

2016 ISLESBORO CROSSING EMERGENCY PLAN

Update: August 16, 2016

1. PURPOSE

1.1. The purpose of this plan is to assign responsibility for the actions necessary to prepare for, respond to and recover from an emergency involving the participants of the 2016 LifeFlight Foundation “Islesboro Crossing” fundraising swim. This plan sets forth the actions to be taken to meet needs and implement emergency assistance, as required.

2. SITUATION

2.1. **HAZARDS:** The event is located in the ocean waters of Penobscot Bay and could experience an emergency involving or impacting the event participants. Hazards that will be planned for include:

2.1.1. Sudden and Adverse Weather Conditions (Thunderstorm, microburst, tornado, etc)

2.1.2. Medical Emergency for a Participant or Volunteer

2.1.3. Something harmful discovered in the water (dangerous animal, hazardous materials, etc)

2.1.4. Unscheduled or unauthorized boat/ship in the Channel

2.1.5. Criminal or Terrorist Attack on Event

2.2. CONSEQUENCES

2.2.1. Active Drowning

2.2.2. Submerged Swimmer

2.2.3. Missing Swimmer

2.2.4. Medical Emergency for a Participant or Volunteer

2.2.4. Mass Casualty Incident (4 or more injured victims)

2.2.5. Swimmers and Escorts in “Imminent Danger”

2.1.4. Swimmer hit by a boat

2.2.6. Boating Accident

2.3. DEFINITIONS

2.3.1. **Swimmer:** A registered participant who will be swimming the event from Point Lookout Beach in Lincolnville to Grindle Point on Islesboro.

2.3.2. **Personal Escort Boat:** All swimmers are required to have a kayak or paddleboard personal escort boat. The United States Coast Guard recommends personal escorts for swimmers and the LifeFlight Foundation is making it a requirement to participate in this event. The personal escort boater will be provided a number on their race bib so that it is visible to all event boats.

2.3.3. **Course Spotter Boat:** A course spotter boat is defined as an event boat that is positioned along the swim route for the purpose of providing a reference point for all swimmers and personal escort boats. They will assist with keeping the swim route identified. The boats will be marked with a colored flag. There will be eight course boats spread evenly along the route of swimmers.

2.3.4. **Safety Rescue Boat:** These boats will be staffed by the Maine Marine Patrol, Islesboro EMS and the Camden Fire Department. These boats will patrol the course with rescue swimmers and a medical person aboard each. These boats will be monitoring the swimmers on the course as well as the activities of the personal escort boats. There will be three safety rescue boats.

2.3.5. **Sweep Boat:** The Sweep Boat is the Course Spotter boat that brings up the rear of the event. The Sweep Boat shall not pass the last swimmer in the event. For all activities, the Sweep Boat shall assist in any emergency in the same manner as the other Course Spotter Boats.

2.3.6. **Media Boat:** The Media Boat will carry any print or broadcast media personnel for the purpose of observing and recording the event. A Media Boat will not enter the group of swimmers.

2.3.7. **Event Boat:** Any motorized boat involved in the Event. An Event Boat may include Safety Rescue Boats, Course Spotter Boats, the Sweep Boat, and Media Boat.

2.3.8. **Command Post:** All event activities will be managed at the Command Post located on Islesboro. The Incident Commander and Incident Management Team will work from this location. All emergency communications must be directed to the Command Post. The Incident Commander has the final authority to direct any actions be taken regarding the Swim.

2.4. EMERGENCY TERMINATION OF EVENT BEFORE IT STARTS

2.4.1. The decision to terminate or postpone the swim will be made by the Incident Commander.

2.4.2. The decision to terminate or postpone will be communicated on scene in person if the participants are assembled. LifeFlight volunteers will be contacted individually by phone. One call will be made to the Waldo County EMA Director who will notify all EMA volunteers.

2.4.3. A call for termination or cancellation may be made on the following conditions:

2.4.3.1. Weather predictions are indicating that Adverse Weather Conditions (Thunderstorm, microburst, tornado, etc.) will most likely exist in Penobscot Bay during the time of the event.

2.4.3.2. If there is lightning or dangerous conditions prior to the event; seek safe shelter inside a vehicle or building. Observe the National Weather Service 30/30 Lightning Policy (within 30 seconds you hear thunder after a lightning strike is observed, you wait 30 minutes).

2.4.3.3. A minimum 30 minutes warm-up and check in will be held once the weather conditions are clear to resume. Announcements will be given 30 minutes prior to the swim.

2.4.3.4. Due to difficulty of an open water swim in the tidal waters of Penobscot Bay, the swim will only commence if the winds are deemed too excessive by the Incident Commander. (Example – 15 mph if out of the west or southwest or 10 mph if out of the north or east).

2.4.3.5. If security intelligence is received by the Incident Commander (through Law Enforcement sources) of an imminent attack on the event or in the area, then the event will be terminated.

2.5. EMERGENCY TERMINATION WHILE EVENT IS IN PROGRESS

2.5.1. The decision to terminate the swim will be made by the Incident Commander.

2.5.2. The decision to terminate will be relayed to all event boats over all event radio channels from the Command Post by announcing “CLEAR THE COURSE”. The Command Post will also activate the Mobile Command Post’s horn with a series of three long blasts. Each Safety Rescue Boat will sound three long blasts from their air horns and will use loudspeakers to announce “CLEAR THE COURSE.” Course Spotter Boats will also assist by yelling to swimmers and escorts to CLEAR THE COURSE.

2.5.3. A call for termination may be made on the following conditions:

2.5.3.1. Sudden and Adverse Weather Conditions occur on the Event with little or no warning. This might include lightning, severe winds, or fog.

2.5.3.2. Something harmful to the swimmers and escorts is discovered in the water

2.5.3.3. A mass rescue situation occurs due to a dangerous situation (attack, ship in area, etc)

3. CONCEPT OF OPERATIONS

3.1. OVERVIEW

3.1.1. The course, leaving from Point Lookout Beach in Lincolnville and finishing at Grindle Point on Islesboro, measures 3.1 miles or 5 kilometers. The course will be marked with 3 inflatable sail racing buoys, set at 1km, 2km, and 4.8km – buoys in the middle of the channel have been omitted to allow for a clear shot through the channel for any overnight shipping traffic. There is a left turn at the first (1km) buoy, then a straight shot through to the right turn at the final (4.8km) buoy. The finish will be marked by tall checkered flags, flaggers, and volunteers to assist swimmers out of the water.

3.1.2. The start point will be along the Point Lookout beach. After a course briefing and a final roll call, an event official will call for the swim start and swimmers will enter the water and link up with their assigned personal escort boat.

3.1.3. The finish point will be on shore at Grindle Point, Islesboro. The finish will be indicated with tall checkered flags. A flagger on the shore will assist swimmers on locating where they should come out of the water. Other volunteers will be present to help swimmers come onto shore.

3.2. PRIOR TO START

3.2.1. All registered swimmers will report to the sign-in table at the Event Check-In Site. The swimmers will have their assigned number marked on each hand and swim cap. They will then report to the Point Lookout Beach by shuttle or by walking.

3.2.2. Swimmers will be briefed on the event safety precautions days before the event occurs in writing; the night before at the Swimmer's Briefing and 10 minutes prior to the event start at the Beach.

3.2.3. Ten minutes before the swim start, all swimmers will be called to the swim start for a pre-swim meeting and "roll call."

3.3. START

3.3.1. All swimmers will be starting at the same time.

3.3.2. The swimmers and kayakers will be joining up immediately, as the swimmer is walking into the water.

3.3.3. It is critically important that all kayak and swim partners stay together in this event. This is the backbone of the safety program.

3.4. ACTIONS TO TAKE IF THERE IS AN EMERGENCY

3.4.1. Swimmers

3.4.1.1. Swimmers having difficulty should wave their arms, if able, to signal for help from anyone in any of the watercraft, or have their personal escort boat signal with their paddle and whistle.

3.4.1.2. If a Swimmer abandons the course on their own and quits the swim, they must immediately notify an event boat. Both the Swimmer and the Escort will be picked up by an Event Boat and taken to shore when appropriate by the Boat.

3.4.1.3. If a Swimmer notices their Escort having a medical emergency, they should attempt to rescue and call for help from the nearest Event Boat. Use the Escort's paddle or whistle if possible.

3.4.1.4. If the Swimmer becomes aware of a call of "CLEAR THE COURSE", they will immediately link up with their Personal Escort Boat paddler and await the opportunity to be taken aboard an Event Boat. If they are within a few minutes of reaching any shore (whether to the mainland or to Islesboro), they should proceed quickly to shore. They will adhere without question to all directions given to them by Event Volunteers.

3.4.1.5. Upon reaching shore at any point, they will immediately proceed to a Check Out location.

3.4.2. Personal Escort Boat Paddlers (Escorts)

3.4.2.1. The Personal Escort Boat Paddlers will start five minutes before the swimmers and will wait for their swimmer to approach.

3.4.2.2. The Escorts will stay with their swimmer at all times. They will keep an eye on the swimmer to assess their condition. Watch for low, slow body positions, alternating front/back/side strokes, and little to no forward progress.

3.4.2.3. The Escorts can carry any nutrition or water the Swimmer would like and there are no restrictions to how often the Swimmer can stop and take a break. The Swimmer is allowed to hold onto the boat and drift without disqualification.

3.4.2.4. The Escorts will have a whistle and a second PFD (for the Swimmer) that they will use in the case of an emergency.

3.4.2.5. The Escorts may also take a cell phone along to contact the Command Post directly if needed.

3.4.2.6. If an Escort sees a swimmer having difficulty, the Escort should signal with their paddle and whistle to the nearest motorized watercraft. See page 6.

3.4.2.7. If a conscious Swimmer needs to be removed from the course, the Escort will approach and make contact with the Swimmer. They will then wave their paddle while blowing their whistle in a series of short whistle blasts, indicating to the nearest motorized watercraft that they need assistance.

3.4.2.8. When an Escort becomes aware of a call of “CLEAR THE COURSE”, they will immediately notify their assigned Swimmer, provide them with a PFD and assist them with being taken aboard an Event Boat. Once the Swimmer has been taken aboard, the Escorts will proceed quickly to the nearest shore (whether to the mainland or to Islesboro). They may be escorted by the Course Spotter Boats. They will adhere without question to all directions given to them by Event Volunteers.

3.4.2.9. Upon reaching shore at any point, they will immediately proceed to a Check Out location.

Hand and Paddle Signals



Help/Emergency

Wave your paddle from side to side.



I'm OK

Pat the top of your head.

3.4.3. Course Spotter Boats

3.4.3.1. Course Spotter Boats will maintain a safe distance from the swimmers and be ready to move to neutral and kill the engine if swimmers get too close. Course boats should stay to the northern side of the course.

3.4.3.2. Course Spotter Boats will have lifejackets for all on board.

3.4.3.3. Course Spotter Boats will have Waldo County EMA Radio Operators on board who will be the primary communications links between the boats and the Command Post.

3.4.3.4. Course Spotter Boats will offer a swimmer assistance if they need to exit the swim. The Course Spotter Boat will radio the swimmer's number to the Command Post. The swimmer will stay on the boat until the end of the swim or until a Safety Rescue Boat can transport them to shore.

3.4.3.5. Course Spotter Boats crew should watch swimmers for low, slow body positions, alternating front/back/side strokes, and little to no forward progress.

3.4.3.6. Should a Course Spotter Boat crew become aware of a swimmer or escort in trouble, the Boat Radio Operator will immediately announce "MEDICAL EMERGENCY" and report who they are, where they are and the nature of the emergency to the Command Post. The Command Post will dispatch the nearest Safety Rescue Boat to perform a rescue. The affiliated swimmer of an escort in trouble will also be taken aboard. The number of the Swimmer and Escort will be radioed to the Command post.

3.4.3.7. The Course Spotter Boat will give directions to the responding Safety Rescue Boat by referencing the victim in relation to the Course Boat's "12-hour clock" headings. (e.g. "The victim is at 10 o'clock off Course Boat Yellow").

3.4.3.8. Should the Course Spotter Boat not be able to communicate with the Command Post, they will attempt contact with who they believe to be the nearest Safety Rescue Boat. If they are unable to communicate with anyone by radio, they should blast a horn with three long blasts and attempt the rescue themselves.

3.4.3.9. If the swimmer is in such dire situation, and the Course Spotter Boat does not believe a Safety Rescue Boat is close enough to effect a successful rescue, the Course Spotter Boat should attempt the rescue themselves.

3.4.3.10. When a Course Spotter Boat becomes aware of a call of "CLEAR THE COURSE", they will immediately notify the Swimmers and Escorts near them to CLEAR THE COURSE. The Course Spotter Boats will take on as many Swimmers as they can safely take. The Course Boats will escort the Personal Escort Boats to the nearest shore (whether to the mainland or to Islesboro). The crew will record the numbers of all the Swimmers that have onboard their boat and report this information to the Command Post.

3.4.4. Safety Rescue Boats (SRB)

3.4.4.1. There will be three Safety Rescue Boats with Rescue Swimmers and an EMT/Paramedic on board each boat.

3.4.4.2. The Safety Rescue Boats will split their zone of protection. The Islesboro EMS SRB will stay with the front third of the swimmers. The Maine Marine Patrol SRB will stay with middle third of the swimmers. The Camden FD SRB will stay with the last third of the swimmers.

3.4.4.3. The Safety Rescue Boats will call the Command Post when transporting a swimmer to dock area. Medical staff will determine required treatment. If the swimmer is unconscious, then the Safety Rescue Boat will provide BLS care and hand off the patient to the ambulance on the dock. From there, the appropriate transport decision will be made.

3.4.4.4. Crew aboard the Safety Rescue Boats will wear day-glow vests to signify who they are if not in uniform.

3.4.4.5. The Safety Rescue Boats should stay to the southern side of the course.

3.4.4.6. The Safety Rescue Boats may pick up and reposition swimmers who drift too far to the north or south of the course. There will be no disqualification.

3.4.4.7. Watch for low, slow body positions, alternating front/back/side strokes, and little to no forward progress.

3.4.4.8. Should a Safety Rescue Boat crew become aware of a swimmer or escort in trouble, the Boat Radio Operator will immediately announce “MEDICAL EMERGENCY” and report who they are, where they are and the nature of the emergency to the Command Post. The affiliated swimmer or an escort in trouble will also be taken aboard. The number of the Swimmer and Escort will be radioed to the Command post.

3.4.4.9. The Safety Rescue Boat will approach the involved Personal Escort Boat with the distressed swimmer and pull the swimmer on board (if the swimmer cannot get in on their own) and the staff on board will administer appropriate medical care.

3.4.4.10. If the swimmer is unconscious, then the Safety Rescue Boat’s rescue swimmer will use any method appropriate to get the swimmer’s airway open and start BLS. Rescue swimmers will have rescue tubes should they need to get into the water to stabilize the swimmer, or they may stabilize the swimmer and effectively administer BLS while still in their kayak or on their paddleboard.

3.4.4.11. If the staff on board the Safety Rescue Boat determines the swimmer needs to be evacuated to the shore, they will contact the Command Post to determine, based on their location, if they should make for the Islesboro or Lincolnville shore to meet with medical staff where a treatment and transport decision can be made.

3.4.4.12. When a Safety Rescue Boat becomes aware of a call of “CLEAR THE COURSE”, they will immediately notify the Swimmers and Escorts near them to CLEAR THE COURSE. The Rescue Boats will also sound three long bursts on their air horns. They may use loud speakers if available. The Rescue Boats will take on as many Swimmers as they can safely take. The Rescue Boats will escort the Personal Escort Boats to the nearest shore (whether to the mainland or to Islesboro). The crew will record the numbers of all the Swimmers that have onboard their boat and report this information to the Command Post.

3.4.5. Sweep Boat

3.4.5.1. The Sweep Boat will maintain a safe distance from the swimmers and be ready to move to neutral and kill the engine if swimmers get too close. The Sweep Boat will remain behind the last Swimmer.

3.4.5.2. The Sweep Boat will have lifejackets for all on board, as well as life-rings for swimmers.

3.4.5.3. The Sweep Boat will have a Waldo County EMA Radio Operator on board who will be the primary communications links between the Boat and the Command Post.

3.4.5.4. The Sweep Boat will offer a swimmer assistance if they need to exit the swim. The Sweep Boat will radio the swimmer’s number to the Command Post. The swimmer will stay on the boat until the end of the swim or until a Safety Rescue Boat can transport them to shore.

3.4.5.5. The Sweep Boat crew should watch swimmers for low, slow body positions, alternating front/back/side strokes, and little to no forward progress.

3.4.5.6. Should the Sweep Boat crew become aware of a swimmer or escort in trouble, the Boat Radio Operator will immediately announce “MEDICAL EMERGENCY” and report who they are, where they are and the nature of the emergency to the Command Post. The Command Post will dispatch the nearest Safety Rescue Boat to perform a rescue. The affiliated swimmer of an escort in trouble will also be taken aboard. The number of the Swimmer and Escort will be radioed to the Command post.

3.4.5.7. The Sweep Boat will give directions to the responding Safety Rescue Boat by referencing the victim in relation to the Sweep Boat’s “12-hour clock” headings. (e.g. “The victim is at 10 o’clock off Sweep Boat”).

3.4.5.8. Should the Sweep Boat not be able to communicate with the Command Post, they will attempt contact with who they believe to be the nearest Safety Rescue Boat. If they are unable to communicate with anyone by radio, they should blast a horn with three long blasts and attempt the rescue themselves.

3.4.5.9. If the swimmer is in such dire situation, and the Sweep Boat does not believe a Safety Rescue Boat is close enough to effect a successful rescue, The Sweep Boat should attempt the rescue themselves.

3.4.5.10. When the Sweep Boat becomes aware of a call of “CLEAR THE COURSE”, they will immediately notify the Swimmers and Escorts near them to CLEAR THE COURSE. The Sweep Boat will take on as many Swimmers as they can safely take. The Sweep Boat will escort the Personal Escort Boats to the nearest shore (whether to the mainland or to Islesboro). The crew will record the numbers of all the Swimmers that have onboard their boat and report this information to the Command Post.

3.4.6. Media Boat

3.4.6.1. The Media Boat will maintain a safe distance from the swimmers and be ready to move to neutral and kill the engine if swimmers get too close. The Media Boat will outside the lane of swimmers.

3.4.6.2. The Media Boat will have lifejackets for all on board, as well as life-rings for swimmers.

3.4.6.3. The Media Boat will not be used to complete rescues or pickups unless there are no other options.

3.4.6.4. When the Media Boat becomes aware of a call of “CLEAR THE COURSE”, they will immediately notify the Swimmers and Escorts near them to CLEAR THE COURSE. The Media Boat will take on as many Swimmers as they can safely take. The Media Boat will escort the Personal Escort Boats to the nearest shore (whether to the mainland or to Islesboro). The crew will record the numbers of all the Swimmers that have onboard their boat and report this information to the Command Post.

3.4.7. Command Post

3.4.7.1. The Islesboro Crossing Command Post will be located at Grindle Point on Islesboro and referred to as Crossing Command Post. The Incident Commander will be referred to as Crossing Command.

3.4.7.2. LifeFlight Foundation will provide the Incident Commander, Public Information Officer and Safety Officer.

3.4.7.3. Waldo County EMA will provide the Planning Section and Logistics Section incident management personnel, radio operators, mobile command post and radio truck and communications equipment.

3.4.7.4. Information that will be posted and tracked at the Command Post will include:

- Incident Command Organization Chart (207)
- Radio Communications Plan (205)
- Boat Identification and Contact Information
- Swimmer and Escort Names and Race Numbers
- Status Accountability on Swimmers and Escorts
- Location of all Event Boats
- Weather Updates
- Chart of Penobscot Bay
- Log of Events
- Casualty Status

3.4.7.5. Should the Crossing Commander determine that a Missing Swimmer Emergency Situation exists, the Commander will request assistance of the U.S. Coast Guard. The Maine Marine Patrol will assume control of all Boats on the water to direct a Search and Rescue Operation, until and if control is passed to the U.S. Coast Guard. The Crossing Commander will determine if a CLEAR THE COURSE situation is warranted or not, with consultation from the Maine Marine Patrol and/or U.S. Coast Guard.

3.4.7.5.1. The Lat/Long coordinate where the victim was last seen; the current water conditions; the depth; and speed of current should be determined.

3.4.8. Ambulance Services

3.4.8.1. There will be an ALS ambulance at the start of the swim and an ALS medical tent at the finish of the swim. The ALS ambulance will stage at the Lincolnville docks.

3.4.8.2. All medical emergencies will be communicated to the Crossing Command Post. The Incident Commander will determine if the Boat will take the patient to Lincolnville or to Islesboro, depending on the present location of the boat.

3.4.8.3. Should a mass casualty incident occur, Islesboro Fire and EMS and Lincolnville Fire will be immediately requested through the Waldo County Regional Communications Center (RCC). Depending on the number of victims, additional fire, rescue and ambulance services will be requested. A LifeFlight helicopter may be requested for critical injuries.

4. COMMUNICATIONS

4.1. Radio

4.1.1. Handheld VHF radios and cell phones will be the primary way to communicate between safety rescue boats, course spotter boats, the sweep boat and the media boat. Personal Escort Boats may carry a cell phone, if they so choose, to call the Command Post. The primary way a Personal Escort Boat will communicate is by whistle and waving their paddle to signal a Safety Rescue Boat or Course Spotter Boat.

4.1.2. Handheld VHF radios will be provided by Waldo County EMA. Every boat must be equipped with a Marine Radio and will be issued a VHF handheld radio. All Events Boats, except the Safety Rescue Boats, will also have an EMA Radio Operator.

4.1.3. Boat Captains will utilize **Marine Channel 69** to coordinate boat movements between themselves.

4.1.4. The EMA VHF handheld radios will utilize **NWCC** as the event operational channel.

4.1.5. The VHF frequency to link into the Beau Repeater system will be **SWSP**.

4.1.6. Emergency coordination with incoming response units and the RCC will be on **Fire South**.

4.1.7. The Ham Operators will accomplish logistics coordination on amateur radio frequency **146.43**.

4.1.8. It is essential that any situational information regarding an emergency be radioed to the Command Post. The Command Post will issue all formal directions to Event Boats by radio.

4.2. Telephone

Incident Commander (John Tierney) 461-4338

Command Post: 322-8684

Public Information Officer – Media Boat: (Melissa Arndt) 907-0695

ALS Service, Lincolnville: North East 230-0082

ALS Service, Islesboro: Islesboro ALS Ambulance 734-6787

4.3. All Event Boats will have a cell phone and provide their number to the Command Post.

5. EMERGENCY FACILITIES:

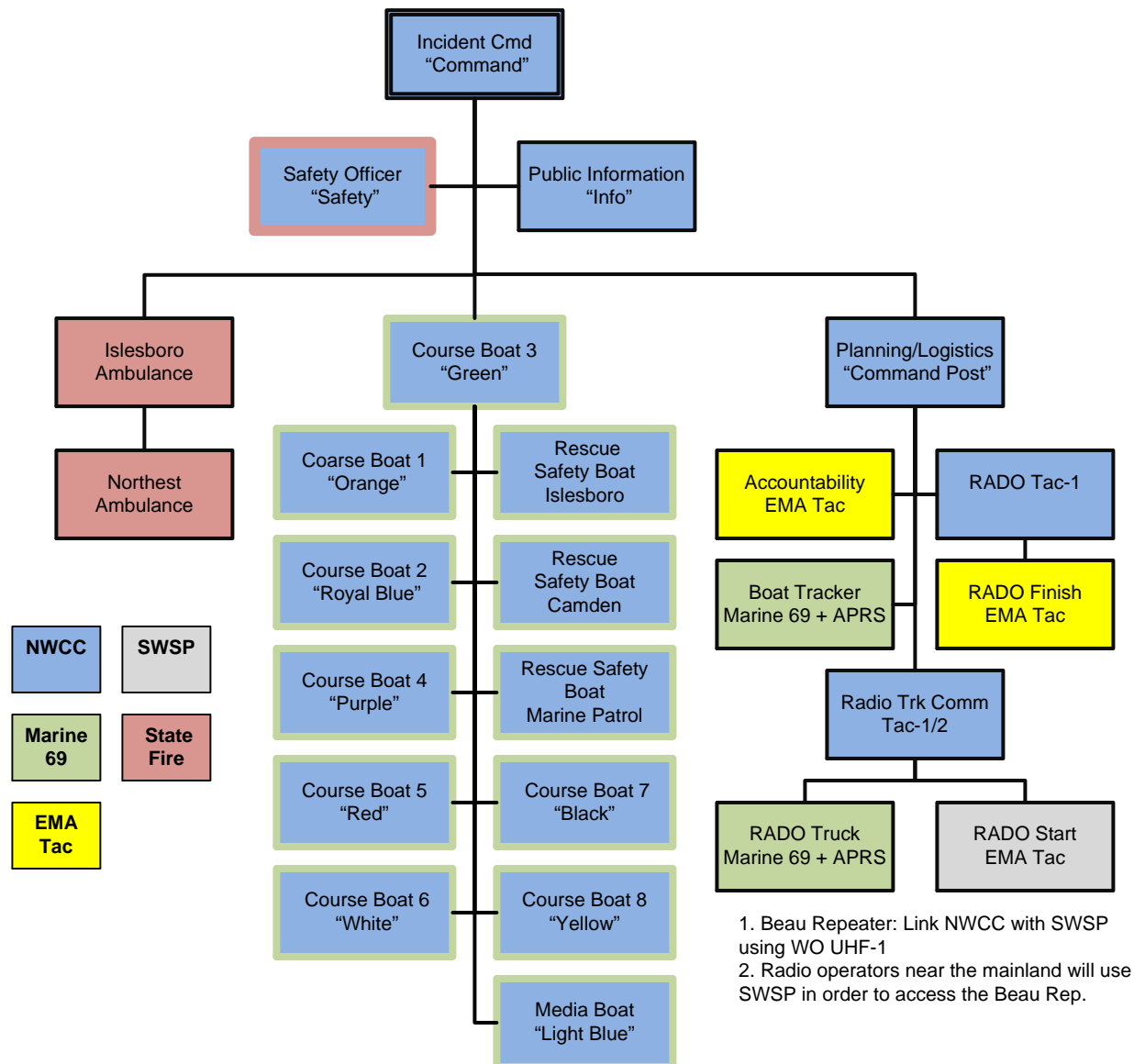
5.1. **Command Post:** The Command Post signifies the physical location of the tactical-level, on-scene incident command and management organization. All incident information will be coordinated through the Command Post.

5.2. **Regional Communications Center:** The RCC is the 911 answering point and the public safety dispatch facility for Waldo County. Although, some response resources will come from emergency units dispatched from Knox County, all requests for public safety response resources will be made through the Waldo County RCC. The Waldo County RCC will contact other dispatch centers.

5.3. **Area Hospitals:** Patients resulting from medical emergencies during the Swim Event will be taken by ambulance to PenBay Medical Center. Should there be mass casualty incident, an EMS Medical Control Officer will be assigned to coordinate which area hospitals the patients will be taken.

5.4. **First Aid Station:** There will be a first aid station established at Islesboro to respond to non-emergency medical issues such as cuts, bruises, abrasions, sunburns, etc.

6. ORGANIZATION AND ASSIGNMENT OF RESPONSIBILITIES



7. ADMINISTRATION, FINANCE AND LOGISTICS

7.1. Motorized Watercraft/Boats:

7.1.1. All motorized event boats must provide Proof of Insurance at least 24 hours prior to the start of the swim to the Swim Director.

7.1.2. All motorized watercraft operated by a government agency is exempt from certificates of insurance and proof of insurance.

7.2. **APRS TRACKERS:** All event boats will have a radio/GPS transmitter, called an APRS Tracker, located onboard for the duration of the event. The EMA Radio Operators will be responsible for the Trackers. These Trackers will allow the Command Post to continuously locate all of the Boats on a computer mapping application.