**Schedule for the day:**

7:30 AM Check in Opens:

Please confirm emergency contact information and personal telephone numbers in the event, they forget to check out, and explain why.

8:00 AM

Buoys in water

8:15 AM Kayak Check in

Check in Closes

Sign Waivers

Get Burritos

8:30 AM Safety Meeting

Troopers/Kayaks/Safety Director/Lifeguard Review

Espanola Hospital: 505-753-7111

Get Burritos

A sighter if boats going on course, or off course

Ambulance ½ way

Whistles

Distressed 3 long blows/hold flag up

Evacuation: constant whistles, and moving low flags until evacuated

Swim for shore? Are boats an option?

Lightening Protocol is 5 Miles

Flags

Do you have signals?

Radios

Kayakers in between lanes of swimmers at back buoy

Checking out of Water

Course

20-25 Yards OFF shore.

Branches off shore when coming out of cove

2 Way traffic around Large Buoy

Troopers:

Jimmy Lopez

Martin Thorstead

John Falcon

Corey Crayton

Lifeguards

Myself

Thomas

Sebastian Fidalgo: 505-908-1523

Lauren Barred: 505-573-8945

Rio Arriba Volunteer Fire Department

Alfredo Montoya

8:45 AM ‘Race Meeting’: Course Review, Questions

Checking out of water

Did everyone confirm personal cell phone numbers/emergency?

We will start all swimmers on the beach

USMS at 9:00

USAT at 9:10

* Life Guards will be in bright yellow vests. One will be near shore; one will be on the water in
* Other safety monitors will be on the outside of the course, between you, and the boat ramp.
* Signal for distress: Turn over on back and raise arm
* If you need to rest on a Kayak: Grab FRONT or BACK
* Lightening Protocol is 5 Miles
* Evacuation Plan: solid whistles, and flags until evacuation complete
* Swim for shore? Are boats an option?

Course

66-68 Degrees

At least 10 degrees cooler than pool temperatures, and although unlikely, the potential of hypothermia does still exist, please pay attention to any signs or symptoms:

* Shivering
* Slurred Speech
* Slow, Shallow breathing
* Weak pulse
* Clumsiness, lack of coordination
* Drowsiness, very low energy
* Confusion and Memory Loss
* Loss of Consciousness

Raise your Hand if you think you Need Help

* Make sure you check out when you are out of the water.

Checking out of Water

20-25 Yards OFF shore.

Branches off shore when coming out of cove

2 Way traffic around Large Buoy

Kayakers in between lanes of swimmers at back buoy

Check out

Recognize 5k Swimmers

And Volunteers: YEAH!! Woot, Woot Wave!!

Troopers:

Jimmy Lopez

Martin Thorstead

John Falcon

Corey Crayton

Lifeguards

Myself

Thomas

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* Your race is done when you exit the water and enter the timing tent for your Time, and check out.
* Out of the water by 11; Buoys pulled at 11:15

9:00 AM USMS Wave

1 Mile/5k

9:10 AM USAT Wave

1 Mile/5k

9:15 AM Clinic Starts

Clinic Participants: please meet on the beach under timing/registration tents

-Putting ON and taking OFF the wetsuits

Overheating

-Challenges of open water swimming

-Vegetation and Animals

- Hyperhydration

- Race Starts

-Dealing with anxiety during the swim portion

-Reading currents

-Bilateral breathing

-Sighting

-Swimming straight in open water

-Swimming in a crowd

-Drafting

-Turning at buoys

-Exiting the water

11:00 AM All Folks out of the water

Check Out

11:15 Buoys out of water