

Horsetooth Open Water Swim Safety Plan
As of 19 March 2020 – Under Review

Pre-Race Plan:

1. Water Quality
 - The City of Fort Collins and the Northern Colorado Water Conservancy perform water quality testing and the swim organizers will check for the latest results before race day.
2. Water Temperature
 - a. Water temperature is typically between 65 °F to 70 °F.
 - b. Water temperature will be measured a few days before the event and will be posted on the event website and Facebook page.
 - c. Water temperature will be measured the morning of the race.
3. Safety Meetings
 - a. Primary Safety Team meeting
 - i. On-site meeting a few days prior to the swim (typically held on Thursday night)
 - ii. Includes the primary safety team: Race Director, Safety Officer, Larimer County Dive Rescue Team, Larimer County Rangers and Safety/Escort Watercraft Coordinator.
 - iii. Review of course and water levels, outline responsibilities
 - b. 10K Pre-Race Logistics and Safety Meeting
 - i. Webinar
 1. Primarily for repeat 10K swimmers that cannot make the Saturday night dinner. It is open to all swimmers and support paddlers.
 2. Covers race day logistics, safety information
 - ii. Check-in and Orientation Dinner
 1. Required for all first-time swimmers and support paddlers
 2. Saturday night before race
 3. Covers race day logistics, safety information
 - c. Race Day Meetings
 - i. Meetings cover a review of the course(s) and any newly identified hazards. Provides opportunity for last minute questions
 - ii. 10K
 - 6:30 am Swimmer Safety Meeting and Paddler Safety Meeting at Satanka Cove
 - iii. 2.4 Mile, 1.2 Mile
 - 6:30 am Swimmer Safety Meeting and Paddler Safety Meeting at the South Bay Pavilion
 - iv. Youth 250 yard and 1000 yard
 - 15 minutes prior to race start: swimmer safety meeting at the South Bay

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Race Day Safety Plan:

1. On-the-water emergency services will be provided by Larimer County Dive Rescue Team (LCDRT).
2. Everyone on the water (except swimmers) MUST wear a Personal Flotation Device (PFD).
3. On-Course – There will be a minimum of 3 roving motorized craft that will be carrying LCDRT members. There will be a designated swimmer spotter on board each motorized craft.
4. Support craft for the swimmers
 - a. 10K
 - i. There will be a non-motorized watercraft that accompanies each swimmer.
 - ii. There will be at least 3 non-motorized watercraft that will rove the race course to assist if needed
 - iii. No swimmer will be allowed to swim the 10K without an assigned, individualized support watercraft
 - iv. Support craft and swimmer meet-up is located just outside the exit from Satanka Cove. Swimmers will begin the race in waves, to allow space between swimmers for easier identification. The meet up plan is as follows:
 1. Support crafts will create a line waiting for swimmers. A roving paddler will be stationed at the exit of Satanka Cove with a bullhorn. This paddler will call out swimmer numbers so the corresponding support craft is aware the swimmer has arrived.
 2. The support craft assigned to the swimmer will exit the support craft line and start following the swimmer.
 3. If a swimmer gets to the end of the support craft line without meeting up with the assigned support craft, one of the roving support craft will accompany the swimmer until the assigned support craft can catch up.
 - v. All swimmers must remain within 50 meters of the shore.
 - vi. All swimmers must complete the swim by 12:00 pm. Swimmers who have not completed the swim by this time will be removed from the water.
 - b. 2.4 mile, 1.2 mile, 1000 yard and 250 yard
 - i. There will be a minimum of one non-motorized support watercraft for every 20 swimmers
 - ii. Watercraft will be spaced along the course to provide course visibility to motorized watercraft and to assist swimmers.
5. Race operations will be conducted by the Race Director who will remain in close contact with the LCDRT Lead (who will have an LCDRT radio).
6. A paramedic vehicle staffed by two Emergency Medical Technicians (EMT) will be on-site during the race.

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Communications Plan:

1. Primary: Primary safety communication will use the radio frequency band used by Larimer County Dive Rescue (800 MHz)
 - a. Radios supplied by LCDRT will be used by the following:
 - i. LCDRT Lead
 - ii. Each boat carrying an LCDRT member
2. Secondary: Cellular telephones will be used as a backup communications link. The following positions will be have cell phones and the cell phone numbers for each position:
 - a. Race Director
 - b. Safety Officer
 - c. LCDRT Lead
3. Tertiary:
 - Hand-held walkie-talkies will be provided to at least 3 of the roving paddlers in the 10k swim, and 1 of the LCDRT members.

Emergency Action Plan:

1. Swimmer in Distress:
 - a. When a support craft identifies a swimmer in distress, they wave their paddles over their heads to signal the nearest LCDRT or Ranger boat for assistance. The support craft will also blow 3 short blasts of their whistle.
 - b. LCDRT will activate their water rescue protocols.
 - c. LCDRT will notify the Race Director with the name of the swimmer in distress.
 - d. Swimmers withdrawing from the race must report to the Race Director and/or the timing company at the finish line.
 - e. Swimmers needing emergency medical care will be transported to the nearest EMT.
 - f. Swimmers requiring evacuation via ambulance will be transported to Poudre Valley Hospital – 11 miles from course center. Transit time is 25 to 30 minutes.
2. Missing Swimmer
 - a. Swimmer identification
 - i. Each swimmer will be assigned a timing chip that they will wear on their ankle.
 - ii. Each swimmer will cross a timing mat or pad the morning of the race as part of the pre-race check-in before entering the water.
 - iii. Each swimmer will cross a timing mat as they complete the race.
 - iv. If the swimmer's timing chip has gone missing or fallen off during the race, the body marking numbers will be used as a secondary confirmation of completion.
 - b. All swimmers will be required to provide a personal cell phone contact during registration.
 - c. If a swimmer is reported missing and was last seen in the water:
 - i. LCDRT will activate their under-water search and recovery protocol.
 - ii. The Race Director or designee will attempt to contact the swimmer via cell phone.
 - iii. The Race Director will review the start list, withdrawal list, and finish list to confirm the swimmer actually started the race and has not completed the race.
 - iv. All swimmers are reminded before the race start that they must report to the nearest race official if they withdraw from the race.

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Parameters for Abandoning the Race:

1. Under the conditions set forth by Larimer County, the race cannot be held or continue unless the LCDRT is on the water. If for some reason (e.g. rescue request from another lake), the LCDRT must exit the water, the race will be immediately abandoned.
2. Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.
 - a. Race Director
 - b. Safety Officer
 - c. LCDRT Lead
3. If the race is to be abandoned, the Race Director will relay via radio to all vessels to signal abandonment. Simultaneously, the LCDRT will signal abandonment to the crafts nearby.
4. The abandonment signals will be:
 - a. From LCDRT Boats – 5 short blasts on whistle or air horn
 - b. Each support watercraft shall pass on the signals down the line to other watercraft.
5. Swimmer actions are to:
 - a. Immediately swim to the nearest shoreline.
 - b. Look for directions from the Officials or water safety personnel on how to proceed to either the race start or race finish area.
 - c. Once at either the start or finish area, check-in with race officials before leaving the area.
 - d. Non-motorized support craft actions are to:
 - i. 10k support craft will escort their swimmer to shore and remain with swimmer until swimmer is taken to the finish or start line. If safe and feasible, swimmer may board support craft for transport to finish line.
 - ii. 2.4 mile, 1.2 mile, 1000 yard and 250 yard support craft will assist swimmers as needed to exit the water safely and will remain in the area where swimmers are until all swimmers have been taken to the finish or start line.
6. The race will be abandoned under the following conditions:
 - a. Lightning within 30 minutes of the start
 - b. Water temperature < 55 °F (13 °C)
 - c. Wind speed > 30 mph sustained
 - For windspeeds between 20 and 30 mph, the Safety Officer will review and determine if cancellation is required, depending on wind direction and if winds are sustained.

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Contingency Plan:

1. If weather or water conditions require, the race course may be modified, if feasible.
2. If the race is abandoned, it may be postponed until later the same day. If the race must be abandoned for the entire day, the race will be cancelled.

2020 Critical Position Assignment and Cell Phone Numbers

Highlighted means need to be confirmed

Position	Name	Email	Cell Phone
Race Director	Joe Bakel	joej.bakel@gmail.com	970-218-9431
Safety Officer	Eliz Albritton-MacDonald, MD	elizalbritton@me.com	970-481-2149
Larimer County Dive Rescue	Janice Bytheway	janice.bytheway@lcdrt.org	
Larimer County Ranger	Devon Newman		970-232-8229
Coast Guard Auxiliary, 8 th District Western Rivers, Flotilla 01-06 http://wow.uscgaux.info/content.php?unit=085	Deborah Green, Flotilla Commander Eric Eatherly, Coxswain	greendeborah315@msn.com eric@eatherly.net	303-257-4984 307-222-8191
Emergency Medical Technicians https://www.uchealth.org/services/emergency-care/emt-reserve-program/	Monique Rose	Monique.Rose@uchealth.org	
Poudre Fire Authority https://www.poudre-fire.org/about-us/contact-us	John Vander Vliet, Captain, Volunteer and Wildland Programs		970-416-2768 970-646-1686
Safety Committee Chair	Ann Donoghue	ardonoghue@gmail.com	970-214-5999