**JOHN SHRUM MEMORIAL CABLE SWIM**

**CHRIS GREENE LAKE-CHARLOTTESVILLE, VA**

**June 20th, 2020**

**Timeline**

6:45am- Safety Director conducts safety meeting with rescue team captains.

7:00am- Ch-Ville/Albemarle Rescue in place for warm-up.

7:10am- Pre-race meeting with volunteers.

7:15am- Course is open for warm-up

8:15am- check-in for Masters 2-mile event closes, course is cleared.

8:20am- Pre-race meeting with swimmers: lineup for 2-mile race begins, Ch-Ville/Albemarle Rescue in place with full crew.

8:30am- 2-Mile Cable Swim (Clockwise)

10:15am-  check-in for 1-mile event closes

10:20am- Pre-race meeting with swimmers:  lineup for 1-mile race begins.

10:30am-  1-Mile Cable Swim (Counter-Clockwise)

11:30am- 11:45am- Course is cleared – Awards presentation

11:45am-12:30pm- LUNCH FOR RESCUE SQUAD & VOLUNTEERS

**Safety Plan**

1.  Course Diagram-  The course runs east to west around a “cable” that is a ¼ mile straightaway.  The start and finish are in the water in an area that is less than 75 feet from the beach and clearly visible to the spectators and race personnel. A 2 x 3 foot poster of the course diagram will be posted at the lake, and the current water and air temperature will be posted and updated every hour beginning at 8am on a dry erase board.  More info can be found at www.cableswim.org

2.  Swimmers will depart in waves of 10 people or fewer, 30 seconds apart, to prevent congestion.  Faster swimmers will start in front of slower swimmers according to seed time. A minimum of two (2) kayaks manned by volunteers will patrol the course at all times and be available to redirect swimmers about course direction and answer questions.  One kayaker will patrol the eastern pole, and one the western turning pole to ensure that swimmers do not get off course. These two kayakers also serve as “turning judges” to comply with race integrity. Each turning pole will be marked with an orange buoy that is easily visible to a height of 4 feet above water.  The finish line will be offset from the starting end of the cable by approximately 10 meters and clearly marked with two large orange buoys. A volunteer will be in the water in the finish area to corral any wayward swimmers and ensure an orderly, safe procession through the chute. The kayaker stationed at the western pole will be assigned as the “clean-up” kayaker and will remain behind the last swimmer in each heat for the final ¼ mile.  Water and food will not be available to swimmers during the race.

3.  The Charlottesville-Albemarle Rescue Squad will be present with Advanced Life Support Equipment and a team of 12-20 rescue personnel, divers, and water rescue boats.  They will serve as the primary emergency responder on site from 7am until the conclusion of the 1-mile event. In addition, they have access to a Rescue Station with a Medic Ambulance across from the airport (4 minute response time).  Lake Monticello and Western Albemarle Rescue will be assisting as well.

4.  A minimum of 4 “safety stations” (provided by rescue squad) will be available at all times in the water to ensure a minimum ratio of 1 safety station per 25 swimmers.

5.  The Rescue Crew will move their initial team onto the course at 7am and will monitor warm-ups from 7:15-8:15am.  Course will be cleared at 8:15am, and the first race will not begin until all water personnel are in place. At the end of two hours, the course will be cleared.  Any swimmer(s) still on the course at the end of two hours will be removed by a rescue craft. The use of personal boat or kayak escorts by swimmers will not be allowed

6.  Communication- The lake has a PA system that is accessible in the guard house for any public announcements to all patrons on site.  There will also be a bullhorn on the beach used by the starter and meet director to communicate directly with swimmers. The Safety Coordinator on the beach will communicate with the Rescue Squad via a walkie-talkie provided by them.   Walkie-talkie communication to the 4 kayaks on the course will also be in place for course direction and athlete safety. All meet workers, volunteers, and rescue personnel will wear nametags

7.  If evacuation by rescue squad is necessary, driving time to University of Virginia Hospital is 12 minutes and the driving time to Martha Jefferson Hospital is 15 minutes (access to both is via route 29 south).  Copies of printed directions to both hospitals will be on file and available in the case of an emergency.

8.  If evacuation by air is deemed necessary, the lake is adjacent to the PEGASUS hangar (4 minutes by rescue squad from lake), and flight time to UVA Hospital is 3 minutes.

9.  During the pre-race instructions, the safety and evacuation procedures will be reviewed before the swimmers enter the water by the announcer.  Participants who are apprehensive about their own ability to swim the course will be given the opportunity to scratch from the event at this time by reporting directly to the referee or scorer’s table.  Swimmers who are in distress during the race will be instructed to wave one hand over the head until rescue personnel arrive. In the event of emergency evacuation, power boats WITH PROP GUARDS are permitted to approach the swimmers at any time.  Swimmers who are in distress will be brought to shore using power boats with PROP GUARDS. Swimmers who opt to exit the water prematurely will be instructed to report to the referee or scorer’s table before leaving the venue. Any participant who opts to exit the water prematurely will not be permitted to re-enter as a participant in a later heat.

10.  Race Cancellation or Postponement-   The Referee (Kate Stephensen) shall determine if the start of a race is to be postponed or canceled, or if a race in progress is to be stopped (USMS rule book, article 303.10.1).

11.  Incomplete Race- If a race is stopped and swimmers are removed from the water for their safety, the referee shall determine if the race is to be restarted, canceled, or considered official.  If the referee determines the race to be official, then article 303.8.2 (disqualification as a result of failure to complete race) may be waived and the order of finish of the swimmers on the course shall be determined by the referee (USMS rule book, article 303.10.2).  In this case, the decision to give awards to participants based on distance swum will be at the discretion of the referee.

12.  In the event of inclement weather or other unsafe conditions that could arise suddenly while swimmers are competing, the referee will consult with the Safety Coordinator and the Albemarle Rescue Crew Captain to make a decision about evacuating swimmers.  If evacuation is deemed necessary and safe, the Rescue Captain will communicate the message to all rescue personnel on the water via walkie-talkie and swimmers will be notified to stop swimming by three sharp blasts from a whistle. Competitors will be instructed to exit the water by swimming to the closest beach (start/ finish beach area or the water rescue beach area to the northwest).  If inclement weather is a concern, all competitors who exit the water will be instructed to report to the bath house shelter.

13.  Water temperature, based on historical averages, is projected to be 81-83 degrees.

**Race Map**

A close up of a map

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