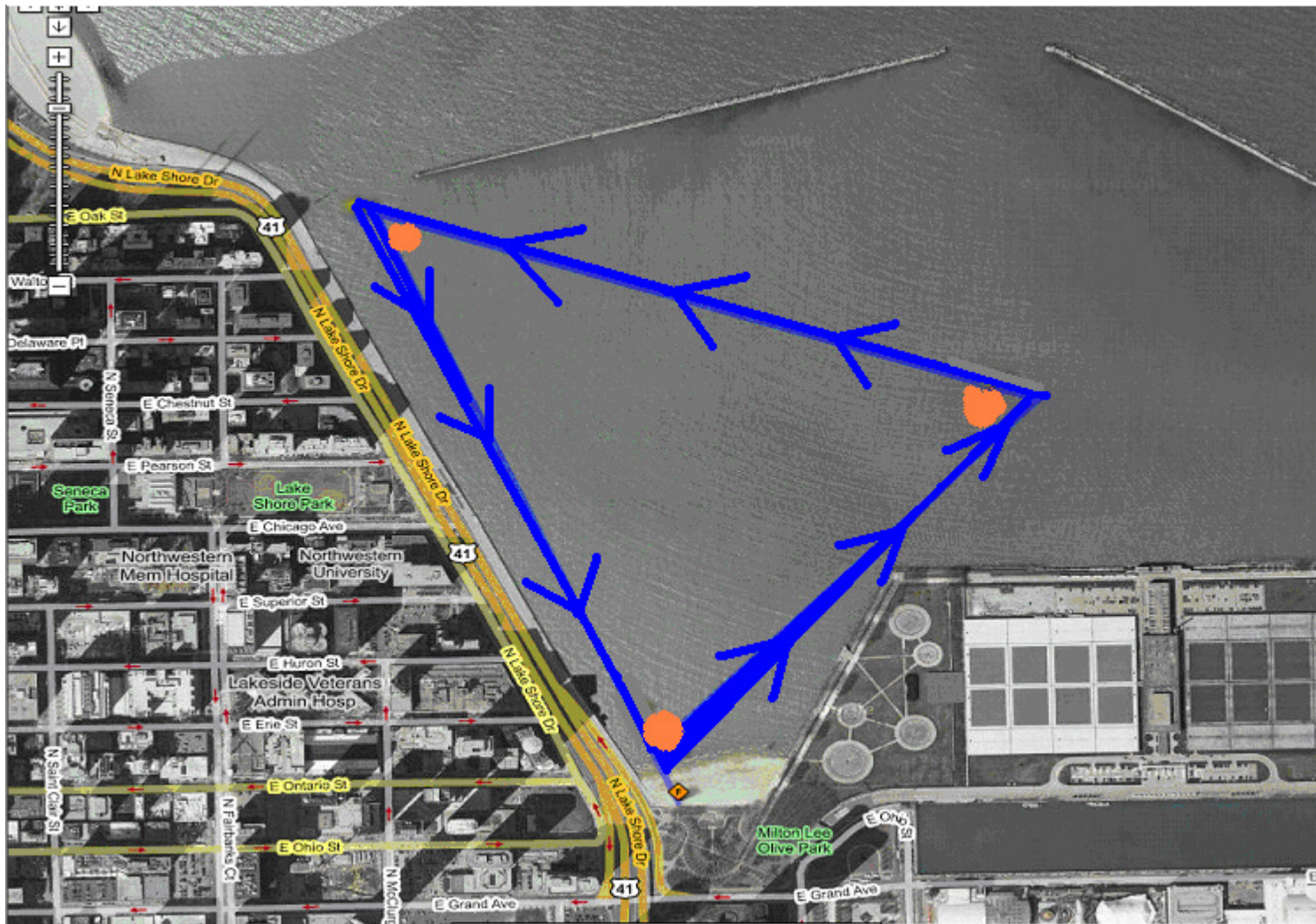


BIG SHOULDERS COURSE MAP



Big Shoulders Course: The race starts and finishes at Ohio Street Beach in Lake Michigan, just west of Navy Pier in Chicago. Participants will line up in the water, behind a line between the beach and the starting boat, facing the buoy on the far East side of the course. Swimmers will start out swimming Northeast, toward the first of three 8 ft. buoys. Swimmers will turn left around the first buoy and head Northwest, to buoy No. 2, turn and head Southeast, parallel to Lake Shore, back toward the beach – one lap around is 2.5K, two laps is a 5K! Swimmers will finish by running up the beach, through the chute and over the timing pads.

Big Shoulders 2018 Safety Plan

Scope – The Chicago Masters Swim Club is in its 27th year as the host and sponsor of the Big Shoulders 5K & 2.5K Open Water Swim Classic. The race takes place within the breakwater at Ohio Street Beach, and all is patrolled by more than 30 Chicago Park District Lifeguards in boats and along the seawall. Race officials coordinate with the Park District lifeguarding crew to insure the safest open water environment possible.

Venue – the swim takes place at Ohio Street Beach, just north of Navy Pier along Chicago's Lake Michigan waterfront. On the beach we have a team of medical professionals from Indiana University Sports Medicine Group and a team from Superior Ambulance. There are 16 portable toilets available for swimmers to use and for changing.

Event Officials

Event Director – Chris Sheean, ctsheean@yahoo.com, 708-275-3290

Safety Director – Susan Bromberg, bromberg@uic.edu, 847-971-0438

Medical Director – Dr. Steve Hartsock, IU Sports Medicine Group

Timing – Andy Sbertoli – Lakeshore Athletic Services

Swim Course Description (See Map Above).

Course is within breakwall at Ohio Street Beach in Lake Michigan. Chicago Park District and Police Marine Unit boats keep all non-authorized boats out of the area.

Course is a 1.5 mile triangle marked with 8' bright orange turn buoys and 5' round buoys mark the ½ way mark between the bouys. Each leg of the triangle is approximately ½ mile, with buoys placed ever ¼ mile. Swimmers start in the water, and finish with a short run up the beach.

In the event of an emergency that would necessitate evacuating the swimmers, CPD lifeguards in motorized boats and row boats would herd the swimmers to the nearest point of exit, assisting those who require help to get out quickly.

Warm up is permitted along the sea wall parallel to Lake Shore until the safety talk at 7:45.

Lake Michigan

Lake Michigan is part of the Great Lakes, and as a huge body of fresh water, temperatures can vary greatly from 60-80 degrees. Air temps in early September range from 50-85 degrees. The lake depth on the course varies from the shore to approximately 25' deep. Much of the final leg parallel to the sea wall is shallow enough for a swimmer to stand. All swimmers sign a waiver acknowledging that they are physically fit, and that they understand the inherent risks associated with open water swimming.

All swimmers will be required to wear a brightly colored cap, provided by race personnel, the color signifying the heat that swimmer is in.

Resources

The course is patrolled by 30 Chicago Park District Lifeguards – including two motor powered Chicago Park District patrol boats, several row boats spaced out along the course, and several stationed along the lakefront wall parallel to the final leg of the triangular course. CPD trains and certifies the lifeguards, who have all spent at least the prior summer working as beach lifeguards trained and certified by USLA. In addition, the power boats are driven and staffed by CPD lifeguard supervisors with decades of experience on Lake Michigan.

The Chicago Park District Lifeguard Supervisor, using radar to determine weather conditions, gives Big Shoulders officials the authorization to start the race.

Chicago Park District officials test water quality at Ohio Street Beach every day, and post the results on their website, <http://www.cpdbeaches.com/beaches/ohio-street-beach>.

Chicago Park District Lifeguard supervisors in power boats communicate with the lifeguards and race officials via walkie-talkie. In addition, Big Shoulders Course Marshals are placed in row boats at the corners of the course during the race, to insure swimmers do not cut the course or engage in unsportsmanlike conduct, and communicate with race officials on shore via walkie talkies.

Medical Team – Dr. Steve Hartsock and a group of other doctors and nurses from Indiana University Sports Medicine Group are on hand at the beach to treat any medical issues that arise. They are stationed at a medical tent adjacent to the finish area, and provide blankets and first aid assistance. In addition, Elite Ambulance has a unit with two EMTs on the beach, ready to assist and to transport any medical emergencies to Northwestern Hospital, ½ mile from the race.

Emergency Alert System – Big Shoulders staff provides a sound system for the safety talk, and to broadcast any emergencies and steps to be taken in the event of an emergency.

Watercraft Safety Resources – as noted above, all watercraft on the course are Chicago Park District or Chicago Police Marine Unit. Evacuation procedures are listed above.

Swimmer Accountability -

During check in, each participant receives:

- Race number on hand, leg, shoulder
- Neon colored swim caps with race number, color coded for wave and distance
- B Tag and ankle strap

Method for accounting for swimmers during the race

- Each participant goes through a chute before entering the water, signaling to our timer that the swimmer is in that wave.
- Lifeguards are positioned all along the course, either in rowboats or standing on the sea wall, patrolling the course along with three power boats.
- Any swimmers that have trouble are assisted by lifeguards into a boat and taken to shore.

- Any swimmer who has to drop out of the race is taken by the lifeguards and volunteers to the finish area, and walks through a separate DNF chute to account for that swimmer.
- Chicago Masters contracts with Chicago Park District for the 30 lifeguards, and has never experienced a shortfall in the number of lifeguards.
- All swimmers are accounted for when they finish by the timing system, or by crossing the DNF chute.
- In the case of a missing swimmer, the following procedures are followed:
 - The safety director contacts the head lifeguard on the patrol boat to determine if any swimmers are currently still in the water or on lifeguard boats being returned to shore.
 - Announcements are made on the beach looking for the missing swimmer.
 - If still missing, the safety director will call the swimmer's cell phone or contact the emergency contact for the missing swimmer.
 - If still missing, Chicago Lifeguards would institute a search of the course with Chicago Police Marine Unit and the Coast Guard.

Safety Communications Plan

- **Pre-Event Safety Briefing For Volunteers (N/A)** – Safety Director speaks with lifeguard supervisor at 7:00 to confirm water quality, weather, staffing, course layout and timeline. Supervisor then provides these details and others to his employees. No volunteers are involved in lifeguarding, etc. Safety Director does meet with Medical Director and Ambulance crews to confirm medical plan, etc.
- **Pre-Event Safety Talk – 7:45 a.m. –**
 - Swimmers are advised to swim safely and courteously. Avoid contact with your fellow swimmers whenever possible, and never intentionally swim into or over another swimmer. Any swimmers displaying aggressive or unsportsmanlike conduct will be pulled from the water and disqualified.
 - Swimmers who experience difficulty on the course are instructed to lift their arms and signal a nearby lifeguard for assistance. Swimmers will be assisted by CPD lifeguards off the course and out of the water.
 - In the event of a weather or other emergency, CPD lifeguards will assist swimmers in exiting the water by escorting them to the nearest beach access point. Swimmers adjacent to the lake front wall will be directed to exit using the ladders spaced out along the wall.

Event Cancellation

- Potential Reasons for Cancellation:
 - Water conditions (waves, water quality problem) **Determined by CPD supervisor.**
 - Weather - **Determined by CPD Supervisor.**
 - Inadequate safety personnel – only applicable if Lifeguards/Medical Team/Ambulance failed to show up for event.
 - Communications breakdown with CPD.

Evacuation Plan

- If a swimmer experiences difficulty, he or she can signal a lifeguard by waving an arm above his or her head.
- Lifeguards are trained to look for swimmers needing assistance.
- In the event of a weather emergency, swimmers will be evacuated by CPD lifeguards to the beach, and the beach will be cleared and all swimmers/spectators will wait out the weather emergency in the Ohio Street underpass, or Navy Pier.

Event-Registered Swimmer Responsibilities

- Participants make the attending medical safety personnel aware of any medications (including inhalers) that may be necessary in case of a personal emergency.
- Participants must follow the instructions from Event Directors, Referees and Officials, Safety Coordinator, safety monitors, medical and emergency rescue personnel, and other event personnel.
- Participants should make event personnel aware of any dangerous conditions or behavior of others, and alert the nearest kayaker or lifeguard, if you notice any swimmer experiencing difficulty.
- Significant, aggregate infractions of U.S. Masters Swimming rules and regulations, which unsatisfactorily increase the risk of not protecting the safety of the swimmers.

USMS Member Insurance Incident Reporting

- Swimmers should report accidents and serious incidents as soon as practical after the incident.
- A USMS insurance incident report form will be made available. This report is for insurance and record keeping purposes, and requests the following types of information:
 - A detailed summary of the incident, including date, time, names.

- A statement by those involved and any witnesses, whether in watercraft, swimming, or on land.
- The signature of the individual making the incident report.
- If an incident requires medical or First Aid treatment, a description of the treatment and name of the individual providing the treatment should be recorded on the incident report form.

Thermal Plan for Cold Water Swims

Pursuant to USMS Rules for Open Water Swims: (1) Big Shoulders shall not begin if the water temperature is less than 60° F. (15.6° C.), unless heat-retaining swimwear is required of all swimmers or a USMS-approved thermal plan is in place.(2) A Big Shoulders Swim in which heat retaining swimwear is required of all swimmers shall not begin if the water temperature is less than 57° F. (13.9° C.) unless a USMS-approved thermal plan is in place.

To increase swimmer preparation before the event, BIG SHOULDERS will:

- Emphasize & stress cold water swim conditions through pre race electronic communications and pre-race safety talk
- Recommend prior cold water swim experience.
- Through a local retailer, offer on site wetsuit rentals for \$10-15.

To reduce swimmer exposure to hypothermia, BIG SHOULDERS will

- Cancel the swim(s) under worst conditions.
- Shorten the swims(s).
- If the water temperature is below 68 degrees, allow swimmers to switch to the wetsuit division (Non USMS National Championship) without penalty on race day.
- If the water temperature is below 60 degrees, require wetsuits for all swimmers unless they can document cold water swimming experience.

To mitigate & treat symptoms of swimmer hypothermia, BIG SHOULDERS will

- Bring in more emergency trained medical personnel and/or ambulances
- Request additional lifeguards from CPD to assist on the beach.
- Bring in more volunteers to assist medical personnel.
- Increase warm beverages before the swim
- Increase warm beverages after the swim
- Increase thermal treatment gear (e.g. blankets, hot water bottles, etc.)
- Complete recommended thermometer readings. Using an accurate thermometer, BIG SHOULDERS will take three to five measurements at various places on the course—12 to 18 inches below the water surface and no closer to the shore than 25 meters (if possible)—within one hour before the start of an open water swim. BIG SHOULDERS will average these measurements, post and/or announce the resulting average temperature at least 30 minutes before the start of the swim, and announce it during the pre-race staff safety and swimmers' meetings.