

**2012 USMS NATIONAL CHAMPIONSHIP
OPEN WATER SWIM - Madison, Wisconsin
August 18, 2012
Safety Plan**

Welcome to the 2012 Madison Open Water Swim! We hope you have a safe and enjoyable race. This safety plan has been developed to incorporate the key features of the US Masters Swimming guidelines. We ask that each participant and volunteer take a few minutes to read it. If you have any comments that may help us to improve this plan for next year, please let us know.

Key Information

Race Co-Directors: Suzi Green and Peter Maternowski

Boat Marshall: Mike Kvitrud

Safety Committee: Dick Pitman, director

Attending physician:

Attending R.N.:

Head Lifeguard:

Website: <http://www.ClubAssistant.com/MOWS2011>

Email: swim.mows@gmail.com

Hospital: St. Mary's Hospital or Meriter Hospital are less than five miles away.

Emergency Fire, Police and Ambulance: call 911. Rescue Squad has been notified and is aware of this event. They intend to have a Rescue Squad on alert or on site.

Start: In-water start in Lake Monona just east of Monona Terrace. The start shall be in three waves.

Time Limit: 2.4-mile=2 hours 20 minutes (140 minutes)

1.2-mile=1 hour 10 minutes (70 minutes)

Finish: Law Park beach, boat landing east of Monona Terrace. At the area swimmers exit from the lake there is a gently sloping grooved concrete pad, which is covered with a rubber pad that extends approximately six feet into the lake.

Course: The course is a rectangle with sides of .5 and .1 of a mile. One circuit of the course is 1.2 miles. A course layout is available on the registration website and a copy will be provided in the registration packet that is provided on race day. The course is swum in a counterclockwise direction and will be marked by very large orange buoys at the corners, and smaller buoys on the straight-aways.

COMPETITORS' RESPONSIBILITIES:

- Participants must make the attending RN or physician aware of any medications (including inhalers) that may be necessary in case of a personal emergency.
- Competitors must follow the Race Director's instructions.

- Competitors should make race personnel aware of any dangerous conditions or behavior of others and alert the nearest kayaker or lifeguard, if you notice any fellow swimmer having difficulty.
- If you decide to leave the course you must notify event personnel as soon as you exit the water.

SAFETY/EMERGENCY PROCEDURES:

1. Swimmers are responsible for personal property left at the swimming site while they are in the water.
2. Faster swimmers should position themselves closer to the starting line with slower swimmers assuming a less risky position further back in the pack.
3. If you need assistance during the race, wave your arm overhead and a kayaker or lifeguard on a paddle board will come to you to determine your needs. If you need to be evacuated from the course, a powerboat will be summoned.
4. Should any swimmer decide that they are unable to continue and complete the swim, they will be evacuated.
5. If the event must be called due to safety considerations during the swim, an air-horn will sound with THREE (3) long blasts to notify you that the swim will immediately be stopped to get all swimmers safely to shore. Kayakers and emergency evacuation powerboats will assist in the evacuation.

RESCUE BOAT PLAN:

There will be at least three emergency evacuation powerboats on the course. The objectives of the safety boats are to provide rescue to swimmers in the race and to quickly and safely get any injured swimmer to a location where medical care can be provided. A kayaker or lifeguard on paddleboard will bring the swimmer in trouble to an evacuation boat. If the swimmer needs immediate assistance, the kayaker or lifeguard on paddleboard will wave a swimming noodle to alert the nearest powerboat.

When on the Course all race personnel including paddlers and kayakers must wear a lifejacket or buoyancy aid. In addition, kayakers, paddlers and powerboat drivers should:

1. Keep a good lookout at all times for dangerous conditions whether they be weather, other boats in the area that are not part of the event or swimmers in distress.
2. Don't overload your boat's capacity.
3. Keep clear of swimmers, anglers, canoeists, windsurfers.
4. Be aware of how your wash/wake will affect others - especially smaller craft and swimmers.
5. Be aware that due to wind and engine noises, commands or questions that are shouted from a moving powerboat are not likely to be heard by a swimmer. You should maneuver your craft in close, stop and speak clearly.
6. Look out for deteriorating weather conditions. If the event must be cancelled due to safety considerations during the swim, an air horn will sound with THREE (3) LONG BLASTS to notify you that the swim will immediately be stopped in order to get all the swimmers quickly and safely to shore. Kayakers and emergency powerboats will assist in the evacuation.

RECOVERING A SWIMMER FROM THE WATER:

Swimmers will signal that they need assistance by waving their hand over their head. If the

swimmer requires First-Aid treatment, this should be applied before moving them to shore. At the discretion of the safety personnel, a swimmer that requests assistance will be either allowed to continue the race or be taken on board the safety boat for return to the start.

CANCELLATION POLICY AND PROCEDURES:

If it is not possible to start the event because of continuing unsafe weather, the MOWS Race Directors will delay the beginning of the swim for up to one hour. If the swim cannot be started within one hour of the official start time, the event will be cancelled. If deteriorating weather conditions present an unsafe condition following the start of the event, the Race Directors will sound an air horn with THREE (3) LONG BLASTS to notify all swimmers and event personnel that the swim is stopped. After the notification, all swimmers and event personnel will make their way to shore. If weather conditions permit, the Race Directors may determine that the event can be restarted. If a restart is feasible, the Race Directors may at their discretion shorten the event.

GUIDELINES FOR INCIDENT REPORTING:

Swimmers are obligated to report ALL accidents and serious incidents to the Race Director. This is to offer assistance and advice, as well as to log the report for insurance purposes. MOWS will be maintaining a logbook in which all these incidents/accidents are recorded.

The race directors will provide swimmers with an accident reporting form that will request the following information:

1. A detailed summary of the incident, including date, time, names and numbers of the swimmers; and light, wind and visibility conditions.
2. A statement by witnesses, by those involved, in other boats, swimming or on shore.
3. The signature of the person making the report.
4. If the accident requires first-aid treatment, the name of the individual providing first-aid should also be recorded along with a description of the treatment.

Reports should be filled in as soon as practical after the event, at a minimum within 24 hours. Copies will be kept for at least two (2) years.

THE RACE DIRECTOR AND SAFETY ADVISORS RESERVE THE RIGHT TO AMEND THIS PLAN ON THE DAY OF THE RACE IF WEATHER OR CONDITIONS MAKE THIS NECESSARY.