shall protect the swimmers to the maximum extent possible until the US Coast Guard can mitigate the situation.

### Marine life

No marine life is expected in the Chester River. Should large marine life become apparent, pilot craft should notify monitor craft. Monitor Craft shall notify the MD Department of Natural Resources Patrol Boat and await instructions.

### Submerged obstacles

Should a submerged obstacle be found, pilot craft should notify monitor craft. Monitor craft should carry marking buoys and shall affix one to the obstacle. A pilot craft shall monitor the obstacle closely during the remainder of the event if the obstacle is within the main racecourse.

### Cuts, bumps, bruises and abrasions

#### On-Water Incident

- The pilot boats shall immediately assist distressed swimmers by providing flotation assistance and signaling a Monitor Craft for assistance. *The pilot craft shall pull the distressed swimmers at least 100 feet from the swim course and any other swimmers.*
- The Monitor Craft shall determine if the on-board first aid kit is sufficient for the injury. Otherwise the Monitor Craft shall signal the Evacuation Craft for immediate assistance.
- If the Monitor Craft staff believes the swimmer may continue, the pilot craft shall escort the swimmer on a one-to-one basis to the finish line. If the swimmer has a second distressing situation, the Monitor Craft shall pull the swimmer from the water and the swimmer shall be scored as "Did Not Finish."
- If the Monitor Craft staff believes the swimmer can no longer continue, the swimmer shall be pulled from the water and the swimmer shall be scored as "Did Not Finish."
- If the swimmer is not in need of emergency services, the Monitor Craft shall continue with monitor duties until such time as swimmers have consolidated to the point where other Monitor Craft can fulfill monitoring duties. At that time, the Monitor Craft may shuttle the swimmers to the DNF pier. *All swimmers coming ashore via boat MUST check-in with the Head Timer and the Safety Director immediately upon arrival.*

#### On-Shore Incident

If during the event, a participant or guest on-shore is in need of *minor* first-aid assistance, notify Registration / First Aid Table. The injured person should perform their own minor first-aid for cuts and bruises. If more serious, the event staff at the table shall notify the Church Hill Fire Company, which should have an emergency vehicle on-site. Rescue Squad staff shall take charge upon entering the scene.



### Medical Evacuation Plan

Procedures and methods of transport for participants needing emergency medical aid from water pickup to land-based medical services:

- The pilot boats shall immediately assist distressed swimmers by providing flotation assistance and signaling a Monitor Craft for assistance.
- The monitor craft shall signal the Evacuation Craft for immediate assistance. Once transferred, the Monitor Craft shall immediately return to monitoring duties of the remaining swimmers. **Notify the Safety Director immediately on the cell phone number provided above.**
- The Safety Director shall notify the Swimmer's Emergency Contact of the situation as soon as practical. The Safety Director shall inform the Safety Patrol Craft via the station main phone number and relay via secure radio systems.
- The Safety Patrol craft should pay special attention to gaps left along the course in monitor or emergency evacuation craft until the Rescue Squad can resume on-water duties.
- The Kent and Queen Anne Co. Rescue Squad emergency boat should be equipped to handle the situation on-water. Rescue Squad staff shall take charge upon entering the scene. The water-based Rescue Squad shall bring the swimmer to shore and transfer the victim to ground EMS staff. The Rescue Squad shall return to monitoring the remaining swimmers as soon as possible.
- Ground EMS staff will consist of a Ken and Queen Anne Co. Rescue Squad ambulance. The ambulance will be positioned near the dock area where the emergency evacuation craft will land in an emergency.
- The ground EMS staff shall take charge of the victim and will perform emergency services as they deem necessary. Emergency transportation to the Emergency Medical Service location shall be done at the discretion of the EMS staff. A backup emergency transportation vehicle should be readied.
- Individuals needing non-emergency medical attention who wish to transport themselves to the medical care facility should be provided the Emergency Medical Services Map.
- At no time shall the event continue with no Monitor boats and Evacuation craft available to perform emergency evacuations. The Event Director shall suspend the swim using the Emergency – Evacuate to Shore Air Horn Signal.

### Event Cancellation or Postponement Plans

Cancellation or postponement of the event must be considered if conditions exist that would risk the swimmers, spectators, or watercraft.

#### Evacuation before, during and after the event

- Should an emergency occur before the event begins or after it is complete, the Event Director shall use the Public Address System to order an evacuation of the area affected including instructions on the status of the event. The Air horn should be used to get the attention of all persons if necessary. If a full evacuation is necessary, an orderly evacuation of the shoreline should be followed by participants returning to their parked vehicles to exit along the main road.
- Should an event occur during the event, the Safety Director shall assess the situation in consultation with the US Coast Guard Safety Patrol and local officials.
  - *If the incident requires participants to end the swim prematurely*, the Safety Director shall use the Air Horn to signal **Emergency – Return to Start / Finish**. Examples of such incidents that may require such action include impending weather in the distance, etc.
  - *If the incident requires participants to immediately exit the water*, the Safety Director shall use the Air Horn to signal **Emergency – Evacuate to Shore**.
    - All pilot craft shall immediately notify all swimmers in the vicinity and follow swimmers to the nearest shoreline point.
    - All swimmers and pilot craft shall exit to a point 50 feet from the waterline.
    - Monitor Craft and Evacuation Craft shall sweep the course to confirm all swimmers have exited the water. The Monitor Craft shall notify the Safety Director that all swimmers are on-shore awaiting further instruction.
    - Monitor Craft, Evacuation Craft, and Safety Patrol Craft then may exit the water if conditions require.
    - When conditions improve such that the Monitor Craft, Evacuation Craft, and Safety Patrol Craft may return to the water, the Safety Director shall use the Air Horn to signal **All clear, return to Start / Finish Line via Evacuation Craft**. Monitor Craft and Evacuation Craft shall bring all swimmers to the DNF pier, starting with the furthest swimmers first. Pilot boats may return to the Start / Finish beach. Follow Medical Evacuation Plan for any medical emergencies.
    - All swimmers must be picked up by the Monitor and Evacuation Craft and brought to the DNF pier. **NO SWIMMERS MAY LEAVE THE SHORELINE VIA OVERLAND ROUTES. All Swimmers must be accounted for at the DNF pier by the DNF Official.** The DNF Official shall coordinate with the Head Timer, the Safety Director, and the Event Director to account for all swimmers.

## Appendix A: USMS Incident Form

### ***United States Masters Swimming***

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#### **REPORT OF OCCURRENCE UNITED STATES MASTERS SWIMMING, INC.**

Injured Person's Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Club Affiliation \_\_\_\_\_

Activity Taking Place at Time of Accident \_\_\_\_\_

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Place Where Accident Occurred \_\_\_\_\_

(include City/St/Zip) \_\_\_\_\_

Date of Accident \_\_\_\_\_ Day of Week \_\_\_\_\_ Hour \_\_\_\_\_

Describe Accident \_\_\_\_\_

Person in Charge of the Activity \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City/St/Zip \_\_\_\_\_

Probable Nature of the Injury \_\_\_\_\_

Who Determined Nature of the Injury \_\_\_\_\_

What was Done On-Site for Injured \_\_\_\_\_

Where Taken for Treatment \_\_\_\_\_

Who Provided Treatment (name) \_\_\_\_\_

Name and Address of Three Witnesses:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Additional Witnesses, List Names and Addresses on Reverse

Remarks \_\_\_\_\_

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Report Submitted By \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

City/St/Zip \_\_\_\_\_ Email \_\_\_\_\_

Please attach any additional accident reports (facility report, newspaper, witnesses' statements). Mail this report to:

RISK MANAGEMENT SERVICES, INC.  
PO BOX 32712  
PHOENIX, AZ 85064-2712  
OR FAX TO 602-274-9138  
E-MAIL [ktate@theriskpeople.com](mailto:ktate@theriskpeople.com)

*You must report all occurrences immediately. Thank you for your time and cooperation.*