**IRENE’S DREAM SWIM SAFETY PLAN**

Medical personnel-

* Green Oaks EMTs

First Responders/ Lifeguards

* American Red Cross certified Lifeguards

On-Site Medical Care- Ambulance/Emergency Transportation

* Medical station in check-in shelter
* Lifeguard on Beach
* Onsite ambulance

Medical Facilities

* Huron Valley-Sinai Hospital
  + (248) 937-3300
  + 1 William Carls Drive, Commerce MI, 48382
  + 7.5 Miles, 15 minutes

Watercraft-

* Non-Motorized boats with spotter & meet official and kayaks with Lifeguards
* Lifeguard on Jet Ski for quick rescue removal
* No escort or paddlers allowed on course.

Athlete accountability-

* 2 Land and 4 water spotters at each buoy
* 7 Lifeguards, 6 on water, 1 on land.
* Athlete’s numbered on both upper arms & upper back & legs with black sharpie marker.
* 5k swimmers Orange caps, 2k Pink caps, 1k Yellow caps
* Timing equipment NK Split Watches
* 2pair of finish judges accounting for swimmers numbers exiting water. And video of race finish with timing device also visable

Communications-

* Whistles
* Hand signals
* Orange signal flags
* Interoperability Radios

Severe Weather Plan-Meet Directors & Safety Monitor will Keep track of predicted weather 3 days prior to event start and every day leading up to event. If severe weather is predicted for the morning of June 21st the event will be called off at the pre-race Technical Meeting or before depending on the severity of weather predicted.

If weather conditions change while swimmers are in the water. All lifeguard Kayaks & Meet official boats will direct swimmers to the beach or closet shore. All swimmers will be directed to check out with a finish judge for athlete accountability.

**AGENDAS**

Check-In: 5k 8:15am, 2k 9:15am, 1k 10:15am

* Swimmer Registration-all swimmers must show proof USA registration or USMS or register for event single day USA registration. All swimmers will be clearly marked with their race number both on the upper arm & legs
* Medical Stations-Set-up or on site. Locations
* Start and Finish for each course reviewed
* Warm-up Procedure reviewed
* Athlete Accountability-Names of personnel
* Weather Conditions-reviewed & change of condition procedure explained.

Pre-Race Meeting-8:45am

* Review Course-including color markers and length
* Safety Personnel locations
* Swimmer Help Signals
* Introduce Meet Referee
* Water Conditions-Temp, depth, marine life
* Check out procedure
* Location Race results posted & awards.

Pre-Race Safety Meeting Monday, June 14 6pm Final Race Safety Meeting, Saturday, June 19 10am

* A Safety meeting will take place within 24 hours of the meet to coordinate medical and safety personnel as well as discuss roles and responsibilities of each safety member. Members in attendance Meet Director, Safety Coordinator, Head Lifeguard, Meet Referee, Medical Tent MD.
  + Go over EAP. Communications for emergency. Communication for exhausted swimmer removal.