



2024 Southern Zone Open Water Championships  
May 31<sup>st</sup>-June 2<sup>nd</sup>, 2024  
Hosted by the Swimchester Sailfish and KYLSC



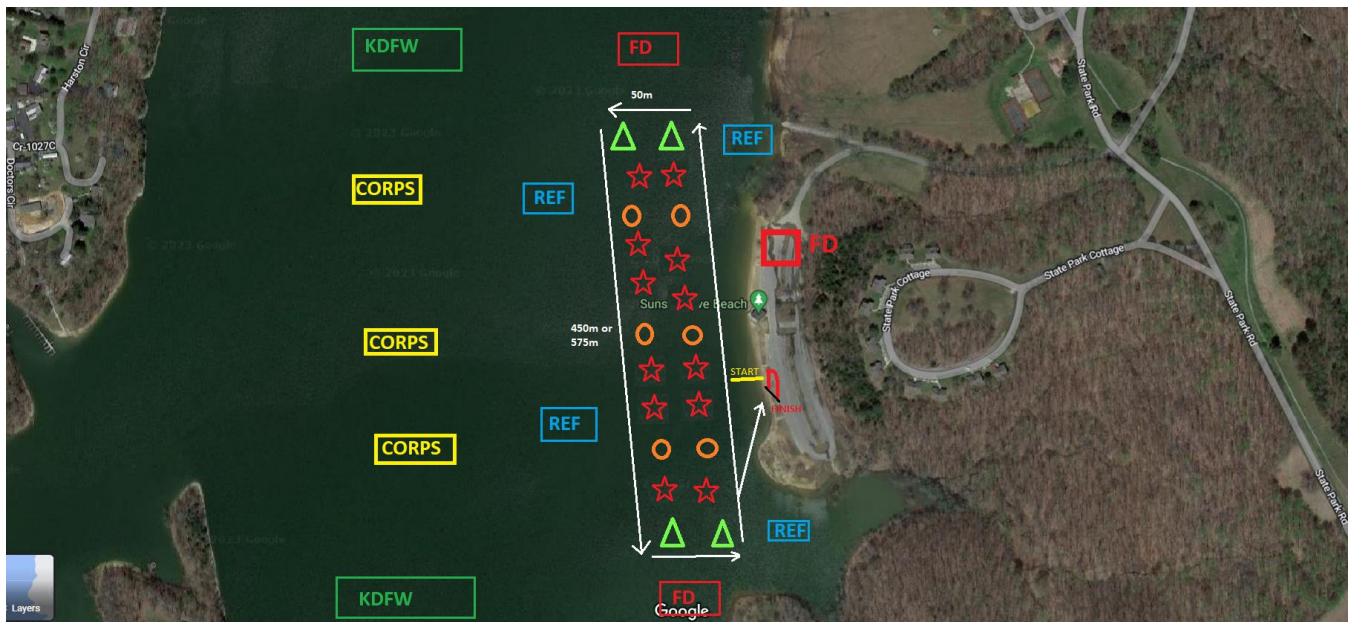
## Event Safety Plan

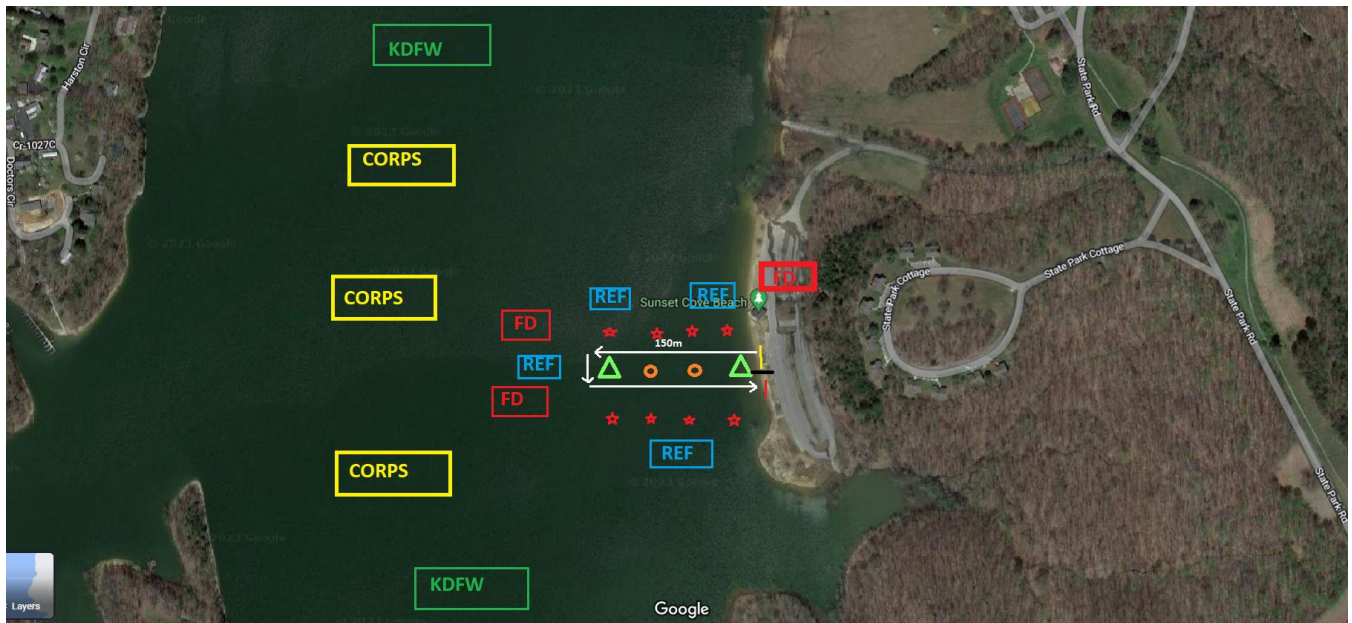
### Requirements

1. Monitoring Swimmers During Races
2. Safety Communication Plan
3. Feeding Stations (for races more than 5-km)
4. Course Evacuation Plan
5. Medical Services
6. Accounting for Swimmers
7. Technical Meeting/Briefing
8. Safety During Warmup/Warmdown
9. Water and Air Temperature
10. Water Quality

### 1. Monitoring Swimmers During Races

- a. 10-15 Red Cross certified lifeguards will be distributed along the course, creating supervision zones of no less than 1 lifeguard per 50m of course. Each will have a rescue tube of at least 40 inches and whistle.
- b. Barren County Fire Department swift water rescue crews will be on the water in two rescue boats, Army Corps of Engineers will have boats on the water, USA Officials will be in 3-4 boats, along with a Kentucky Department of Fish and Wildlife patrol boat(s).





- c. Volunteers on shore with binoculars and radios will provide additional supervision.

## 2. Safety Communication Plan

Water-to-Water: All officials in boats/kayaks and lifeguard captains will be equipped with 2-way radios, allowing efficient and immediate communications with the Meet Director and Meet Referee.

Water to Land: Same as above, with the addition of lifeguards equipped with whistles.

Land to Water: Same as above, with the addition of the public address system and lifeguards with whistles.

## 3. Feeding Stations

All events are 5-km or under. Therefore, there will not be any feeding stations.

## 4. Course Evacuation Plan

- a. The following priority will occur in this order: if the Meet Referee, Meet Director, or Independent Safety Monitor becomes aware of any situation requiring abandonment (including inclement weather). Radio communication to officials and safety personnel on course.
- b. All lifeguards issue a short 3-blast whistle command and instruct all swimmers to evacuate the course to the shore on the beach-side of the course or the nearest boat.
- c. Announcer instructs all swimmers, safety personnel, and officials to exit the course. If the reason for abandonment is inclement weather, announcer will instruct all athletes, coaches, parents, and meet personnel to go to the shelter, team bus, or vehicles until inclement weather passes.
- d. Each team will have a designated coach or contact person responsible for accounting for the athletes and coaches with their team. The Meet Referee will coordinate with the designated coaches to ensure all athletes have been accounted for, and with officials to ensure all other meet personnel are accounted for.

## 5. Medical Services

- a. Barren County Fire Department will have a rescue boat on the water, an ambulance near the boat ramp, as well as 4-6 firefighter/EMTs on-site.
- b. Barren County EMS delivers trauma victims to Western Kentucky University Medical Center, 700 E. First Avenue, Bowling Green, KY 42103. Phone: 270.745.3391

- c. Barren County Fire Department and EMS on-site ambulance has direct communications with the emergency room at the Western Kentucky University Medical Center as well as other Barren County Fire/EMT/Rescue personnel.
- d. All recommended medical equipment will be available in the on-site ambulance with Barren County Fire Department EMTs.

#### **6. Accounting for Swimmers**

- a. Advance registration is required for entry into the 2024 Southern Zone Open Water Championships and are restricted to LSC teams only. No deck entries or day-of-meet entries allowed.
- b. All swimmers are pre-assigned competitor numbers.
- c. All swimmers must check in at the designated area, receive his/her race ticket, and be marked with his/her competitor numbers. Any swimmer not checking in will be scratched (removed) from the meet.
- d. All scratches are sent to the Administrative Official 30min prior to each race, which generates the start list.
- e. After a mandatory pre-race Instructional Briefing, all swimmers enter the Pre-Race Assembly Area. Referee or designee collects each Race Ticket and re-confirming Athlete Name and Competitor Number markings.
- f. If any swimmer decides not to compete after having checked in with the Referee, the Referee will remove the athlete from the Pre-Race Assembly Area and the Race Ticket is sent to the Admin Official, who labels the athlete as a post-check-in scratch.
- g. Race Tickets for each event are sent to the Chief Finish Judge.
- h. During each race, all swimmers who abandon prior to the finish are disqualified (DQ'd), and the DQ is sent to the Chief Finish Judge, who pulls the Race Ticket and hands it back to the swimmer.
- i. As each swimmer completes the race, their competitor number is recorded on the Order of Finish Sheet by the Finish Judges.
- j. As each swimmer completes the race, they will pick up their race ticket in the Finish Line area.
- k. The Order of Finish Sheet is sent to the Administrative Official by the Chief Finish Judge immediately following the conclusion of each event, accounting that all swimmers that started the race have actually finished.
- l. Any remaining Race Tickets (unaccounted-for swimmers) will be immediately investigated by the Chief Finish Judge and Referee and potentially referred back to the Coaches and/or Parents as needed.
- m. Should meet personnel be unable to locate an athlete, safety watercraft will begin an immediate search of the course and a PA announcement will be made to expand the search on land.

#### **7. Technical Meeting/Pre-Race Briefing**

The pre-race instructional briefing (technical meeting), which is given to each athlete prior to every race, will contain the following:

- a. Course Layout
- b. Rules of the Swim (Officiating – Yellow/Red Flags)
- c. Water Conditions
- d. Marine Life
- e. Weather Conditions
- f. The Safety Plan
- g. Emergency Conditions
- h. Safety Communication Plan
- i. Evacuation Plan for Clearing the Course (Abandonment)
- j. Safety Craft and Safety Personnel (lifeguards, kayakers, officials)
- k. On-site EMTs and ambulance/boat
- l. Emergency phone numbers
- m. Local Hospital – Western Kentucky University Medical Center

## **8. Safety During Pre-Race Warmup and Post-Race Warmdown**

A designated warmup/warmdown area is available on the SOUTH side of the swim course. Certified lifeguards will be on duty at all times in this area.

## **9. Water and Air Temperature**

- a. Three thermometers with markings in Fahrenheit and Celsius will be used before and during competition.
  - i. Water thermometers will be located on no less than two Turn Judge boats
  - ii. One air thermometer will be located in the Administration tent.
- b. Temperatures will be recorded by the Independent Safety Monitor.
  - i. 30 minutes prior to competition
  - ii. Hourly throughout competition
  - iii. Recorded at the Admin table.
- c. Follow USA Swimming requirements:
  - i. If water temperature is below 16C/60.8F, no race can be held.
  - ii. For races 5-km and above, if water temperature is above 29.5C/85F, no race can be held.
  - iii. air and water temperature, added together, are less than a total of 47.8C/118F, no race can be held.
  - iv. If air and water temperature, added together, are more than a total of 80.8C/177.4F, no race can be held.

## **10. Water Quality**

The venue, Barren River Lake State Park, will have water quality testing several times prior to the event. Samples will be collected by and tests paid for by the Swimchester Sailfish.

- a. Testing will be completed no less than 30 days prior to the event, the week of the event, and the week following the event.
- b. The US Army Corps of Engineers will perform the water quality tests. Results will be reported to the Barren River Lake State Park, the Swimchester Sailfish, Kentucky Swimming, and the Barren County Health Department.
- c. If water quality exceeds Kentucky Dept. of Water standards of 240 cfu/100ml for primary contact recreation, the event will be canceled (401 KAR 10:031 Surface Water Standards).