Welcome to the 2012 Change Your Latitude - 57\* North Open Water Challenge.

Sitka Sound, Sitka, Alaska

We hope you have a safe and enjoyable race. This safety plan has been developed to incorporate the key features of the US Masters Swimming guidelines. We ask that each participant and volunteer take a few minutes to read it. If you have any comments that may help us to improve this plan for next year, please let us know.

KEY INFORMATION:

Race Directors: Kevin Knox

Assistant Director: Heather Saline

Boat Marshall: Mike Morris

Safety Committee: Bob Weaver

Attending physician:

Attending R.N.: Liz Weaver

Head Lifeguard:

Website: http://www.changeyourlatitude.org

Email: bbsc.sitka@gmail.com

Hospital: SEARHC and Sitka Community Hospital both are less than five minute drives away.

SEARHC: 222 Tongass Dr., Sitka, AK 99835 907-966-2411

Sitka Community Hospital: 209 Moller Ave, Sitka, AK 99835 907-747-3241

Emergency Fire, Police and Ambulance: call 911, VHF 16/21

Sitka Mountain Rescue and the Fire Department have been notified and are aware of this event. They intend to have a Rescue Squad on alert or on site.

US Coast Guard: USCG Air Station Sitka, USCG Cutter Maple and USCG Sector Juneau have all been notified and aware of the event. Command have cleared the waterways for use by swimmers, kayakers and support boats.

COURSE:

Start/Finish: Mt Edgecombe High School north ramp, in water start and finish.

Course: Course will follow shoreline north through Sitka Channel and stay near shoreline westward along the Fort Rousseau Causeway State Historic Site and loop back to start/finish. Map details will be published soon on event website, a copy will be provided in the registration packet that is provided on race day. The course will be marked by very large buoys at the corners, and smaller buoys on the straight-a ways. Turn around buoys for the 10k, 5k and 1k courses will be clearly marked and discussed with all participants. Buoys will all be orange, with turn around buoys will have a silver stripe around the top half of the buoy.

Time Limit: 10K = 4 hrs racer will be pulled from the race.

Weather Limits: Wind, Seas, Water Temp, and lighting will be considered by the race directors for delay or cancelation.

Animals: Sea Lions and Orcas whales live in the coastal waters and swimmers will be warned of there presence if located along the course.

Other marine hazards: kelp forests, drift logs and wood, other floating marine debris will need to be negotiated and avoided with help from escort kayakers and other boat support.

Marine Traffic: small marine craft will be transiting the perimeters of the course, safety boats will be making notice to mariner reports to ensure safety. Use of radios, safety kayakers and other support boats to ensure safety of all swimmers.

COMPETITORS’ RESPONSIBILITIES:

Change Your Latitude - 57\* North Open Water Challenge 2012

1. Participants make the attending RN or physician aware of any medications (including inhalers) that may be necessary in case of a personal emergency.

2. Competitors must follow the Race Director’s instructions.

3. Competitors should make race personnel aware of any dangerous conditions or behavior of others and alert the nearest kayaker or lifeguard, if you notice any fellow swimmer having difficulty.

4. Competitors will secure escort safety kayaker and kayak before race day, those needing assistance in securing kayaker and/or a kayak for escort will be accommodated on a first come first served basis as resources are available.

SAFETY/EMERGENCY PROCEDURES:

1. An Escort kayaker is REQUIRED for all solo swimmers and relays, to enhance safety and navigation. Swimmers must swim on either the left or the right side of the kayak, no drafting of escort kayaks is allowed.

2. Faster swimmers should position themselves closer to the starting line with slower swimmers assuming a less risky position further back in the pack.

3. If you need assistance during the race, wave one arm overhead and a kayaker or lifeguard on a paddle board will come to you to determine your needs. If you need to be evacuated from the course, a powerboat will be summoned.

4. Should any swimmer decide that they are unable to continue and complete the swim, they will be evacuated.

5. If the event must be called due to safety considerations during the swim, an air-horn will sound with THREE (3) long blasts to notify you that the swim will immediately be stopped to get all swimmers safely to shore. Kayakers and emergency evacuation powerboats will assist in the evacuation.

6. Swimmers are responsible for personal property left at the swimming site while they are in the water.

RESCUE BOAT PLAN:

There will be at least three emergency evacuation powerboats on the course. All emergency powerboats will be equipped with VHF marine radios and have race radios onboard. The objectives of the safety boat are to provide rescue to swimmers in the race and to quickly and safely get any injured swimmer to medical attention. A kayaker will bring the swimmer in trouble to an evacuation boat. If the swimmer needs immediate assistance, the kayaker will wave their paddle to alert the nearest powerboat. When on the Course all race personnel including paddlers and kayakers must wear a lifejacket or buoyancy aid and it is highly recommended that all boats have VHF marine radios available. In addition, kayakers, paddlers and powerboat drivers should:

1. Keep a good lookout at all times for dangerous conditions whether they be weather, other boats in the area not part of the event or swimmers in distress.

2. Don’t overload your boat’s capacity.

3. Keep clear of swimmers, anglers, canoeists, windsurfers.

4. Be aware of how your wash will affect others - especially smaller craft and swimmers.

5. Be aware that due to wind and engine noises, commands or questions that are shouted from a moving powerboat are not likely to be heard by a swimmer. You

should maneuver your craft in close, stop and speak clearly.

6. Look out for deteriorating weather conditions. If the event must be cancelled due to safety considerations during the swim, an air horn will sound with THREE (3) LONG BLASTS to notify you that the swim will immediately be stopped in order to get all the swimmers quickly and safely to shore. Kayakers and emergency powerboats will assist in the evacuation.

Rescue/Support boat list:

* Lead Safety boat
* 2 roaming safety vessels
* safety/support kayaker for every swimmer
* 4 roaming safety and support kayakers

RECOVERING FROM THE WATER:

Swimmers will signal that they need assistance by waving their hand over their head. If the swimmer requires First-Aid treatment, this should be applied before moving them to shore. At the discretion of the safety personnel, a swimmer that requests assistance will be either allowed to continue the race or be taken on board the safety boat for return to the start. However, once a swimmer touches a boat or kayak continuing the swim will not count as a complete swim for time and will be reported to USMS as a DNF for time.

All emergency or first aid treatment will be immediately triaged by safety boat personnel, if necessary swimmers will be transported to shore immediately for further treatment.

In the event of suspected hypothermia swimmers will be transported immediately to the start finish where personnel can bring swimmer to the warming tent or for immediate transport a hospital.

* Assess mental functions: language, orientation and speech; is the person’s speech slurred? Do they seem disoriented?
* Evaluate vital signs: BP, pulse respirations.
* Remove the person from exposure and cover them with blankets, covering the head with a hat, neck with scarf and gloves.
* If there is warm water make warm water bottles and place them under the axillae (arm pits), and around the neck (back of the head)
* Administer warm fluids by mouth if alert, conscious and able to swallow.

GUIDELINES FOR INCIDENT REPORTING:

Swimmers are obligated to report ALL accidents and serious incidents to the Race Director. This is to offer assistance and advice, as well as to log the report for insurance purposes.

The race directors will provide swimmers with an accident reporting form that will request the following information:

1. A detailed summary of the incident, including date, time, names and numbers of the swimmers; and light, wind and visibility conditions.

2. A statement by witnesses, by those involved, in other boats, swimming or on shore.

3. The signature of the person making the report.

4. If the accident requires first-aid treatment, the name of the individual providing first-aid should also be recorded along with a description of the treatment.

Reports should be filled in as soon as practical after the event, at a minimum within 24 hours. Copies will be kept for at least two (2) years.

THE RACE DIRECTOR AND SAFETY ADVISORS RESERVE THE RIGHT TO AMEND THIS PLAN ON THE DAY OF THE RACE IF WEATHER OR CONDITIONS MAKE THIS NECESSARY.