

Copper Island Swim: 2024 Safety and Emergency Plan

Feb 18, 2024

Responsibilities:

Swim Organizer: Kamloops Triathlon Club/ Copper Island Planning Committee

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 conditions create a large risk to swimmers:

1. If thunder and or lightning, wait one hour if conditions persist then cancel swim.
2. If severe high winds and rough water, at 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.

In the event of wildfires and excessive smoke in the area, refer to [Triathlon BC – Air Quality Policy](#).

Participants: Swimmers

- Be prepared for the swim with proper training to comfortably complete a 2.6 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.
- **NOTE 3:** Swim buddy and individual watercraft support is mandatory for 5 km around the island swim.
- **NOTE 4:** Any youth 12 and under must be accompanied by individual watercraft support, regardless if they are completing 2.6 or 5 km swims.
- **NOTE 5:** 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.

Emergency plan page 2 of 2.

- If experiencing difficulties during the swim, signal with raised arms and 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 arise, 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 shore when practicable.

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

- Strongly recommended you wear your personal life jacket and carry a spare 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.
- Keep your watercraft to the side of the course and make sure you do not impede swimmer progress.
- 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 for help. 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, shouting, blowing a whistle.
- If the swimmer is in serious medical distress, i.e. not breathing; administer CPR if trained to do so. Call 911 asap and transport swimmer to beach in 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 swimmer in distress to 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.