

**2020 LAKE MOOMAW 1 MILE OPEN WATER SWIM
COLE'S POINT, VA (NEAR COVINGTON)
AUGUST 1, 2020**

7:00am- Pre-Race Safety Meeting for race officials, rescue staff, and boat personnel (Lee Roe, WestRock Rescue).

7:30am- WestRock Water Rescue and Falling Spring Rescue in place BEFORE warm up

7:45am- Course is open for warm up

8:45am- Check-in for Masters 1 mile event closes, course is closed, Pre-Race Swimmer Meeting and Lineup (Dave Holland, Referee). WestRock Rescue/ Falling Spring Rescue remains in place with full crew

9:00am- 1 mile Swim (Counter-Clockwise)

10:30am- Course is cleared & Awards Presentation

11:15am-12:00pm- LUNCH FOR RESCUE SQUAD & VOLUNTEERS

Safety Plan

1. Course Diagram- The start and finish is on the beach at Coles Point, clearly visible to the spectators and race personnel. The course follows the shoreline to the south. Swimmers depart west from the beach on a 50 yard straightaway, turn left (counter-clockwise) around a buoy, continue south another 500 yards toward a buoy at the mouth of the inlet, and turn left again (counter-clockwise) toward Gathright dam. The swimmers will reach the turn around place inside the no wake zone in the inlet and turn 180 degrees (counter clockwise) around a buoy anchored to a kayak (halfway point). Athletes then swim back toward the start/finish area. 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 announced that morning.
2. Swimmers will depart from the beach in waves of 4 people or fewer, 30 seconds apart, to prevent congestion, and allow for social distancing. Faster swimmers will start in front of slower swimmers according to seed time. Water craft manned by rescue squad and volunteers will patrol the course at all times and be available to redirect swimmers about course direction and to answer questions. One kayaker will serve as the turnaround point and the "official turning judge" to comply with race integrity. Each turn will be marked with an orange buoy that is easily visible to a height of 5 feet above water. The finish line will be clearly marked with cones. Volunteers will be in the finish area to corral any wayward swimmers and ensure an orderly, safe procession through the chute. One kayaker and/or a boat will be stationed at the half mile mark and will serve as the "clean-up" boat, and will escort the final swimmer to the finish area. Water and food will not be available to swimmers during the race.
3. The WestRock Rescue squad and the Falling Spring Rescue squads will be present with Advanced Life Support Equipment and a team of 10-15 rescue personnel, divers, and water rescue boats. They will serve as the primary responder on site from 7:30am until the conclusion of the one - mile event. In addition, they have access to a Rescue Station with a Medic Ambulance. One rescue squad will be stationed on the shore at the start/finish area, and one in the parking lot. A third ambulance provided by Falling Spring Rescue is a strong probability.
4. **A minimum of 4 boats provided by rescue squad will be available at all times (one flat-bottom boat with 2 rescue personnel, one 8-passenger Zodiac with 2 rescue personnel, and 2 kayakers**

with 1 rescue person in each). In addition, the event hosts will provide one kayak as the turn around point, and one motor boat for additional safety and boat traffic monitoring.

5. **The Safety Director (Lee Roe) will hold a Pre-Race Safety briefing at 7am with all officials, rescue crews and all boat personnel, and afterward all boats will move onto the course (by 7:30am), with crew monitoring warm-ups from 7:45-8:45am. Course will be cleared at 8:45am, with boat personnel staying in place. At the end of 90 minutes, the course will be cleared if necessary. Any swimmer(s) still on the course at 10:30am will be removed by a rescue craft. The use of personal boat or kayak escorts by swimmers will not be allowed.**
6. Communication- There will be a PA system on the beach provided by The Alleghany Highlands Chamber of Commerce that will be accessible for any public announcements to all patrons on site. There will also be a bullhorn on the beach used by the Referee/Starter (Dave Holland) to communicate directly with swimmers. Cell phone communication to the Safety Director (Lee Roe) 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 the Lewisgale Alleghany Hospital is 42 minutes and the driving time to Bath County Community Hospital is 34 minutes. Copies of printed directions to both hospitals will be on file and available in case of emergency.
8. If evacuation by air is necessary, Lifeguard 10 will take 15 minutes to arrive from Lexington, Va, to the lake at Coles Point. Flight time to Roanoke is 27 minutes and UVA is 40 minutes.
9. During the pre-race instructions to swimmers at 8:45am, the safety and evacuation procedures will be reviewed by the Referee (Dave Holland). 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 PROPS AND SWIMMER MONITOR ON BOARD may approach the swimmer(s) at any time. Swimmers who are in distress will be taken to the shore by rescue boat. 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.
10. **Each swimmer will be given a race number (using sharpie marker) on each shoulder, and names/race numbers will be called and checked on the heat sheet as swimmers are lined up to go in the water at the start. Likewise, each swimmer finishing the race will also be recorded on paper, by name and race number. The total number of swimmers beginning the race and finishing the race will be recorded so that all swimmers are accounted for, and to allow the rescue personnel to identify and escort the final swimmer to the shore.**
11. **Race Cancellation or Postponement- The Referee (Dave Holland) shall consult with the Safety Director (Lee Roe) to determine if the start of a race is to be postponed or cancelled, or if a race in progress is to be stopped (USMS rule book, article 303.10.1).**
12. 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, cancelled, 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.
13. **In the event of inclement weather or other unsafe conditions that could arise suddenly while swimmers are competing, the Referee (Dave Holland) will consult with the Safety Director (Lee Roe) to make a decision about evacuating swimmers. If evacuation is deemed necessary**

and safe, the Safety Director 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 water by swimming to the closest shore (start/finish beach area or the shore to the left of the first half of the course or to the right of the second half of the course, both Coles Point). If inclement weather is a concern, all competitors who exit the water will be instructed to report to the bath house shelter.

14. Expected water temperature based on past years is 76-79 degrees. Historically, air temperature ranges from 60-75 degrees. Water cleanliness is monitored by the U.S. Forest Service. In the event that the water quality is deemed unsafe or unhealthy due to contaminants (i.e. high bacteria levels), the beach at Cole's Point will be closed to the public and the race will be cancelled.