

**SANTA BARBARA SWIM CLUB “THE BIG WAVE” and “THE BEAST” OPEN WATER RACE
JUNE 6TH 2015
EVENT OPERATIONS**

COURSE DESCRIPTION:

The LONG COURSE (LC) will be comprised of a 1,100m rectangle shaped course with an added swim out/in from shore comprised of approximately 100m. Total distance of LC is 1,200m. The SHORT COURSE (SC) will be comprised of a 500m triangle shaped course with an added swim out/in from shore comprised of approximately 100m. Total distance of SC is 600m. Both courses will start on the beach and be swum in a clockwise direction with an initial right hand turn buoy followed by left hand turn buoys. The final buoy (same as the first buoy) will be a left hand turn buoy that will return athletes to the beach.

LC Race:

Beach to Turn Buoy #1 will be 50 meters (RIGHT TURN).
Turn Buoy #1 to Turn Buoy #2 will be 250 meters (LEFT TURN)
Turn Buoy #2 to Turn Buoy #3 will be 50 meters (LEFT TURN)
Turn Buoy #3 returning to Turn Buoy #4 will be 500 meters (LEFT TURN)
Turn Buoy #5 to Turn Buoy #6 will be 250 meters (LEFT TURN)
Buoy #6 will return athletes to the Beach (50 meters)

SC Race:

Beach to Turn Buoy #1 will be 50 meters
Turn Buoy #1 to Turn Buoy #2 will be 200 meters (LEFT TURN)
Turn Buoy #2 to Turn Buoy #3 will be 50 meters (LEFT TURN)
Turn Buoy #3 returning to Turn Buoy #1 will be 250 meters (LEFT TURN)
Turn Buoy #1 returning to the Beach will be 50 meters

1,200 METER “THE BIG WAVE” RACE DESCRIPTION:

There will be 2 or 3 heats (depending on participants allowed in the water at one time) of preliminary heats for the 1,200 meter race. The top 10 men and top 10 women in each heat will advance to “The BEAST” Championship finals. This event is open to athletes of all ages.

600 METER “THE BIG WAVE” RACE DESCRIPTION:

There will be 1 or 2 heats of the 600 meter timed finals race. In the event that 2 heats are necessary athletes will be separated into heats with a men’s heat followed by a women’s heat. This event is open to athletes of all ages but awards will be given to 12 and under participants only.

“THE BEAST” CHAMPIONSHIP FINALS WILL RACE THE 600 METER COURSE.

“The Beast” Championship finals heat for men will precede the women by 5 minutes.

START TIME:

The 1,200 meter “THE BIG WAVE” prelims race will start at approximately 5:00pm. LC prelims heats will be split into waves that will start at intervals based upon lifeguard requirements. Minimum time between heat intervals is 10 minutes. Each participant will be identified by heat AND number within heat and be accounted for prior to the start of the race and again at the end of the race.

The 600 meter “THE BIG WAVE” SC race will start at the completion of the LC race when all LC race participants have exited the water. “THE BEAST” Championship finals will start at the completion of the SC race when all SC race participants have cleared the water.

WATER TEMPERATURE:

The average water temperature for this time of year is 65F and has been between 60F and 68F historically.

START/FINISH

The event will start on the beach approximately 10 feet from the water’s edge. The finish will be on the beach marked with flags.

ONE DAY REGISTRATION

Participants not currently holding USMS membership can register with USMS for a 1 day fee of \$20. Registration will be available at event Check-in.

JUNE 6TH RACE DAY TIMELINE

3:00PM: CHECK-IN opens at Los Banos del Mar pool. Check-in will not be available at Leadbetter Beach. All athletes must check-in at Los Banos on race day in order to compete.

4:00PM: Mandatory technical meeting at Los Banos del Mar Pool.

4:55PM: Mandatory safety meeting for 1,200m race participants at the start line of race

5:00PM: 1st heat of 1,200m preliminary race begins.

5:10PM: 2nd heat of 1,200m preliminary race begins.

5:20PM: 3rd heat of 1,200m preliminary race begins. (if necessary)

5:55PM: Mandatory safety meeting for 600m race participants at the start line of race

6:00PM: 600m timed finals race begins

6:20PM: Awards presentation for Short Course Race

6:25PM: Mandatory safety meeting for “The BEAST” competitors at start line of race

6:30PM: Start of Men’s Championship finals

6:35PM: Start of Women’s Championship finals

7:00PM: Awards presentation for the BEAST Championship Finals.

TECHNICAL MEETING BRIEFING AT LOS BANOS

1. Course Directions
2. Course Markers
3. Rules
4. Starting Procedures and Signals
5. Finish Procedure
6. Cut-off time
7. Getting aid While Swimming
8. Swimmers Obligations if they do not finish
9. Opportunity for pre-race withdrawal
10. Positioning of athletes at Start of Race.

AWARDS:

Awards will be presented to a total of 6 champions:

The top overall female and top overall male athletes in “The BEAST” championship finals will be presented with distinctive awards. Additionally, the top placing male/female in the 12 and under age division to finish “THE BEAST” championship finals will also be presented with distinctive awards. If there are no 12 and under athletes qualified for “THE BEAST” championship finals the awards will be issued based upon the timed results of the preliminary heats of “THE BIG WAVE”.

The top placing male/female in the 12 and under division of “THE BIG WAVE” 600 meter timed finals competition will also be presented an award.

RULES:

USMS Open Water Rules will govern. Current USMS and SCS Open Water procedures will be enforced and take precedence over any errors or omissions on this entry form.

All competitors MUST sign the liability and waiver release upon entry or check-in.

SAFETY

The SB beach lifeguards will be in charge of the safety of all of the athletes in the race and will be in charge of all rescues taking place along the course.

IN-WATER GUARD STAFFING

THREE SB beach lifeguards will be on paddleboards stationed in the water at the turn buoys. TWO additional SB beach lifeguards will be on paddleboards on the course. During the LC race the additional lifeguards will be stationed at the intermediate buoys. During the SC race the additional lifeguards will be spaced proportionally on the course line.

ON LAND GUARD STAFFING:

TWO SB Beach lifeguards will act as land guards and will be in charge of water safety in the impact zone at the start/finish line and will respond to the extrication zone to receive rescued swimmers from the water. When a rescue is signaled the designated land guard should expedite to the extrication zone and start swimming out past the impact zone to either intercept a victim or act in a secondary position of assistance to the in-water guard staff. The shotgun guard will be utilized as the liaison between the unit and the land guards. If all land guards are committed on rescues than the shotgun guard will assume the role of land guard until all guards are finished last.

MEDICAL LAND STATION UNIT:

One two-rescuer unit (truck) will be utilized as the medical/land staging unit. Any swimmers that are extricated from the water via SB lifeguards should be evaluated at the unit and either immediately released or referred to Doctors and medically trained staff that will be on site and/or ambulance for further evaluation & treatment.

SAFETY PLAN

SWIMMER IN DISTRESS:

- CONSCIOUS SWIMMER:
 - If a swimmer becomes panicked or otherwise needs assistance from rescue personnel they shall raise one arm in the air and/or wave arm
 - The nearest Lifeguard paddler will engage them and give flotation
 - An assessment will be made as to the status of the patient and whether they can finish the race or not.
 - This will be relayed to land unit/race coordinator along with patient name/race #
 - Lifeguards will meet patient on shore and patient will either be assisted to ambulance for further evaluation or to finish line for accountability and DNF designation.
- UNCONSCIOUS SWIMMER
 - If a swimmer is witnessed to be unconscious at the surface of the water, the nearest lifeguards will respond and give flotation and open airway.
 - Lifeguard will execute an emergency transport to shore.

MISSING SWIMMER/COMPETITOR:

- WITNESSED CONFIRMED SUBMERGED SWIMMER:
 - If a confirmed submerged swimmer is declared by a lifeguard during the race, a “Code X” hand signal will be given by the witnessing/declaring lifeguard and the Division Leader will communicate “Code X” to the IC and Land unit. The IC and Land unit will then contact the Race Director and notify the need to stop the race.
 - The Lifeguard IC will assume command of the incident.
 - All needed resources will be requested and coordinated by the IC including Harbor Patrol, Fire Dept, Helicopter, Coast Guard, Law Enforcement
 - All non-essential, non-emergency vessels will be cleared from the area The Land Branch will oversee the Water Evacuation Operation.
 - Water Division Leaders will acknowledge “Code X” by radio and then relay verbally and via hand signals to their lifeguards that there is a “Code X”. Upon receiving the “Code X”, all competitors in the water will be instructed by lifeguards to STOP RACING immediately and to swim straight into shore to be accounted for by the Race Director.
 - Water Division leaders will ensure swimmers in their division know to return to shore and check in with the event coordinator for accountability.

- All paddlers on the inside of the course will ensure racers safely make it to shore and cross the start/finish timing mat to be accounted for.
 - Once all swimmers have safely exited the water, the remaining lifeguard personnel will be assigned to the Search and Rescue Operation.
 - The Extrication Division will standby at its designated location to receive a recovered patient.
 - Law Enforcement will be requested to take a report and for crowd/traffic control
- **NON WITNESSED MISSING COMPETITOR:**
 - If a competitor is reported missing to the lifeguards but the exact last seen point cannot be verified by a witness, the Race Director and IC will be notified by Radio.
 - The Race Director will immediately check the competitors race number to verify if the competitor has exited the water.
 - The competitor's wave (heat) and physical description including name, gender, age, hair color, eye color, clothing/race attire, will be communicated to the IC so an initial visual search can be conducted by all Divisions.
 - Law Enforcement will be requested take a report from the reporting party and to check on the competitor's vehicle, family/friends contacts, and rule out other potential whereabouts in the Salt Creek vicinity.
 - If the competitor is confirmed to have entered the water and is still unaccounted for after 15 minutes, CONFIRMED SUBMERGED SWIMMER protocols will be initiated

SEVERE WEATHER PLAN:

Santa Barbara experiences limited weather related circumstances in the summer months. However, the race will be cancelled if severe weather or other unforeseen health/safety circumstances are present on race day. All safety measures related to weather, water quality or other will be determined by the head safety monitor on the day of the race.

SITE EVACUATION PLAN:

Race participants will exit the water at the nearest point to the beach (course is no more than 100 meters from beach) in the event of a water evacuation. Beach evacuation will be directly into the Leadbetter Beach parking lot and Shoreline Drive.

Thermal Plan for Cold Water Swims

Enhanced Thermal Plan for Cold Water Swims: USMS Rules for Open Water Swims dictate that...
(1) A swim shall not begin if the water temperature is less than 60° F. (15.6° C.), unless heat-retaining swimwear is required of all swimmers or a USMS-approved thermal plan is in place.
(2) A swim in which heat retaining swimwear is required of all swimmers shall not begin if the water temperature is less than 57° F. (13.9° C.) unless a USMS-approved thermal plan is in place.

Remember that the average masters swimmer does little or no acclimatization to cold water, so that even a small drop in water temperature--especially in the colder ranges--dramatically increases the odds of swimmer hypothermia in staggering numbers. Be Prepared!

If your swim has even a remote chance of having water temperature on the course less than 60° F., you are **REQUIRED** to complete the enhanced thermal plan below, showing your specific commitment to increased swimmer preparation before the event, reduced swimmer exposure to hypothermia during the event, and maximum mitigation & treatment of hypothermia during & after the event.

If your swim has chance of having water temperature on the course less than 64° F., you are **URGED STRONGLY** to complete the enhanced thermal plan below for the above reasons

	<u>YES</u>	<u>NO</u>	<u>SPECIFY DETAILS</u>
To increase swimmer preparation before the event, we will... (circle all choices)			
- Emphasize & stress cold water swim conditions.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____
- Require prior cold water swim experience.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____
- Require swimmer cold water preparation plan.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____
To reduce swimmer exposure to hypothermia, we would... (circle all choices)			
- Cancel the swim(s) under worst conditions.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
- Shorten the swims(s).	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
- Encourage wetsuits for all swimmers.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	When necessary
- Require wetsuits for all swimmers.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Unless it is below regulation level
To mitigate & treat symptoms of swimmer hypothermia, we would... (circle all choices)			
- Bring in more emergency trained medical personnel and/or ambulances.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____
- Bring in more volunteers to assist medical personnel.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____
- Bring in more emergency craft & first responders on the course.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____
- Increase warm beverages before the swim and at feeding stations.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____
- Increase warm beverages after the swim	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____
- Increase thermal treatment gear (e.g. blankets, hot water bottles, etc.)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____
- Are hot showers available on site	<input checked="" type="checkbox"/>	<input type="checkbox"/>	_____
- Other #1 (specify):			_____
- Other #2 (specify):			_____
- Completed recommended thermometer readings below?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

Using an accurate thermometer, the event host should take three to five measurements at various places on the course—12 to 18 inches below the water surface and no closer to the shore than 25 meters (if possible)—within one hour before the start of an open water swim. The host should average these measurements, post and/or announce the resulting average temperature at least 30 minutes before the start of the swim, and announce it during the pre-race staff safety and swimmers' meetings.