



# EVENT SAFETY PLAN



## Lavallette Mid Summer Mile Ocean Swim

Prepared by: J. Alsobrooks

<b>Timeline:</b>	Check-in	7:00am
	Pre-Race Instructions	7:45am
	Masters Heat	8:00am
	Open Heat	8:10am

**Policy:** The Race Director has a duty to provide for the safety of swimmers, lifeguards, and volunteers.

**Purpose:** To explain safety measures taken at the event to ensure a safe event for all involved.

**Scope:** These procedures apply to race day safety relating to course markings, swimmer markings, swimmer management and accountability, emergency personnel, and weather conditions.

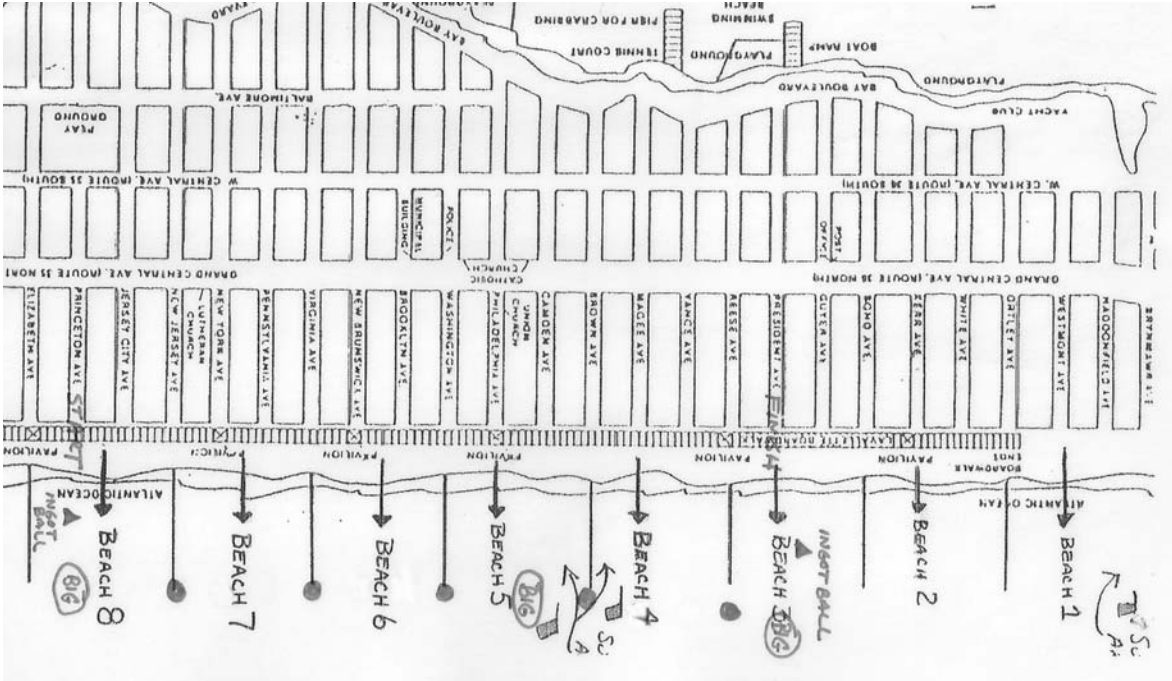
### Procedure:

#### 1. COURSE MAP

- 1.1. The course is a 1 mile swim in a single direction. The direction will be determined on the day of the event based on the conditions of the water.
  - 1.1.1. Course 1: (South to North) The swimmers will start on the beach at Princeton Avenue and finish on the beach at President Avenue.
  - 1.1.2. Course 2: (North to South) The swimmers will start on the beach at President Avenue and finish on the beach at Princeton Avenue.
- 1.2. A bullhorn siren will be used to start the swimmers. They will be given the command "3, 2, 1, HORN". There will also be a flag dropped at the time of the horn. There will be 10 minutes between waves.
- 1.3. Swimmers will stay outside (ocean side) the buoys. For course #1 the buoys will remain on the left side of the swimmer. For course #2 the buoys will remain on the right side of the swimmer. The following buoys mark the course and divide it into 6 sections:
  - 1.3.1. 3- 5' orange buoys used for start, midpoint, and finish
  - 1.3.2. 5- 4' orange buoys used between major start, midpoint, and finish

1.3.3.2 - orange hard buoys used to guide swimmers to and from the beach

1.4. Course map



2. KEEPING TRACK OF THE SWIMMERS

- 2.1. We want to know exactly how many swimmers are in the water at all times. To accomplish this we provide positive identification of swimmers at check-in, electronic timing backed up by manual timing, multiple start heats, a brightly colored swim cap and each swimmer will have a number put on his/her left arm.
- 2.2. Swim Caps: Each swimmer must wear a swim cap, which will be provided at check-in. The swim caps make an actual head-count possible if necessary. **Swimmers who come ashore before completing the event distance will be asked to inform finish line personnel.** Lifeguards on land will assist swimmers coming ashore.
  - 2.2.1. Inexperienced swimmers will be given a bright orange cap to notify the event personnel.
  - 2.2.2. Masters division will receive red caps.
  - 2.2.3. Open divisions will receive white caps.
- 2.3. Multiple Heats: To avoid as much as possible inadvertent bumping between swimmers, the swimmers will be started in several heats. Heats will start 10 minutes apart. This will also spread the swimmers out making visual sighting of them easier.

### **3. ELECTRONIC TIMING**

- 3.1. We use electronic timing for two reasons. One is to time the event. The other is to keep an electronic count of the number of swimmers in the water. There will be a rubberized electronic pad at the chute. This electronic pad records the swimmers as they exit the water. Electronic timing provides an exact count of the number of swimmers in the water at all times. It also provides a time for each swimmer.

### **4. RESCUE SQUADS**

- 4.1. The Lavallette Volunteer First Aid Squad will provide land medical support services. The squad is positioned at the midpoint (Lavallette Beach Patrol Headquarters) and is in communication with the Lavallette Beach Patrol.
- 4.2. The squad will monitor swimmers and apply first aid where needed.
- 4.3. Rescue vehicles are parked in clear sight to identify available assistance.
- 4.4. In case of serious emergencies the swimmer will be transported to the following facilities based on the recommendation of the EMS personnel:
  - 4.4.1. Community Medical Center- 99 Route 37 West, Toms River, NJ- 9.7 Miles
  - 4.4.2. Ocean Medical Center, 425 Jack Martin Blvd., Brick, NJ-12.2 Miles
  - 4.4.3. Ocean Care Center, Emergency Care, 1517 Richmond Ave, Pt. Pleasant- 8.3 Mi

### **5. LIFEGUARDS**

The Lavallette beach patrol will provide as many lifeguards necessary. The breakdown will be as follows:

#### **5.1. Swimmers**

- 5.1.1. 4 swimmers will enter the water at the beginning of the race. 2 of the swimmers will remain with the last swimmer until the finish.
- 5.1.2. 4 swimmers at the finish. 2 swimmers in the water at the buoy. 2 swimmers on lands to assist people who may need help exiting the water. 2 swimmers assisting swimmers in each section.

#### **5.2. 10 Rescue Boards**

- 5.2.1. 2 at the start
  - 5.2.1.1. 1 will follow the last group to the end of the course
- 5.2.2. 2 in each section between each set of the smaller buoys (about 400 ft)

### 5.3. **3 Rescue Boats**

- 5.3.1. 1 boat will cover two sections
- 5.3.2. The boat will be the head monitors for these sections.
- 5.3.3. Each boat will be equipped with two rescuers, two rescue buoys and a portable radio.
- 5.3.4. These boats will be in direct communication with the Race Director, Beach Captain, and the EMT.
- 5.4. 1 Wave Runner- Will be used if necessary based on the water conditions.
- 5.5. On Land Vehicles- These vehicles will be equipped with first aid supplies, oxygen, torps, and defibrillator.
  - 5.5.1. 2 John Deere Gators (Small Trucks) (Captain/ Lieutenants/ Sergeants)
  - 5.5.2. 1 Kawasaki Mule (EMT)
  - 5.5.3. 1 Quad (Captain/ Lieutenants/ Sergeants)
  - 5.5.4. 1 Truck
- 5.6. Lifeguards are to assist swimmers requesting help, as well as indicate any reasons for disqualifications.
- 5.7. Lifeguards will alert swimmers who are off course and navigate them back on course.
- 5.8. Lifeguards are instructed to bring any swimmer in distress to land for further observation by EMT/EMS.

## **6. SWIMMER MEETING**

- 6.1. A mandatory swimmer meeting is held 15 minutes before the race start. Registration closes prior to the swimmer meeting and late arrivals are not permitted to participate.
- 6.2. During the meeting swimmers will be notified about the temperature of the water, weather and water conditions, any known hazards and also reminded of the opportunity to withdraw from the event if the swimmer has any concerns about their ability to safely meet the challenge of the water conditions of race day.
- 6.3. Swimmers who need assistance should wave arms, if possible, to a lifeguard. The lifeguard will assist the swimmer as needed.
- 6.4. No swimmers are allowed to leave the course for any reason unless they are being escorted by an emergency team member (lifeguards/EMT). A swimmer leaving the course without assistance (authorization) is disqualified from the event, and is no longer allowed to participate in any future events.
- 6.5. Swimmers must follow all rules.
- 6.6. All swimmers must wear the provided timing chip and cap, and have body marked with the assigned number.
- 6.7. All swimmers must swim around all buoys, keeping outside (ocean side) of all buoys.
- 6.8. If you hear a siren you are to return to the beach immediately. The race is considered over due to weather conditions.

- 6.9. Waves start with USMS, then every 10 minutes additional waves are sent off. Divisions are USMS and two Open waves. The race will begin on land and finish on land as the swimmers run through a chute.
- 6.10. Swimmers are provided assistance at the finish if needed. Swimmers should then walk over to the timing chute to record time.
- 6.11. Results will be posted ASAP at the finish.

## **7. RACE CANCELLATION or DELAYS**

- 7.1. The race director will coordinate with the lifeguard captain prior to the start to determine if weather conditions should cancel the event. The lifeguard captain's orders dictate whether the race will be cancelled.
- 7.2. Weather conditions during the race are monitored by the Lavallette Beach Patrol who determines if the swimmers should immediately exit the water (i.e. lightening). If conditions exist requiring a swimmer exit then the Beach Patrol will alarm a siren indicating the race is over, please exit immediately. All lifeguards will stop swimmers and escort all swimmers back to the beach. The rescue boats will follow all swimmers and lifeguards to ensure no swimmers remain on the course, and confirm all are accounted for.