

A stylized map of Fontana Lake in North Carolina, rendered in a light blue color, serves as the background for the title text. The text is centered and reads:

**FONTANA LAKE**  
**BEST DAMMED LAKE**  
**5K, 10K, & 15K**  
**open water swimming**

**Saturday, June 13, 2020**  
**Race and Safety Plan**

This document outlines the details about the race and safety plans for our 5K, 10K, and 15K open water race at Fontana Lake, North Carolina. It contains the following:

- Race Plan
- Safety Plan
- Emergency Plan
- Contingency Plan
- Water Quality Plan

#### **RACE PLAN**

Swim Without Limits, Inc. will host the 2nd Annual Fontana Lake-Best Dammed Lake-5K, 10K, and 15K open water events. The date for the race is Saturday, June 13, 2020. The event will offer three distances of 5K, 10K, and 15K solo male & female and a 3-person relay division for the 15K only, which can be men, women, or coed teams, with each team member swimming 5K.

The race will start and finish in Lake Fontana at the Tsali Trail Head. The course in total is 5K going out and back around an island in the lake. Yellow/red buoys will be placed at strategic locations to help the swimmers navigate out, around the island, and back. A turn-around buoy will be located close to the finish for the 10K and 15K solo swimmers to navigate around and then head back out onto the course for their remaining laps.

A pre-race safety meeting will take place on race day prior to the race and is mandatory for all swimmers and safety personnel.

The Swain County Search and Rescue group will provide water safety on powerboats along with safety kayakers, possible jet ski, and EMTs out on the course. Kayakers will be instructed on how to seek assistance from the safety powerboats. An EMT will be available on the water as well as at the start/finish line. Safety personnel will be

instructed on how to assist a distressed swimmer and trained medical personnel will be available to assist in emergency situations.

The Swain County Search and Rescue group will be providing up to three powerboats for safety along with an adequate number of safety kayakers based on the number of entries. Each powerboat will have a dedicated swim spotter onboard. Each powerboat will be marked with an orange flag indicating that they are part of the event. All powerboat operators, race director, safety director, and safety personnel will be monitoring a designated radio channel where all race communication will take place.

Swimmers will start the race on the beach and proceed into the water when the race starts. Safety kayakers will be positioned along the entire course to monitor swimmers as they pass through their zone. A “sweep” safety kayaker will follow the last swimmer on course making sure all swimmers are accounted for as swimmers complete their swim.

There will be two feeding zones on the course. One will be located near the turn-around buoy for the 10K and 15K swimmers. The second feeding zone will be located near the mid point of the course. The feeding zones structures will be an anchored pontoon boat out on the water and a table at waters edge with personnel passing out drinks and other nutrition to the swimmers.

The race will follow the USMS Category 1 swimming rules for swimwear during the race. See 303.7.2 in the USMS Rule Book for details. A wetsuit division will be available for all three races for those wanting to wear a wetsuit. The wetsuit division will be scored separately from the non-wetsuit division. No other swimming aids. No hanging onto a safety boat. No touching other people. No standing on the bottom or making forward progress using the bottom.

Swimmers must be able to complete the 5K swim in less than 2.5 hours, the 10K swim in less than 5 hours, and the 15K swim in less than 6 hours. Swimmers should be able to swim 1 open water mile in under 38 minutes. If swimmers are not approaching the final 500 yards of the swim within the time cutoff, they may be pulled from the racecourse by a safety powerboat and shuttled to the finish line.

Timing for every swimmer will be handled by personnel recording the time each swimmer crosses the finish line using a computer based electronic timing system.

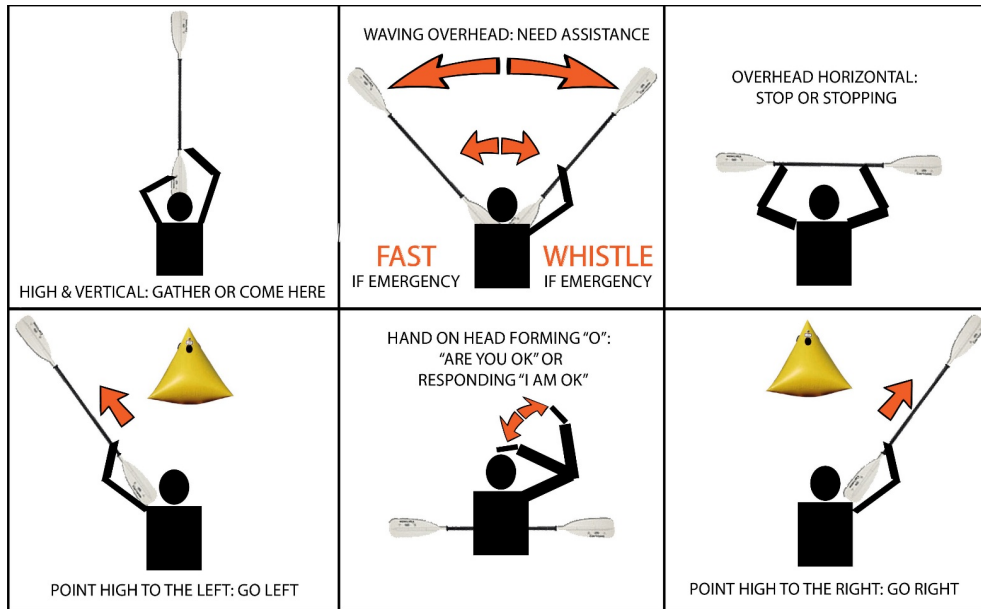
Prior to the race, an *Athlete Guide* will be sent to each swimmer with complete race and safety details. A mandatory pre-race safety meeting will take place prior to the race instructing each swimmer and safety personnel on the course layout, starting and finishing procedures, contingency plans, safety plans with instructions on how to ask for help on the course, and what to do if they abandon the race. A question and answer period is allotted so that each swimmer has the ability to get their questions answered. A course map will also be available for swimmers and safety personnel to view. Each swimmer will be provided a colored swim cap and body marked with their swim number providing additional accountability means.

## Course map, safety setup, and aid stations:



## SAFETY PLAN

1. Safety kayakers will be given the following diagram instructing him or her on how to seek assistance while on the water. They will also be instructed on how to approach and help a swimmer in need of assistance.



2. Emergency services will be provided by EMTs, one on the beach at the start/finish line and one on a powerboat with a designated spotter patrolling the course and will be equipped with Basic Life Support gear and an AED.
3. Up to three powerboats (each with a dedicated swimmer spotter) will patrol the course and will all be in communication with each other as well as the race directors. Each powerboat will be marked to indicate that they're part of the race.
4. The powerboats will have radio communication with on-shore staff and the Race Directors. Radio communication is directly linked to 911 services.
5. Bryson City Fire Department is located within 15 miles of the race venue, with full Emergency Services including ambulances and a hospital. Response time would be 30 minutes or less.
6. A distressed swimmer would be identified by a safety kayaker blowing a whistle or waving their paddled over their head until recognized. Personnel on the powerboats should be on site within minutes. The swimmer will be placed on the powerboat and transported to shore where resuscitation by trained personnel will begin if necessary.
7. A briefing of the course and conditions will be held on the beach prior to the swim. All participants will be checked in the morning of the race. They will be checked back in as they finish the race. Swimmers that withdraw from the race will be instructed to report to the finish area to be accounted for. Contact information for all swimmers will be recorded as part of the registration process.
8. A mandatory safety briefing will be held for all swimmers and safety personnel prior to the start of the race so that they understand how to handle a distressed swimmer and know where to be positioned on the course.
9. A mandatory boaters meeting will be held prior to the race so that each powerboat

boat captain and spotter understand their role and what to do in case of an emergency or inclement weather.

10. The U.S. Forest Service, allocating the permits, will be aware of the event taking place.

### **EMERGENCY PLAN**

1. Swimmer in distress: Swimmers in distress will be identified by safety personnel and the support craft on the course. Safety personnel on the kayaks will get the attention of the powerboats by blowing a whistle or waving their paddle over their head until recognized. If the swimmer must be evacuated from the course, they will be loaded onto the powerboat and brought to shore. Once on shore, the swimmer will be evaluated and treated if necessary by EMT personnel. Swimmers requiring evacuation via ambulance will be transported to either the Swain County Hospital 15 miles from the race venue (828) 488-2155 or the Harrah's Regional Hospital 32 miles away (828) 586-7000. Transit time is approximately 20 minutes or 35 minutes respectively.
2. Missing swimmer: Before the race begins, all swimmers will be checked in. They will be checked back when they finish the race. Swimmers who abandon the race will be instructed to check in at the finish area by personnel on the beach. Cell phone number and emergency contact information will be gathered at registration for each swimmer. If a swimmer is determined missing, safety personnel will follow protocol for said event.

### **CONTINGENCY PLAN**

1. Any one of the following individuals is empowered to order the race to be abandoned due to unsafe conditions.
  - A. Race Director – David Miner
  - B. Safety Director – Steve Butler
2. If the race is abandoned, Race Control will communicate via radio to all support craft to signal abandonment. Swimmers and pilots will be ordered back to the start or to safety powerboats.
3. Swimmers will be instructed to proceed to the finish area to check in.
4. If lightning is present in the area, all swimmers will be instructed to leave the course immediately and move to a protected area. If swimmers must abandon the course due to lightning, they will remain safely onshore until the powerboats and jet ski personnel give the all-clear signal to continue the race. If a significant amount of time passes and the weather does not clear, all swimmers will be instructed that the race is over and must stay in place until race personnel can pick them up and transport them back to the start/finish area.

## **WATER QUALITY**

Fontana Lake water quality is monitored and reported at: <https://www.waterqualitydata.us/provider/STORET/NALMS/NALMS-4620/>. If the water quality is poor, the lake is generally closed to swimmers.

The average water temperature at Fontana Lake for the period of this race is 70-80 degrees F.

## **THERMAL PLAN**

With potential water temperature from 70 to 80 degrees F, a thermal plan will be in place to assist swimmers having thermal issues during the swim or after they complete the swim.

There will be a wetsuit division as long as water temps stay below 78F for those wanting to wear a wetsuit. The wetsuit division will be scored separately.

Prior to the race:

Event information will state possible cold water conditions and swimmers will be encouraged to have cold water swimming experience. If not, they will be encouraged to participate in the wetsuit division, wearing a wetsuit for the entire race.

On the course:

Safety powerboats will carry warming blankets for swimmers who cannot complete the race and seek assistance from safety personnel. If the swimmer is in serious stress, they will be returned to the finish line and treated by medical personnel.

Medical onsite:

A medical tent will be onsite with warm beverages, thermal blankets, and additional volunteers to assist swimmers. If the swimmer does not respond to onsite treatment, EMS services will be called. EMT will be onsite providing assistance as well.