**Point Lookout Masters One Mile Ocean Swim 2016 Safety Plan**

***Sanctioned by the Metropolitan LMSC for USMS, Inc. Sanction #***

A swimmer memo will be emailed to all participants one day prior to event providing complete information about the race.

The race route will be out 50 yards (turn buoy), across east to west with tide 1000 yards (turn buoy), back 500 yards west to east (turn buoy), 50 yards to shore finish line. Swimmers will be numbered at check-in and counted as they line up for the swim and instructed to inform race director if they drop out of the race. Any swimmer in distress will be immediately taken to shore for assistance. Water temperature range: 68-74 degrees Fahrenheit. The Nassau County Department of Health measures water quality and will cancel the swim if the quality is unsafe for swimmers.

After check-in, all swimmers will be required to attend a safety briefing prior to race. This briefing will include the following:

1. Review of course direction, markers, and rules.

2. Start procedure and signals.

3. Finish procedure and cut-off time.

4. Procedure to obtain aid while in the water.

5. Participant’s obligations if dropping out of race.

6. Opportunity for withdrawal if swimmer is apprehensive about his/her ability to participate.

7. Positioning of swimmers in waves at start so that the fastest swimmers remain in front of the pack.

8. Information concerning race day water conditions and evacuation procedures.

The Town of Hempstead Lifeguard Corps will have at least eight to twelve lifeguards on the course to assist possible distressed swimmers. Lifeguards will be distributed throughout the race course, both on shore and on kayaks (4) and rescue boards (8) in the water. Lifeguard briefing will be done 30 minutes prior to race start to ensure the course is fully covered and all personnel are in proper position prior to race start.

There will be three EMT’s and one doctor on the beach. The EMTs will be on ATV’s, which will enable them to transport distressed swimmers quickly should this type of assistance be needed. A pick-up truck will also be available. Swimmers in the water in need of assistance will be transported to the beach since this is the fastest way to provide emergency aid. The Nassau County Police Department will be on standby as the primary ambulance service with the Point Lookout Fire Department as secondary. South Nassau Hospital (Oceanside) is 10.8 miles from the event start.

There will also be one Inflatable Rescue Boat (IRB) and one Surf Dory with lifeguard supervisors on board with radio (VHF) communication with lifeguard headquarters, ATV’s and lifeguard truck. Lifeguard headquarters has landline communication to the Coast Guard station, Nassau County police, Point Lookout fire department, and South Nassau Hospital. Rescue boards will serve as primary transport to bring distressed swimmers to shore, given their ability to perform a rescue with speed. IRB’s will be positioned along the outside of the race course, along with kayaks and rescue boards, will serve to orient swimmers who veer off course, and will keep boat traffic from interfering with swimmers.

All safety personnel, which includes lifeguards, EMT’s, race director, Bob Kolonkowski, Lifeguard Chiefs Paul Nussbaum, Reggie Jones and USMS certified Open Watery swimming official, Barbara Davis will communicate via VHF radio. Should an emergency arise, swimmer(s) would be taken to the South Nassau Hospital emergency room.

Safety protocol is as follows:

1. Water safety team and beach lifeguards watch for swimmers in distress or swimming erratically.

2. Water safety team reassures swimmer and determines if swimmer is okay to continue and/or wants to do so.

3. If swimmer does not want to/cannot continue, water safety team calls for rescue board (or kayak) to transport swimmer to shore.

4. Lifeguard meets water team at shoreline and has safety team volunteer escort swimmer to finish if non-emergency situation.

5. In the event of an emergency, lifeguard/beach team calls for EMT’s who provide medical assistance, call for ambulance (if needed), and assist with transport to meet ambulance.

6. Ambulance takes swimmer to South Nassau Hospital.