

Copper Island Swim: 2019 Safety and Emergency Plan

August 25, 2019

Responsibilities:

Swim organizer: Kamloops Triathlon Club

- Ensure swimmers and support boats are briefed on this safety plan
 - Provide contact phone numbers to support boat volunteers
 - Race organizers to make a decision on race day If weather or other conditions create a large risk to swimmers. This decision will be made 15 minutes before the scheduled swim start time.
 1. If thunder and or lightning, wait one hour if conditions persist then cancel swim.
 2. If severe high winds and rough water, debris in the water, a nearby emergency that would prevent an ambulance from reaching the swim finish area; at the discretion of race organizers, delay one hour and reassess conditions. If conditions are deemed to be too dangerous and support boats not able to provide necessary support the swim will be cancelled.
- NOTE:** Swimmers need to be aware that conditions may be rough and wavy and be prepared to make their own decision to swim or not, even if the race proceeds.

Participants: Swimmers

- Be prepared for the swim with proper training to comfortably complete a 2.7 km swim in open water.
- Ensure equipment ; wetsuit, goggles, etc. are in good repair and have been used in training before the copper island swim.
- **NOTE 1:** Wetsuits are at the discretion of the swimmer but are highly recommended.
- **NOTE 2:** It is recommended that each swimmer bring and use a swim buddy/inflatable bag for safety and swimmer visibility. The race organizers may have a couple of swim buddy's that participants can borrow on a first come first served basis.
- **NOTE 3:** If concerned about the swim, it is recommended that the swimmer bring their own non motorized watercraft and volunteer to pace them during the swim and offer immediate support if needed.
- Advise swim organizers of any medical issues prior the swim.
- If nervous about open water swimming advise the organizers at registration and a white swim cap will be provided alerting swim support boats to keep a closer eye on that swimmer.
- Use a wetsuit, booties, swim hood at discretion of the swimmer based on their own experience of managing their body temperature in open water swimming. **NOTE:** swim fins, flippers, snorkel and masks, pull buoys or hand paddles are not allowed.
- If experience difficulties during the swim signal with raised arms, shouting to attract attention of support watercraft. Remain calm and use the watercraft to hang onto to regain confidence. You cannot make forward progress when using a watercraft for support.
- If a medical or other concerns please use your judgement when to remove yourself from the water. The non motorized watercraft will signal a power boat to collect the swimmer and return them to the finish area when practicable.

Non motorized boat support (kayaks, paddleboards, canoes, etc.)

- Wear your pfd (lifejacket) and carry an extra one on your watercraft which can be given to a swimmer in distress.
- Move through the course as swimmers progress keeping an eye on all swimmers, especially white swim caps. Spread yourselves out through course to provide visual contact to swimmers of all speeds.
- If a swimmer signals distress (waving arms, shouting) proceed quickly to the swimmer and allow them to safely hang onto watercraft
- If the swimmer distress is more serious call, if you have the capability to carry a cellphone please do so, or signal to a motorized watercraft to come to you by waving your paddle in the air, shouting, blowing three blasts on a whistle.
- If the swimmer is in serious medical distress, I.e. not breathing, then if possible administer CPR if trained to do so. Call 911 asap and transport swimmer to the beach at the race finish arch in a motorized watercraft.
- On beach have St John's Ambulance staff take over attending to the swimmer.

Motorized boat support

- Carry additional life jackets in the boat that could be provided to a swimmer in distress
- Respond to signs of distress from swimmers and non motorized watercraft
- Please carry a cellphone with you. Key phone numbers ;St Johns Ambulance, race organizers, will be provided to you prior to race start.
- If approached by a swimmer at any time, disengage motor
- Transport any swimmers in distress to the finish area where St Johns Ambulance will take over if a medical issue.
- In case off any serious medical condition do not hesitate to call 911.

Note: all motorized and non motorized watercraft need to follow transport canada regulations.