

Aly Fell Open Water Swim

Sat Aug 29th 2020

Safety Plan

Event Overview

Four distances will be offered - 10K, 5K, 2.5K and 800m. The 10K, 5K and 2.5K races will be swum on a 1.25K rectangular course, and an out and back course for the 800m race, on Lake Padden in Bellingham, WA. A floating dock will be positioned on the course such that swimmers may stop there to receive their food / nutrition during the race. Sports drink will also be available at the dock to any 10K swimmer that would like it.

This meet will be dually sanctioned with USMS and USA Swimming.

Event Website: www.alyfellmemorialopenwaterswim.com

Race start times:

10K	9:00
800m	9:05
5.0K	9:20
2.5K	9:30

The rectangular 1.25K race course will be swum counter clockwise (left shoulder turns). The course can be seen in its entirety from the shoreline. Swimmers who cannot complete the 1.25K course in 50 Minutes are advised not to enter the 5K or 10K events. Swimmers still on the course after the maximum permitted time limit of 3 hours will be stopped and listed as DNF in the results.

Key Personnel:

Postion	Name	Phone	Email
Event Director	Wes Sinclair	206-714-4513	wesrsinclair88@gmail.com
Referee	Morris Arthur	360-738-2872	morrishowardarthur@gmail.com
Certified Safety Officer	Chris Fuhrman	360-398-3026	cfuhrman614@yahoo.com
Independent Safety Monitor	Jim Davidson	253-569-8047	jedavidson98001@yahoo.com

Medical Staff:

The Lead Medical Office, will be stationed on site at the medical tent. Additional medical staff (MD, PA, EMT, RN) may assist on the day. All medical staff will wear high-visibility vests to allow them to be clearly identifiable at the event.

Safety Boat:

A Whatcom County Search & Rescue safety boat with two certified water technicians will be stationed on the course, available to render aid and medical assistance as necessary. The boat will have a safety radio on board.

Nearest Emergency Facility: Peace Health St Joseph Medical Center

Address: 2901 Squalicum Parkway, Bellingham, WA 98229

Phone: 360-734-5400

Distance from event location: 5.8 miles

Approximate Transfer Time: 10 minutes

Fire Station:

There are two fire stations within 1.5 miles of the event site. Both have been advised of the event.

There will be no emergency vehicles stationed on site, Fire and Rescue advises that a 911 call would have a responder at site in under 9 minutes.

Roles and Requirements

Authority for Cancelling, postponing or abandoning the meet

The Race Director, Meet Referee and Independent Safety Monitor all have the authority to cancel or postpone the meet prior to the start of the event, or while the race is in progress, should conditions become unsafe.

On-Water Safety Personnel

Any person that is not competing in the meet, who is in or on board a water craft, that is a kayak, paddle board, safety boat etc, are considered to be on water safety personnel. This includes Search & Rescue, Lifeguards, Officials, volunteer kayakers and paddle boarders. A maximum ratio of 15 swimmers to 1 safety personnel will be maintained.

Lifeguards (5)

The lifeguards will provide ready response to swimmers in distress, they will initiate rescue and provide treatment and transportation to safety and advanced care. Lifeguards will be in kayaks or on paddle boards.

Search & Rescue Water Technicians (2-8)

Two Search and Rescue Water Technicians in a safety boat will be available to render aid and assistance as necessary to distressed swimmers, and transport swimmers to safety and advanced care. Additional Search and Rescue Water Technicians (4-6) will be on the course in kayaks to provide ready response.

Kayakers and Paddle boarders (10-15)

Volunteers (non-lifeguards) will keep swimmers from swimming outside of the observed area, watch for distressed swimmers and escort any swimmers withdrawing from the race or needing assistance to a Lifeguard, Search and Rescue boat or to the shore.

Swim Officials (4-6)

On-water swim officials will be in kayaks, their responsibilities are to ensure a fair and safe competition.

Floating Dock (1-2)

The floating dock will hold 1-2 volunteers stationed to assist swimmers receiving their nutrition / drinks. Sports drink, in small cups, will be available to any 10K swimmer that would like it.

Race Day Operations

Mandatory Pre-Race Volunteers Meetings

- Lifeguards, Search and Rescue, kayakers and paddle boarders will attend a meeting conducted by the safety officer and be assigned on-water positions.
- Swim officials will attend a meeting conducted by the meet referee.

Mandatory Pre-Race Safety/Course Meeting for all participants

- There will be a mandatory safety briefing for all swimmers prior to the start of the first race conducted by the meet referee and the meet director covering course descriptions, rules, time frames and safety.

Communications

All lead personnel will be in constant contact via radio, this includes the safety officer, independent safety officer, meet referee, meet director, officials, search and rescue, lifeguards and on site medic.

Cell phones will be used as back ups. A list of names and cell phone numbers will be provided to all personnel using a radio.

Swimmer Accountability

At check in/registration each swimmer will be given an electronic ankle chip, a highly visible swim cap and a popsicle stick, all with their race number on. The race number will also be written on the swimmer's back and on the outside of both shoulders, so that the numbers can be seen while the swimmer is in the water. If the swimmer has a wetsuit covering their shoulders, the race number will be written on their hands.

Before the start of every swim event the swimmers will affix the chip to their ankle and will turn over their popsicle stick to the designated race volunteer who will verify that the number matches that of the swimmer before they enter the water. The sole purpose of the popsicle stick is to know exactly who entered the water. If the swimmer does not have their popsicle stick, they may not enter the water. These numbers will be recorded and confirmed upon exit at the swim finish.

Start volunteers will observe the start area to confirm that all swimmers cross the start sensor and do not inadvertently enter the water without their starting chip being registered in the automated count. On exiting the swim, the swimmer will be required to cross the timing mat to track the competitor completing the race. Volunteers will also manually record the number of each finisher. Manual and electronic finisher lists will be cross checked to assure a complete count and that all swimmers have been accounted for.

When swimmers voluntarily withdraw, or are removed from the race, their race number will be relayed to a race official as soon as possible and relayed to the safety director and the timing service.

If a swimmer is reported missing, the race director will be notified to make an announcement, over the PA system, for the swimmer to check in. Phone calls will be made to the swimmer, coaches, handler and / or parents of the swimmer in an attempt to locate the missing swimmer. If the swimmer does not come forward and cannot be located, 911 will be called by the medical staff and the safety director, lifeguards and Search and Rescue will commence a search.

Abandoning the Race

During the event the Meet Director, The Referee or the Independent Safety Monitor (ISM) have the authority to, and are responsible for stopping the swim if circumstances warrant. The Race Director is responsible for determining and announcing event cancellation. Referee and Safety Monitor (ISM) will also determine if the swim needs to be modified (e.g. an alternative finishing area is needed).

Cancellation triggers are conditions that would make it unsafe to proceed with the swim, and may either be present at the start of the swim or have a high probability of developing during the swim. Cancellation triggers include:

- Visibility: Factors may include fog, rain, smoke, or haze.
- Rain: Hard rain that affects course visibility, makes sighting/navigation difficult for swimmers, or affects ability of crew to monitor swimmers.
- Wind: Wind that makes sighting/navigation difficult for swimmers, or affects ability of crew to monitor swimmers.
- Other: Severe weather, such as lightning; Thunderstorm activity in the area will be tracked for potential time of arrival at the race site.

Prior to the event start The race director is responsible for determining and announcing event cancellation after consultation with the safety director. If Lake Padden is closed by the City of Bellingham, the race will be cancelled. Athletes will be checked in and any caps and race day souvenirs will be handed out. Any plans for rescheduling will be announced, if possible.

If the race is abandoned, radios will be used to communicate to all water craft.

The abandonment signal will be 5 short blasts of the whistle or air horn followed by one long blast. On hearing the abandonment signal swimmers are to discontinue swimming and look for directions from the on-water personnel - lifeguards, kayaks, paddle boards, and safety boat. All on-water personnel in non-motorized crafts will follow groups of swimmers to shore. Once safely to shore all swimmers will check in with officials immediately to get checked off as being safely out of the water.

The course was set up for an emergency exit on either side of the course/lake to provide for rapid evacuation if required. The main beach area is within 400 yards of any part of the course, similarly, the far shore is 400 yards from the main beach.

If an alternate finish area is necessary, the Race Director, Safety Director and shore support shall relocate the finishing area at the alternative site. If time permits, the chip timing scan-in will be set up at the alternative finish area. If time prevents relocating the chip scanner, swimmers numbers will be radioed back to the meet director / safety personnel as they are encountered on the shore or taken onto a boat.

Swimmer Responsibilities

Swim responsibly and stay on course. Follow all directions from the on-water safety personnel and the race officials. Keep an eye out for fellow swimmers. If you see another swimmer clearly in distress, summon a kayak or paddle board and stay in contact with the swimmer until help arrives.

If you abandon the event mid-way, do not swim to the closest shore. Notify one of the on-water safety personnel and they will assist you to the safety boat or the shore.

If you are tired or injured and need assistance summon help from the on-water safety personnel.

If you are showing signs of distress, are obviously unable to follow the course or will clearly finish outside of the permitted time limit, you will be pulled from the water.