



Operations & Safety Manual

**2018 Lake George Open Water Swim
Sanction # Coming**

2.5k, 5k, & 10k Open Water Swims

Saturday, August 18, 2018
Hague Public Beach
Hague, NY



Race Plan

The 2018 Lake George Open Water Swims consist of 2.5k, 5k and 10k swims on Saturday, August 18, 2018 at Hague Public Beach on Lake George, NY.

The 2.5k, 5k and 10k course will take place on a 2.5k looped course (one loop for the 2.5k, two loops for 5k, four for 10k). The direction of the swim will be counter-clockwise.

Participants will be divided into wetsuit and non-wetsuit waves for each event. Each division will start at the same time.

The start will be in-water, waist-level. The finish will be on land at the beach.

Schedule of Events . Saturday August 18, 2018 (2.5k, 5k, 10k)

6:00am Check-in opens for 10k and 2.5k events; swimmers may warm up/cool down in the designated zone throughout the morning.

7:15am Mandatory pre-race safety meeting for event officials, volunteers and safety crews

7:25am Mandatory pre-race safety meeting (10k and 2.5k swimmers)

7:35am 2.5k swimmers line up for entry into water and roll call

7:45am 2.5k start

7:50am 10k swimmers line up for entry into water

8:00am 10k start (wetsuit and non-wetsuit)

8:15am Check-in opens for the 5k swim; swimmers may warm up/cool down in the designated zone throughout the morning.

9:10am Mandatory pre-race safety meeting (5k swimmers)

9:25am 5k start (non-wetsuit and wetsuit)

12pm Event concludes

12pm Awards ceremony

Course Overview (2.5k/5k/10k)



2.5k/5k/10k Course

- Course is a diamond out-and-back course
- The out course is all yellow buoys
- The back course is all orange buoys
- Keep all buoys to your left
- One loop = 2.5k; two loops = 5k; four loops = 10k

Turnaround
(Yellow and Orange buoys)

Finish Line

Start Chute & Lap Buoy

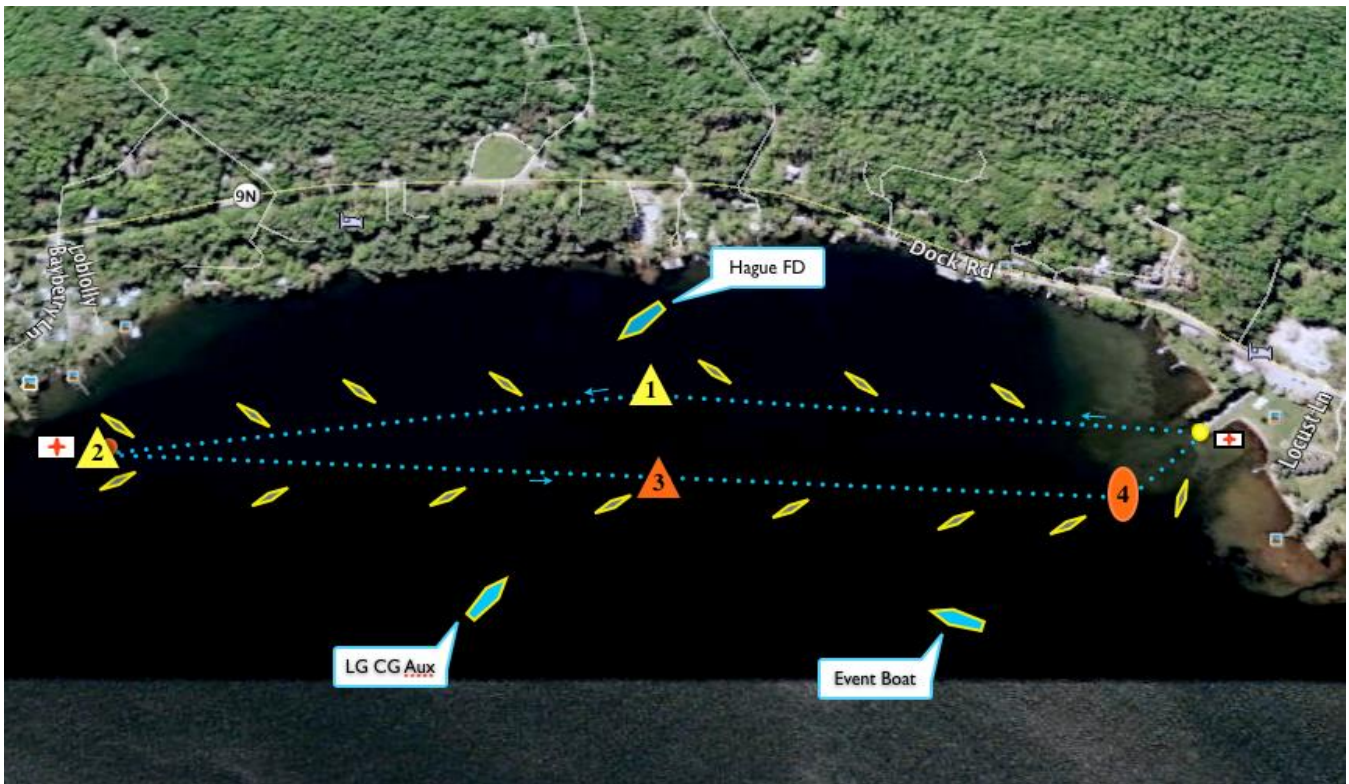
Lake George Open Water Swim (LGOWS)
Course Map (2.5k, 5k, 10k)
Hague, NY
www.lakegeorgeswim.com

This aerial map shows the course layout with numbered buoys. The course is a diamond-shaped out-and-back course. Key features include:

- Turnaround:** A yellow and orange buoy at the left side of the lake.
- Start Chute & Lap Buoy:** A yellow circle and red triangle at the top of the lake.
- Finish Line:** A red line at the top right of the lake.
- Numbered buoys:** 1 (yellow), 2 (orange), 3 (orange), 4 (yellow) along the course path.

 Blue arrows indicate the direction of the course: out from the start chute to the turn buoy, back to the lap buoy, and then back to the start chute.

Water Safety Positions & Evacuation Routes for 2.5k/5k/10k



Safety Plan (2.5k, 5k, 10k)

- Hague Fire Rescue & EMS will provide an on-site EMT equipped with first aid, an AED and oxygen. EMS will be managed by ambulance Captain Meg Haskell, (518) -543-6059, mhaskell14@yahoo.com).
- Hague Fire Rescue & EMS will provide a fire rescue boat positioned out on the course. This rescue boat is managed by Fire Lt. Jon Hanna (518) 543-6451, bowhaler@gmail.com).
- The Lake George Coast Guard Auxiliary will have two motorboats on site, managed by Lynn Enny ((518) 499-2883, glanenny@aol.com).
- The Warren County Sheriff's office will have a marine patrol unit on-call or on site when available throughout the swims. This has been arranged through Lt Kevin Smith at (518) 743-2500.
- The nearest hospital is Moses-Ludington Hospital 1019 Wicker St, Ticonderoga NY (518) 585-2831. They have been informed of the event.
- At least 4 Red Cross certified lifeguards will be stationed among the start and on the water beginning at 7:45 a.m.
- The Safety Director will be stationed on the beach or on the water and in radio contact with safety & medical personnel in kayaks and event managers on land.
- At least 15 monitors in kayaks with water safety noodles/whistles/rescue tubes will be stationed on the course
 - One at each turnaround to prevent swimmers from leaving the course
 - The remainder will be distributed evenly on each side of the course to form a perimeter.
- The ratio of swimmers to on-water personnel (guards + monitors) shall not exceed 20:1.

Accounting for Swimmers and Staff

Accountant: One member of the race staff will be appointed Accountant. The Accountant's only role is to count the swimmers entering and exiting the water.

Swimmers

- Each swimmer is assigned a number.
- Roll call is held at the pre-race meeting. Athletes and their race numbers are recorded as positively checked in at this time, and absent swimmers are noted and scratched from the event.
- The number of swimmers in each wave will be communicated to all finish line & timing personnel as a check on the total number of swimmers entering the water.
- Swimmers will wear color-coded swim caps that align with their event. All swimmers are required to wear the swim cap provided to them for their event. Failure to do so will result in disqualification.
- Organizers will identify possible hazards including rocks, anchors, marine life or other such matter that may have an impact on their swim.
- Upon exiting the water, each athlete's number will be recorded and checked out of the roll call listing.

- Athletes withdrawing from the race for any reason must report to race officials to check out of the water.
- Swimmers not checked out are missing swimmers, and the Missing Swimmer Emergency Plan will commence immediately.
- The Accountant shall develop a method similar to the above for the purpose of accounting for staff members who are on the water.

Race Procedures

Pre-race information

- Safety instructions & maps are emailed to entrants the week of the event.
- A large course map will be posted at registration.
- If the weather forecast is for unusually cold temperatures, we will advise swimmers in pre-race notices to bring warm clothes.

Warmup: Athletes can warm up in the enclosed public beach area after checking in.

Start: The start is an in-water start.

Time Limit: Athletes who cannot complete the 5k course in 2.5 hours or the 10k in 4.25 are advised not to enter. Swimmers still on the course after 2.5 hours for the 5k, or 4.25 hours for the 10k will be stopped and transported to the finish.

Mandatory Pre-race Participant Meeting

- Race officials will deliver a mandatory logistics and safety briefing to athletes approximately 25 minutes before each event start.
- The meeting will include a number check/roll call to account for all athletes and to note the absent swimmers.
- Swimmers will be advised of the start procedures, finish procedures, course markings and emergency procedures.
- Faster swimmers will be asked to pass slower ones on the outside of slower swimmers.
- Athletes will be advised that course monitors will be alert for swimmers off course as well as unsportsmanlike behavior. Any swimmer seen behaving in an unsportsmanlike manner will be disqualified.

Finish

- Upon exiting the water, swimmers will be assessed for cold challenge and mental status changes by qualified race-personnel.
- Water will be provided, and heat sheets will be made available to cold swimmers. Food will also be available.

Communications

- Communications will be conducted by short-range two-way radios operating on channel 1/7. The Event Director and Safety Director may have separate VHF radios connected to the Fire Rescue boat as well as the Coast Guard Auxiliary boat.
- Short-range radios will be distributed to:
 - Event Director
 - Safety Director
 - Fire boat
 - EMT
 - Select lifeguards
 - Select kayakers
- Cell phone numbers for the following will be provided to all race personnel as a secondary communication method:
 - Event Director
 - Safety Director
 - Finish Line/Accountant
 - Registration

Note: *There is limited cell tower service available in Hague. Two-way radios will be the main means of communications.*

Boat Launch Closure

Through arrangement with the Town of Hague, The Hague public boat launch will close from 7 a.m. to 12 p.m. on Saturday, August 23. No boats other than emergency boats affiliated with the event will be allowed in or out of the launch.

Water Temperature

Water temperature will be measured 1 foot below the surface at one or more points on the course, and air temperature will be recorded at the start location.

- The race will be canceled if the water temperature is less than 60.8°F (16°C) or greater than 85°F (29.4°C).
- The race will be canceled if the sum of the water and air temperatures is less than 118°F (or 30°C) or greater than 175°F (or 61.6°C).

Age Groups: Standard USMS 5-year age groups: 18-24, 25-29, 30-34, 35-39, 100+

Outreach

A program has been initiated to contact residents in the general swim area to inform them of the upcoming event. The goal is to have any residents with boats to steer clear of the swim area while the race is in progress. These initiatives include:

Notices in The Hague Chronicle and Lake George Mirror with information about the swim and swim area & **flyers**, which will be posted at Hague Public Beach informing residents of the event.

Emergency Plan

Swimmer in Distress

- Athletes requiring assistance during the swim are directed to:
 - Raise an arm and signal the nearest kayaker
 - Move out of swimming traffic if possible
- A lifeguard or kayaker will provide a flotation noodle for the swimmer.
- Swimmer may continue when rested or ask the kayaker to be evacuated. Kayaker will wave a flag in the air, radio or whistle for the boat patrol to come by.
- Race officials/medical personnel reserve the right to remove any participant from the course for the safety of the athlete or other athletes.

Medical Evacuation Plan

For use in the event of an athlete medical emergency:

- If necessary, two kayakers on the course would form an "X" with their kayaks to protect the swimmer from other competitors and try to clear the distressed swimmer from traffic.
- Kayakers will provide a flotation device to the athlete and tow the distressed swimmer to shore or await event boat or Fire boat assistance.
- In the case of an unresponsive swimmer, a lifeguard will enter the water with a rescue tube, support the distressed swimmer and be towed to shore by either kayak or await evacuation by event boat or Fire boat.
- Once on shore, on-site EMT and lifeguards trained in CPR and first aid will commence emergency medical procedures.
- An ambulance will be stationed on site ready to transport any athlete to the nearest hospital.
- The hospital is 9.3 miles away, about a 13-minute drive.

Missing Swimmer

- All swimmers will be required to provide an emergency contact name and number at registration.
- If a swimmer is reported missing and last seen in the water:
 - The Safety Director will contact the Fire boat and EMTs to activate any search and recovery protocol.
 - The Safety Director will direct kayakers, lifeguards and volunteers to canvass the course and the shore.
 - Concurrently, meet operations will attempt to contact the emergency contact, coach and swimmer via cell phone and public address.
 - Event Operations will review the start list and withdrawal list to confirm the swimmer actually started the race.
 - All swimmers are reminded before the race start that they must report to the nearest race official if they withdraw from the race.

Contingency Plan

Race Cancellation or Postponement

- Approximately ½ hour before the beginning of the race, race personnel will convene to assess current safety conditions.
- Any of the following individuals are empowered to independently order the race cancelled or postponed due to unsafe course or other conditions
 - Race Director
 - Safety Director
 - Police, Fire or other agency of jurisdiction
- The race may be cancelled or postponed at any time for any of the following reasons:
 - Presence of thunder/lightning
 - Excessively warm or cold water temperatures
 - Excessive currents or waves
 - Poor water quality
 - Any other unsafe course or other condition
- If conditions warrant, race officials will first postpone the start of the event or of a heat. If conditions are unlikely to change, race officials will cancel the event.

Post-start Cancellation - Evacuation Plan

- The Safety Director will contact all staff by radio and signal with 3 blasts of an air horn.
- Guards will also signal race abandonment with 3 blasts of their whistles, repeating as necessary.
- Kayakers will raise their brightly colored paddles or flags, block the course with their boats and guide swimmers to the finish.
- At the finish, safety officials will conduct normal swimmer accounting procedures.
- Upon cancellation, swimmers must:
 - Proceed directly to the finish on the appropriate side of the beach
 - Follow any directions from the officials or water safety personnel
 - Once safe on the beach, proceed to the finish area and check out.

Course Adjustments

- Due to the nature of Lake George, with wind and waves, buoys may drift slightly from their original position. Race officials will aim to keep buoys in place and accurate but may choose to leave buoys in place if having drifted slightly, provided no swimmer has an advantage.
- If necessary and appropriate, race officials may shorten the event.

Directions to Moses-Ludington Hospital

IN THE EVENT OF AN EMERGENCY DIAL 911

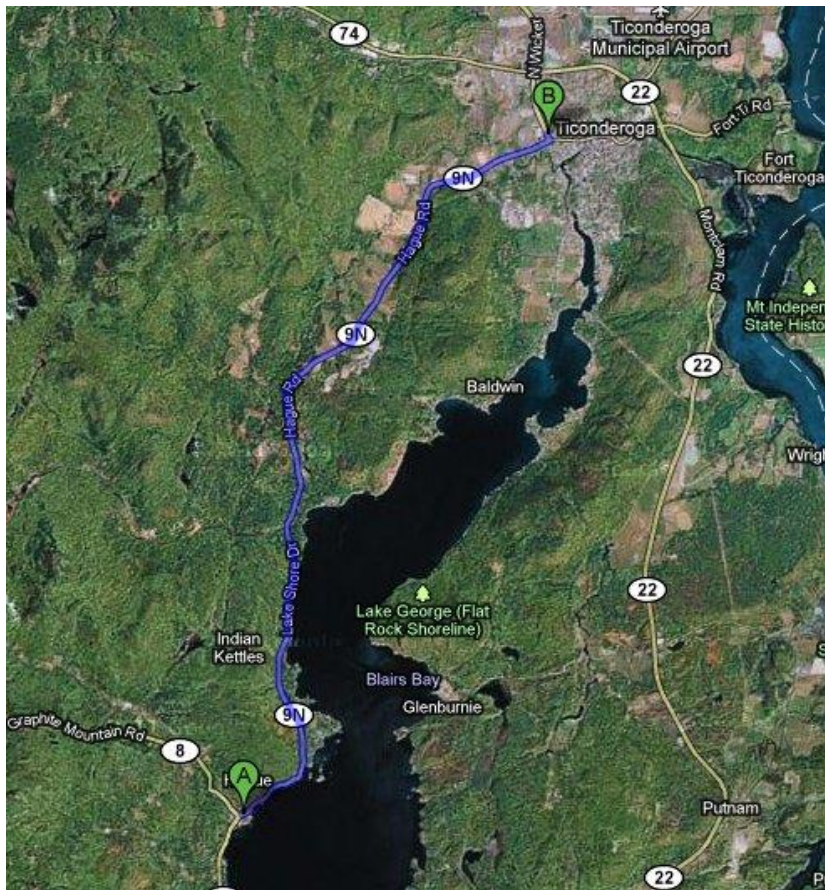
Moses-Ludington Hospital
1019 Wicker St, Ticonderoga NY
(518) 585-2831

9 miles . about a 13 minute drive

Directions

- Head northeast on NY-9N N/Lake Shore Dr toward Ft. Ticonderoga
- Turn left onto Wicker St
- Arrive 1019 Wicker St, Ticonderoga, NY

Map:



Event Directors

Event Director - Chris Bowcutt . (917) 371-1108 - cbow142@yahoo.com

Co-Event Director/Timing - Matt McMorris . (518) 718-1586 - matt@greenleafacing.com

Safety Director . Anna Payne . (518) 226-9839 - anna@greenleafacing.com

Referee - David Dammerman - (518) 698-7838 - dddammerman@yahoo.com

Accountant . Bri McMorris . (518) 573-9807 . brianamcmorris@gmail.com

Finish Line/Timing - Patrick Lynskey - (518) 331-5675 . patrick@greenleafacing.com

Registration - Rachel Bowcutt - (518) 424-5283 . rachellloyd83@hotmail.com

Additional Event Safety Contacts:

Hague EMS - Renee Swinton - (518)-543-8035

Hague Fire Dept . Linda Mury - (518)-543-6550

Lake George Coast Guard Aux - Lynn Enny - (518)-499-2883

Warren County Sheriff's Department - Lt. Kevin Smith - (518) 743-2500

Moses-Ludington Hospital - Head of Nursing - Kristen Thompson - (518) 585-3722