**III Race Plan**

Course: The course is a large rectangle going parallel to the shore. See Attachment.

* Swimmers start roughly 30 yards off shore between two buoys.
* They swim upstream roughly 1046 yards from the start and turn around a large orange buoy. Small buoys are place roughly 125 yards apart to mark the course. Red buoys are on the Indiana side of the river, Yellow buoys are on the Kentucky side of the river.
* Swimmers will swim thru a finish chute and pass between two large orange buoys to complete the race.
* The 4k swim is two laps around the course. The 1k swim follows the same course; however, they turn earlier.
* Kayakers are in the middle of the course. Power boats including safety boats with a prop guard or a swimmer monitor are on the outside of the course.
* A boat with a prop guard or a swimmer monitor is placed at the far turn for officials and safety personnel.
* Spotters/lifeguards are place roughly 200 yards apart on the shore. Since the shoreline is approximately 10 feet above the water surface, they have a good vantage point to see the race.
* Officials are on the dock, in kayaks, on the turn boat, and on the shore line.
* There is no feeding station. Water is available on shore.
* Water quality information for the Ohio River is published weekly by the Ohio River Valley Sanitation Commission (ORANSCO).   We will use this data to determine if it is safe to swim.  Based on recommendations from EPA we will postpone the swim if the Fecal Coli form level is above 400/100ml and E. coli is above 240/100ml.  If levels are getting close, we will have an independent lab (Beckmar Environmental Laboratory Inc., 3251 Ruckriegel Parkway, Louisville, KY  40299) test the water.  Results from ORANSCO are available online (<http://www.orsanco.org/index.php/bacteria>).

**IV Safety Plan**

Safety Director: Tim Conway, Captain of North Oldham Fire Department and Emergency Medical Technician. (Member of organizing committee)

Safety Resources

* North Oldham Fire Department (NOFD)
  + NOFD will bring their water rescue boat. This will be stationed with the other power boats roughly 100 yards off shore. They have been trained for all water rescues.
  + At least one EMT from NOFD will be there. They will park their vehicle by the boat ramp so they can leave easily.
  + Total staff for NOFD is expected to be 5 – 8 personnel.
* Other Fire Departments
  + Harrods Creek, KY Fire Department and Westport, KY Fire Department will be asked to bring their water rescue boats and personnel. In the past they have participated in the event.
* Coast Guard Auxiliary
  + One boat and two staff members are expected from the Coast Guard Auxiliary.
* Kayakers
  + A local kayak club will bring 10 – 15 kayakers. These kayakers are experienced with open water swimming and make up the safety staff for the Louisville Ironman Triathlon. One kayaker will take the lead swimmer and another will take the last swimmer. The rest will spread out along the course as needed.
* There will be a mandatory safety personal meeting held 20 minutes before the warm up period to discuss the course, rules and safety procedures. The Referee may remove any safety personal from the competition who does not attend the safety meeting or is found to be inattentive during the meeting.
* Volunteer Anchored Power Boats. At least two other power boats with a prop guard or a swimmer monitor will be anchored along the course and staffed with safety personnel.

On Site Medical Care

* The NOFD will have their rescue boat that has an air conditioned cabin.
* An ambulance will be parked on shore by the start.
* There is a hospital tent that can be used for medical situations.
* Members of the organizing committee own several homes along the river bank which could be used in emergency situations.

Water Craft

* As mentioned in the Safety Resource section, there will be numerous power boats with a prop guard or a swimmer monitor and kayaks to assist with the race.
  + Officials will have at least 2 kayaks and one stationary power boat at the turn
  + Race supervision will not have a dedicated boat, but will be able to communicate with the numerous crafts in the water
  + The only dedicated escort kayakers are for the first and last swimmers. The remaining 10 -15 kayaks will be placed throughout the race at key strategic locations.

Athlete Accountability

* Swimmers are numbered with numbers written on their arms and legs.
* Each swimmer will be given a brightly colored cap and assigned a number. Wearing of caps is mandatory. The cap color signifies the race they are in.
* At check in, each swimmer is given a numbered popsicle stick. Before entering the water, the popsicle sticks are collected to produce a list of swimmers that enter the water. When swimmers exit the water, their number is recorded and compared to the list of swimmers that entered.
* There will be a mandatory swimmer safety meeting held 10 minutes before the warm up period to discuss the course, rules and safety procedures. The Referee may remove any swimmer from the competition who does not attend the safety meeting or is found to be inattentive during the meeting. The course will be patrolled by qualified safety personnel.

Warm-up/ Warm down Plan staffed with lifeguards or swimmer monitors

* Swimmers will be told when they can enter the water for warm ups. This is roughly 10 minutes before the start.
* The warm up area is behind the starting line.
* After the swim, the swimmers can warm down in the same area which is directly behind the boat dock where numerous officials and safety personnel are stationed.

Communications

* Civilian walkie-talkies are the primary method of communication. Roughly 10 - 15 walkie talkies will be assigned strategically along the course. For those safety personnel without a walkie talkie, message will be relayed to the closest safe person with a walkie talkie.
* The Fire Departments will have these walkie talkies in addition to their normal radio channels. As back up, cell phones and flags will be used. Air horns will be used to clear the water in an emergency situation.

Maximum Number of Swimmers on the Course.

* No more than 125 swimmers will be allowed on the course. It is expected there will be 50 -75 swimmers on the course.
* Kayakers and safety personnel have been trained to space themselves where incidents are most likely to occur. It is our experience that the majority of swimmers that experience difficulties are in the first 200 yards of the race; therefore, more kayakers focus on this area and the slower swimmers.
* There will be at least 1 safety craft for every 20 swimmers. While we have not finalized our number of swimmers and safety craft yet, we would expect to have one safety craft for every 8-10 swimmers in the water.

Specific Safety Scenarios

* Identification of distressed swimmers within 10 seconds. Kayakers are our quickest responders. Most times there is a kayaker within 30 yards of all swimmers. The kayakers have been instructed on how to identify swimmers that are having difficulty and a kayaker will be assigned to these swimmers. In addition, visibility from the shore line is excellent and shore line spotters are also looking for swimmers having trouble.
* Initiating Response within 20 seconds. Once a distressed swimmer is identified, a kayaker is dispatched to the swimmer. Communication is handled via radio or over a loud speaker, whichever is appropriate. If the swimmer is close to shore, a shoreline spotter may be dispatched to help. At no time, are the swimmers more than 40 yards from shore.
* Rendering Immediate Resuscitation. If resuscitation is required, we have trained medical personnel that could perform this in the water; however, the preferred method is to bring the swimmer immediately to shore. Once on shore, an ambulance has access along the entire course. A North Oldham Fire Department member should be able to get to the victim in 15 – 45 seconds either via rescue boat or shore ambulance.
* Transportation to Medical Facility. The North Oldham Fire Department will be able to transport the swimmer via ambulance to a local hospital.

Missing Swimmer Plan

* If a swimmer can’t be found, we will determine the last point they were accounted for and begin the search from that point. We will also call their cell phone to make sure we didn’t miss recording their finish.

The 4k race is scheduled to start first. At the start, the course will be cleared and the 4k swimmers will enter the water. The start will be an in-water start. If there are more than 75 swimmers, multiple waves will be used and waves will be 2-5 minutes apart. The Registrar and Referee will get a count of the numbers of swimmers that start the race. At the end of the race, a count will be taken to make sure all swimmers are accounted for. All swimmers will pass thru a finish chute.

Environmental Laboratory Inc., 3251 Ruckriegel Parkway, Louisville, KY 40299) test the water. Results from ORANSCO are available online (<http://www.orsanco.org/bacteria>)

**Severe Weather Plan**

* If severe weather enters the area, the race will be postponed until the storm passes. If the storm will not pass for an extended period of time, the race will be postponed until Sunday, Sept 25.
* The race could be postponed for a variety of reasons including weather, water quality, and or heat.
* If the site must be evacuated, an air horn will be blown which can be heard along the entire course. Kayakers and other on land safety personnel will instruct the swimmer to swim immediately to shore (roughly 30 yards) and exit on to the river bank. Once on the river bank swimmers will do one of the following depend on the situation:
  + Go to one of the residents roughly 100 yards from the water
  + Be picked up by a vehicle and taken to a safe place such as a home or car
  + Walk to their cars