

**2010 NATIONAL CHAMPIONSHIP
MADISON OPEN WATER SWIM
August 21, 2010
Safety Plan**

Welcome to the 2011 Madison Open Water Swim and the 2011 US MASTERS SWIMMING NATIONAL CHAMPIONSHIP. We hope you have a safe and enjoyable race. This safety plan has been produced 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 Director: Dick Pitman Cell phone: 608-770-2307; Home 608-242-8564

Boat Marshall: Mike Kvitrud

Safety Committee: Dick Pitman, Chair

Attending physician:

Attending R.N.: Frances Monroe Jennings

Head Lifeguard: Shane Schwingle

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.

START: In-water start off of Law Park, John Nolen Drive, East of Monona Terrace. *The start shall be in waves. Swimmer will verify his/her ability to swim the length of the swim entered - either the 1.2-mile or 2.4-mile in the requisite time allotment. It shall be stated in all registration materials that swimmers will be stopped after 90 minutes for the 1.2-mile swim, and after 2 hours, 20 minutes for the 2.4-mile swim.*

FINISH: Law Park beach, boat landing east of Monona Terrace. Rubber pad over gravel - sand covering rocks on lake floor.

COURSE: a map of the long (2.4-mile) and short (1.2-mile) will be posted on a board in the registration area. A limited number of copies will be available. Briefly, it will be a counter-clockwise circuit of buoys marking a rectangular course with these dimensions: .5-mile x .1-mile x .5-mile x .1-mile totaling 1.2-miles. The National Championship swimmers will swim two laps of this course. This is an OPEN WATER closed course, monitored by power boats on the outside perimeter, kayaks and

lifeguard paddle boards on the inside. There are very large orange buoys marking the four corners, with smaller orange buoys on the straight-aways.

COMPETITOR'S RESPONSIBILITIES: MOWS race personnel will endeavor at all times to ensure a safe event, but all competitors must follow the Race Director's instructions. This should include submitting an accurate seed time meeting the above parameters. In addition, it behooves all participants to be aware of any dangerous conditions or behavior of others. If you notice any fellow swimmer having difficulty please alert the nearest kayaker or lifeguard.

SAFETY/EMERGENCY PROCEDURES:

1. 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. They will only have a limited supply of water bottles with them. If you need to be evacuated from the course a power boat will be summoned.
2. Should any swimmer decide that they are unable to continue and complete the swim, he/she will be evacuated and disqualified.
3. Swimmers are responsible for personal property left at the swimming site while they are in the water.
4. Faster swimmers should position themselves closer to the starting line with slower swimmers assuming a less risky position further back in the pack.
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

The objectives of the safety boat are to:

1. To provide rescue to swimmers in the race.
2. To quickly and safely get any injured swimmer to medical attention.
3. There will be at least 3 emergency evacuation powerboats on the course.
4. A kayaker or lifeguard on paddle board will bring the swimmer in trouble to an evacuation boat.
5. If the swimmer needs immediate assistance, the kayaker or lifeguard on paddle board will wave a swimming noodle to alert the nearest powerboat.

When on the Course, the driver or paddlers and all crewmembers must wear a lifejacket or buoyancy aid while afloat. Also. . .

1. Keep a good lookout at all times for dangerous conditions whether they be weather,

other boats in the area not part of the event, swimmers in distress.

2. Don't overload your boat's capacity.
3. Keep clear of swimmers, fishermen, canoeists, windsurfers.
4. Be aware of how your wash will affect others - especially smaller craft and swimmers.
5. Due to wind and engine noises, trying to shout from a moving powerboat to a swimmer is not very successful. Get 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 from the Water

Swimmers will signal that they need assistance by one of the following methods:

1. Waving their hand over their head.
2. If the swimmers require First-Aid treatment this should be applied before moving.
3. At the discretion of the safety boat, all swimmers will be either able to continue on in the race or be taken on board the safety boat for return to the start.

Remember to keep your wake as minimal as possible in the vicinity of the swimmers!

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 log book in which all these incidents/accidents are recorded. Failing to report accidents can have large repercussions!

Reports should contain:

1. A detailed summary of the incident, including date, time, names and (bib) 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, dated and timed of the person making the report.
4. If the accident requires first-aid treatment, then the name of the first-aid person should also be recorded, and the treatment given.
5. Reports should be filled in as soon as practical after the event, certainly within 24 hours.
6. Copies should 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.