SAFETY PLAN

Safety Director: Nathaniel Cornelius, Lieutenant in Lexington Fire Department and Emergency Medical Technician.

**Safety Resources**

* Kentucky Fish and Wildlife will shut down the upstream side of the course to all boat traffic. There is a dam about one mile downstream of the race site, so at present they do not feel the need to shut down the other side and there is no access to the river from that side.
* Woodford County EMS will have an ambulance on site with trained emergency personnel. It will be parked near the boat ramp.
* Woodford County Emergency Management has been notified of the event and will have all of their departments (police, fire, etc.) on call during the event.
* 14 lifeguards in kayaks or on paddleboards will be spread along the course, just inside the buoy line. One additional kayaker will take the lead swimmer, and another will take the last swimmer in each wave.
* Volunteer Anchored Power Boats. At least one other power boats will be anchored along the course and staffed with safety personnel.

**On Site Medical Care**

KY Fish and Wildlife will have their rescue boat

An ambulance will be parked on shore by the start.

There will be a large canopy tent that can be used for medical situations.

**Water Craft**

As mentioned in the Safety Resource section, there will be numerous power boats and kayaks to assist with the race.

Officials will have at least 2 kayaks and one stationary power boat

Race supervision will not have a dedicated boat, but will be able to communicate with the numerous crafts in the water

The only dedicated escort kayakers are for the first and last swimmers. The remaining 14 kayaks will be placed throughout the race at key strategic locations.

**Athlete Accountability**

Swimmers are numbered per USA rules with numbers written on their arms and legs.

Each swimmer will be given a brightly colored cap and assigned a number. Wearing of caps is mandatory. The cap color signifies the race they are in.

At check in, each swimmer is given a numbered popsicle stick. Before entering the water, the popsicle sticks are collected to produce a list of swimmers that enter the water. When swimmers exit the water, their number is recorded and compared to the list of swimmers that entered.

**Warm-up/ Warm down Plan**

Swimmers will be told when they can enter the water for warmups. This is roughly 10 minutes before the start.

The warmup area is behind the starting line stretching to the final orange buoy on the downstream/Woodford County corner of the course

After the swim, the swimmers can warm down for 10 minutes in the same area which is directly behind the boat dock where numerous officials and safety personnel are stationed.

**Communications**

Civilian walkie-talkies are the primary method of communication. Roughly 10 - 15 walkie talkies will be assigned strategically along the course. For those safety personnel without a walkie talkie, message will be relayed to the closest safe person with a walkie talkie.

The Fire Departments will have these walkie talkies in addition to their normal radio channels. As back up, cell phones and flags will be used. Air horns will be used to clear the water in an emergency situation.

**Maximum Number of Swimmers on the Course**

No more than 125 swimmers will be allowed on the course. It is expected there will be 50 -75 swimmers on the course at any given time.

Kayakers and safety personnel have been trained to space themselves where incidents are most likely to occur. It is our experience that the majority of swimmers that experience difficulties are in the first 200 yards of the race; therefore, more kayakers focus on this area and the slower swimmers.

There will be at least 1 safety craft for every 20 swimmers. While we have not finalized our number of swimmers and safety craft yet, we would expect to have one safety craft for every 8-10 swimmers in the water.

**Specific Safety Scenarios**

* Identification of distressed swimmers within 10 seconds. Kayakers/LGs are our quickest responders. Most times there is a Kayaker/LG within 30 yards of all swimmers. The kayakers have been instructed on how to identify swimmers that are having difficulty and a kayaker will be assigned to these swimmers. In addition, visibility from the shoreline is excellent and shore line spotters are also looking for swimmers having trouble.
* Initiating Response within 20 seconds. Once a distressed swimmer is identified, a kayaker is dispatched to the swimmer. Communication is handled via radio or over a loudspeaker, whichever is appropriate. If the swimmer is close to shore, a shoreline spotter may be dispatched to help. At no time, are the swimmers more than 75m from shore.
* Rendering Immediate Resuscitation. If resuscitation is required, we have trained medical personnel that could perform this in the water; however, the preferred method is to bring the swimmer immediately to the boat ramp. Rescue Personnel should be able to get to the victim in 15 – 45 seconds either via rescue boat or shore ambulance.
* Transportation to Medical Facility. Woodford County EMS will be able to transport the swimmer via ambulance to a local hospital.

**Missing Swimmer Plan**

If a swimmer can’t be found, we will immediately call 911 and get Woodford and Woodford County Emergency services on site to help with the search. The emcee of the event will repeatedly call of them over the loudspeaker. As this scenario is most likely to occur at the end of a race, no new races will begin until the lost swimmer has been found and all races will be delayed until that swimmer has been located. All water safety personnel will begin searching for the missing swimmer immediately from the last point they were accounted for and begin the search from that point. We will also call their cell phone to make sure we didn’t miss recording their finish.

**The two Friday night events are the Mixed Age Group 4x400m Relay and the Team Pursuit**  
The Mixed Relay will go first. The shortened 120m x 80m course will be cleared and safety personnel will be located around that course and in the warmup/down area. The 11-12 Women will enter the water for an in-water start. Down river from the relay course will remain open for warmup/warm down. The women's mixed relay will proceed. This race will take 18-25 minutes. After the final swimmer has exited the water, the 11-12 Men will enter the water for an in-water start. Downriver from the relay course will remain open for warmup/warm down. The men's mixed relay will proceed and will take 18-25 minutes.

**The second Friday night event is the Team Pursuit**Depending on the number of teams entered, all teams can be out on the course at once or a separate men's and women's “heat”. Immediately after the conclusion of the men's 4x400m Mixed Relay, the long 420m x 80m course will be cleared and safety personnel will be positioned. Pursuit teams will be started 30 seconds apart from the boat ramp. Start order will be randomly assigned by drawing. 14&Under as well as 15&Over Pursuit Teams will all be on course simultaneously. 14&Unders will complete 2x1km laps and 15&Overs will complete 3x1km laps. Teams will line up behind the timing mat on the boat ramp in their starting order. The starter will send each team off 30 seconds apart. Once started, each team of 3-5 people will run down the ramp and enter the water and navigate the course. 3 members of each team MUST finish the event for that team to have a valid finishing time and place as the finishing time of the THIRD team member is the team's official time. If 4th and/or 5th members of a team wish to withdraw from the race before completing the entire distance, they may do so without penalty ONLY by exiting the water at the start/finish ramp and informing an official of their withdrawal.

**The Saturday event is the 12&Under 2k, 13-14 4k, and the 15&Over 4k**The 15&Over 4k will be the first event, men starting first, women starting 3 minutes later. Men and Women will have on different color caps. The start will be an in-water start. After completing 4 circuits of the course, the swimmers will run up the boat ramp and across the timing mat to record their finish time. Two officials and a finish line camera will be at the finish to determine close finishes.

One hour and 15 minutes or 15 minutes following the finish of the final 15&Over swimmer (which happens last), the 13-14 age group will begin. They will be given 15 minutes to warmup prior to their start. The men will start first, women starting 3 minutes later. Men and women will have on different color caps. The start will be an in-water start. After completing 4 circuits of the course, the swimmers will run up the boat ramp and across the timing map to record their finish time. Two officials and a finish line camera will be at the finish to determine close finishes.

One hour and 15 minutes or 15 minutes following the finish of the final 13-14 swimmer (which happens last), the 11-12 age group will begin. They will be given 15 minutes to warmup prior to their start. The men will start first, women starting 3 minutes later. Men and women will have on different color caps. The start will be an in-water start. After completing 2 circuits of the course, the swimmers will run up the boat ramp and across the timing map to record their finish time. Two officials and a finish line camera will be at the finish to determine close finishes.

**Water Testing**

Water Testing will be done by McCoy and McCoy Laboratories, 2456 Fortune Drive #160, Lexington, KY 40509. [www.mccoylabs.com](http://www.mccoylabs.com/). Samples will be taken one week before the event as well as on the first day of the meet. If the first sample yields a result showing the venue is unsafe for swimming, the event will have to be relocated or canceled. If the second sample yields a result showing the venue is unsafe for swimming, all participants (including volunteers, safety personnel, etc.) will be notified.

**Severe Weather Plan**

If severe weather enters the area, the race will be postponed until the storm passes. If the storm will not pass for an extended period of time, the race will be postponed until the following weekend, September. If the race needs to be postponed again, it will be postponed until September 29th and 30th.

The race could be postponed for a variety of reasons including weather, water quality, and or heat per Article 702.2.

If the site must be evacuated, an air horn will be blown which can be heard along the entire course. Kayakers and other on land safety personnel will instruct the swimmer to swim immediately to shore (roughly 30 yards) and exit on to the riverbank. Once on the riverbank swimmers will do one of the following depend on the situation:

Be picked up by a vehicle and taken to a safe place such as a home or car

Walk to their cars