**Name of Host:** Hopkins Masters Swimming (a MN LMSC club)

**Name of Event:** Lake Harriet 1 & 2 mile swims

**Event Location:** Lake Harriet, Minneapolis MN

**Event Date:**  Saturday, June 22, 2019

**City:** Minneapolis **State:** MN **LMSC:** MN **Zone:** Breadbasket

**Length of Race:** 1 & 2 Miles races

**Event Director:** Scott Tripps (C: 612.385.3235; E: [minnetonkachallenge@gmail.com](mailto:minnetonkachallenge@gmail.com))

**Data Coordinator:** David Bergquist (C:218-260-0943; E: webmaster@minnesotamasters.com)

**Event Referee:** TBD

**Event Safety Director:** David Bergquist

Swim Course Description

* The 1-Mile race will start at the beach and head southeast toward the first buoy; round buoy (clockwise direction), swim west toward second buoy; round buoy (clockwise direction); return to beach. The 2Mile race will be 2 loops of the 1mile. It is likely that you will encounter an occasional patch of weeds. The course will be patrolled with safety boats. Escorts for swimmer are not permitted. No hand paddles, buoys, fins or other such swimming course aids. Use of wetsuits or swimsuits that are made of fabric that provides flotation or flotation devices will be permitted, but not eligible for awards.

The 1-Mile course will be closed at approximately 8:15am and the 2-Mile course at 9:45am.

Course will be marked with orange buoys.

* The start is from the beach (within 5’ of water’s edge), and the finish is a short run up the beach. The swim course is subject to change if event day conditions dictate.

Event-Registered Swimmer Responsibilities

* Participants make the attending medical safety personnel aware of any medications (including inhalers) that may be necessary in case of emergency
* Participants must follow the instructions from any/all event personnel
* Participants should make event personnel aware of any dangerous conditions or behavior of others, and alert the nearest safety boat or lifeguard, if you notice any swimmer experiencing difficulty.

**Water Quality:** Water quality at (Harriet North Beach) is regularly tested by local DNR. If bacteria level is deemed unsuitable for swimming, course start, turn and finish will be altered to allow for swimming outside of the beaches.

**Pre-Race volunteer/Official Meeting (day of event):** 7:00am onsite

**Pre-Race Swimmer/Escort/Volunteer Meeting (day of event):** 7:15am onsite

**Event Conditions: (Race Day)**

* Expected air temperature: 68
* Expected water temperature: 75
* Combined air & water temperature: 143
* Wetsuits: Not allowed for awards
* Type of body of water: Lake
* Water type: Fresh water
* Course: Open course( No motorized boats on lake)
* Range of water depth of course: 0’-75’
* open course boat traffic control: swimmers guided by course buoys and safety kayaks/canoes; Hennepin County Water Patrol is also available via 911
* Expected water conditions for the swimmers: windy, possibly wavy, occasional patches of weeds
* Course markings: Start/finish buoys (8’ height); intermediate buoys(8’) every corner of course(approx ≥ 1/4 mile)
* Start: From beach
* Finish: On beach

**Event Safety:**

* Medical Personnel: Hennepin County Fire & Rescue; life guards; local EMT
* Experience in similar events: Yes
* First Responders/Lifeguards:
  + On course: 4-6
  + On land: 1
* Ambulance/Emergency Transportation:
  + On-call: 1 (7:00am-9:30am)
* Onsite Medical Care:
  + Physician: TBD 1-2 weeks before event.
* Medical Facilities:
  + Hennepin County Medical Center 701 Park Avenue, Minneapolis, MN (Distance from Venue: 7-Miles; 15 minutes)
  + Fairview Southdale Hospital, 6401 France Ave S, Edina, MN 55435 (Distance from Venue: 4-Miles; 10 minutes)
* Water Craft:
  + Motorized monitors/Safety: 1 equipped with air horn, cell phone and red flag
  + Non-motorized monitors: 4-6 equipped with air horn, cell phone and red flag
  + Emergency Signal Flag Color: Red
* Swimmer Accountability:
  + Positive check-in required between 6:15am-6:45am
  + Body numbering: body marking both shoulders/arms
  + Electronic id: none
  + Cap colors: Green, yellow
  + Accounting before race: Manual count on beach
  + Accounting during: Manual count after each “lap”
  + Accounting conclusion: Manual count on beach with reference list, including swimmer’s name, assigned number, and emergency contact information.
  + Accounting for DNF: Manual count at start/finish (swimmers returned to start on safety boat or in escort vessel)
* Warm-up/Warm-down Plan: 6:15am-6:45am beach is open to public at approximately 10am with life guarded swim areas
* Communications:
  + Between meet officials: Radio
  + Secondary: Cell phone
  + Between medical: Cell phone
* Swimmer Management:
  + Maximum of 100 swimmers on course
  + Race day entries only if sufficient safety personnel to accommodate
  + Lifeguards/safety craft every ¼ - ½ mile
  + Safety deployment: Lifeguard is first responder from safety boat
  + Missing swimmer plan: Swimmer must notify closest safety boat and finish table if they DNF; if swimmer is missing 911 water rescue is called and event is cancelled.
* Severe Weather:
  + Lightning detector or weather radio: no
  + Severe weather plan before start: If severe weather threatens, delay Start up to 2Hrs, go to cars or building for shelter.
  + Severe weather during race: air horns, event cancelled; swimmer enters escort or safety boat and go to nearest shore; must check in at finish table within 2-hours of cancellation or rescue teams sent
  + The Event Director, Event Referee, Safety Director & Fire Chief have authority to delay, evacuate, and/or cancel the event if it is determined that unsafe conditions exist or are imminent including but not restricted to:
    - water conditions (water temperature, quality, etc.)
    - weather conditions
    - availability of adequate in-water and on-land safety resources (personnel, etc.)
    - accounting of swimmers (e.g., in-water entry and exit)
    - communications between in-water and on-land safety monitors and responders
* Medical or Emergency Evacuation (Rescue from the Water)
  + Swimmers should signal that they need assistance by waving one arm/hand over their head; escort will typically make initial contact and raise red flag to signal safety boat/lifeguard support needed.
  + If the swimmer or the safety personnel determine that they should not complete the swim, they will be evacuated from the water to the start/finish area.
  + The watercraft lifeguards and emergency responders continue care and notify the Safety Director of the swimmer status (in-water, out-of-water, condition).
  + Safety boat and lifeguard will be released as soon as swimmer is in proper care on land.
* Guide for 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.