

OPEN WATER SWIM - Madison, Wisconsin

August 17, 2013

Safety Plan

Welcome to the 2013 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 or questions please contact us at: swim.mows@gmail.com.

KEY INFORMATION:

Race Co-Directors: Suzi Green and Peter Maternowski

Boat Marshall: Mike Kvitrud

Safety Director: Dick Pitman

Website: <http://www.ClubAssistant.com/MOWS2013>

Email: swim.mows@gmail.com

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

Emergency Service: City of Madison EMS personnel will be 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 will be covered with a rubber pad extending approximately six feet into the lake.

Course: The course is a rectangle with sides of .5 and .1 of a mile. A circuit of the course is 1.2 miles. An illustration of course layout is available on the registration website. The course is swum in a counterclockwise direction and will be marked by large orange buoys at the corners, and smaller buoys on the straights.

COMPETITORS' RESPONSIBILITIES:

1. Swimmers are responsible for personal property left at the swimming site while they are in the water.
2. Participants must make race officials aware of any medical conditions or medications (including inhalers) that may be necessary in case of a personal emergency.
3. As part of the registration process, participants shall provide emergency contact information.

4. Participants must follow the instructions of the Race Co-Directors and other race officials.
5. Participants will be provided with a brightly colored swim cap that will be marked with an identifying number; participants will wear the cap during the duration of the race.
6. Participants will be provided with a timing chip and a record will be kept of all swimmers that enter the water and exit the lake at the completion of the race. Swimmers that leave the race prior to completion shall notify the race director and return their timing chip.
7. Participants 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.
8. Race Officials will wear event shirts with "OFFICIAL" printed on the back.
9. If you decide to leave the course you must notify event personnel as soon as you exit the water and return your timing chip.

SAFETY/EMERGENCY PROCEDURES:

1. At least ten lifeguards will be stationed on paddleboards along the course. In addition, 25 kayakers/canoeists will be patrolling the course. Kayakers/canoeists shall wear personal flotation devices.
2. In addition, there will be at least three powerboats stationed outside the course. Two of the boats will be anchored with the motors turned off near the outside turn buoys. There will be a lifeguard and a race official stationed on the boats anchored at the corners.
3. All power boats supporting the race will be governmental boats with the exception of one power boat that will be captained by a volunteer. The volunteer boat will be equipped with a USMS approved propeller guard and the owner shall provide the race director a copy of proof of insurance.
4. The Race Director, the captains of the powerboats and the lead kayaker will be equipped with portable communication devices and shall stay in contact during the course of the event.
5. At the start of the race, faster swimmers should position themselves closer to the starting line with slower swimmers assuming a less risky position further back in the pack.
6. Kayakers/canoeists shall patrol the course and assist swimmers that have strayed off the course to return to the course. They shall also signal to lifeguards to provide assistance if a swimmer is in need of assistance.
7. If you need assistance during the race, wave one 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, you will be escorted by a lifeguard to an evacuation boat.
8. Should any swimmer decide that they are unable to continue and complete the swim, they will be evacuated.
9. 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.

10. After the three blasts are sounded, swimmers should swim towards the shore and exit the lake either at the point where they entered the water or a secondary exit near the first turn buoy. The secondary exit point is marked on the course map. Kayakers and emergency evacuation powerboats will assist in the evacuation. Any swimmer who is not capable of exiting the lake in a rapid manner should signal for assistance. Race powerboats will be available to assist a limited number of swimmers.
11. After exiting the water, swimmers should seek shelter under the Monona Terrace Convention Center or in its attached parking structure. Prior to leaving the event area, swimmers should return their timing chip to a race official to assist in accounting for all participants.

RECOVERING 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 a powerboat for return to the start. If taken aboard a race powerboat every effort should be to bring swimmer aboard forward of the boat's stern.

RESCUE BOAT PLAN / WATERCRAFT SAFETY PROCEDURES:

There will be at least three powerboats on the course. The objectives of these powerboats are to provide assistance to swimmers in the race and to quickly and safely evacuate any injured swimmer needing medical attention. A lifeguard on paddleboard will bring the swimmer in trouble to a race powerboat. If the swimmer needs immediate assistance, the lifeguard on paddleboard will wave a rescue tube, to summon additional help.

When on the racecourse 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, weather, and other boats in the area not part of the event or swimmers in distress.
2. Don't overload your craft's capacity.
3. Keep clear of swimmers, anglers, canoeists, windsurfers.
4. Know your surroundings, and watch for unsafe conditions.
5. Evacuation powerboats must have motors off until swimmers are on board.
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.

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 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.