Wellington 10K Safety Plan

Lake Wellington, Bailey Colorado

July 10th, 2016

**Pre-Race Plan:**

1. Water Temperature

a. Water temperature is expected to be between 65 – 70 degrees.

b. Water temperature will be measured the week before the event and will be posted on Monday July 4th. Water quality will not be tested.

c. Water temperature will be measured the morning of the race

2. Safety Meetings

a. There will be an event staff safety meeting the morning before the swim at 7:00 AM that includes the primary safety team (Race Director, Safety Officer and on-water support paddlers and kayakers)

b. Race Day meetings

i. 7:30AM there will be a required Swimmers Safety Meeting at the start area on the east side of the lake.

ii. 8:00 am Race starts at the east side.

iii. 12:30 noon Race course closed. All remaining swimmers pulled from the water

**Safety Plan:**

1. The 10K course is a 2.5K loop and there will be 5-6 support kayak/canoes/paddle boards stationed around the course. There will not be individual support craft for swimmers. Only 30 Race participants will be allowed this year (the first) for the swim.

2. There will be a motor boat on the course with a driver, swim safety monitor, and one lifeguard on board to remove a swimmer from the water in case of an emergency.

 3. There will be one or two feeding platform stationed on the course.

4. The will be a medical station staffed by one medical technician (EMT, doctor, nurse) at the start/finish area.

**Communications Plan:**

1. Race operations will be manned by radios or walkie talkies between then following personnel.

 a. Race Director

 b. Referee

c. Safety Officer

2. Secondary: Cellular telephones will be used as a backup communications link. The following positions will have cell phones and the numbers listed for each position:

a. Race Director

b. Meet Referee

c. Safety Officer

**Emergency Action Plan:**

1. Swimmer in Distress:

a. When a support craft identifies a swimmer in distress, they wave their paddles over their heads to signal the rescue boat for assistance. The boat pilot will blow 3 short blasts of their horn to alert Safety Officer and medical personnel.

b. The rescue boat (with swim safety monitor and lifeguard on board) will remove the swimmers from the course and transfer them to the start/finish area.

c. One medical technician will be stationed at the start/finish area to evaluated distressed swimmers and perform emergency medical care.

d. Swimmers withdrawing from the race must report to the race officials.

e. If a swimmer needs medical care which is unavailable on-site, the Wellington Lake Office will be alerted and 911 called. Lake Wellington and on-site medical personnel will determine if the swimmer should be transported via car to Conifer Medical (25 Miles) or transported via helicopter to St. Anthony’s hospital in Littleton. The lake facility has a designated helicopter pad.

2. Swimmer Accountability

a. Swimmers will check-in at the start of the race and a number will be marked on their bodies for identification with a permanent marker.

b. Swimmers will have their number checked off each time they pass the feeding platform.

c. Swimmers will be checked off at the finish line as they finish the race.

d. All swimmers will be required to provide a phone contact during registration.

e. All swimmers are reminded before the race start that they must report to the nearest race official if they withdraw from the race.

**Contingency Plans**

1. Plan to postpone or call off the race due to weather or other conditions prior to the start.

 a. The race course may be modified if feasible.

b. The race may be postponed until later the same day. If the race must be abandoned for the entire day, it will be cancelled.

2. The Race Director, Meet Referee and Safety Officer are empowered to order the race abandoned due to unsafe course or other conditions.

a. If the race is to be abandoned, the Race Director will relay via radio to the rescue boat to signal abandonment.

b. The abandonment signal will be long and consistent blasts of the horn.

c. Each kayak/canoe shall stop swimmers and direct them to the nearest shoreline.

d. A road goes around the lake and officials will pick up the swimmers and transport them to the start/finish area.

3. Swimmer actions are to:

a. Immediately swim to the nearest shore line and await pick-up.

b. Once at the start/finish area, swimmers will check-in with race officials before leaving.

**Critical Numbers**

1. Race Director: Cliff Crozier – 303-520-6046

2. Head Referee: TBD

3. Safety Officer: TBD

4. Lake Wellington Office Number - 303-838-5496