

XTERRA LORY Triathlon - Swim Course Safety Contingency Plan

The Swim Course safety contingency plan specifically for the triathlon event held at Horsetooth reservoir (N. Eltuk Bay) and will include the following:

Course Markings will include both Large and Small Orange Swim buoys clearly marking the course.

There will be a Lead Rescue Board or Kayak at the start of the 1st wave to help the swimmers navigate the course and get the proper directional flow going. Once the lead Board/Kayak has completed its first lap it will head back out to take up a station on one leg of the swim course.

We will have 1 certified lifeguard with appropriate lifeguard safety equipment (rescue tubes, medical kits, whistles, etc...) for every 50 athletes in the water to optimize visibility and safety.

In addition that lifeguard count will include additional boats/kayaks patrolling the water at all times, with instructions to closely monitor weaker swimmers, and assist when necessary. Water Safety will be conducted by the Rapid Response Paramedic Crew.

EMT's will be stationed on the water patrolling the course with designated paramedic jet ski's equipped with rescue sleds for quick exfiltration.

Due to the high probability of a wetsuit swim, all swimmers will be visibly body marked on the right hand for uniformity, with a brightly colored swim cap. Athletes in need of assistance will be instructed to remove their swim cap and wave it for a lifeguard to see.

To safely track the swimmers using best practices we will be counting bikes at the transition area to confirm all swimmers have safely exited the swim course. We will also be monitoring and confirming this information with the timing chip system being used. In the event of a missing swimmer a search will be conducted according to standard lifeguard search and rescue procedures.

The weather will be closely monitored, along with water temperature to ensure a safe swim course, prior to and during the swim portion of the event. In addition the course will be checked for any obstructions that may be unsafe for the swimmers during the swim course setup.

Wave starts will be used with a minimum of a three (3) minute separation between wave starts.

Medical/Communications Plan

Medical: Without Limits is contracting services with Rapid Response Paramedics, and will use their services for this event. The services include one designated medical area at the finish line with an ALS- Paramedic (w/ALS equipment) trained personnel on site for the duration of the races. Additionally we will have two Paramedics on jet ski's with surf rescue boards for quick exfil from the swim course. There will be a minimum of 2-3 ALS paramedics equiped with ALS gear patrolling the bike course on marked motorcycles. The run course will have two ALS paramedics patrolling the run course on mountain bikes. All EMS on course will be marked with Rapid Response Uniforms and Equipment. These motorcycles and mountain bikes on course are equiped with

AED's, oxygen and medical kits. The local hospital emergency department charge nurse will be notified prior to the event that the race is occurring. Additionally the local fire department will be notified of the event and communications are in place with them in case access is needed. The unit will have radios &/or cell phones for dispatching &/or general updates.

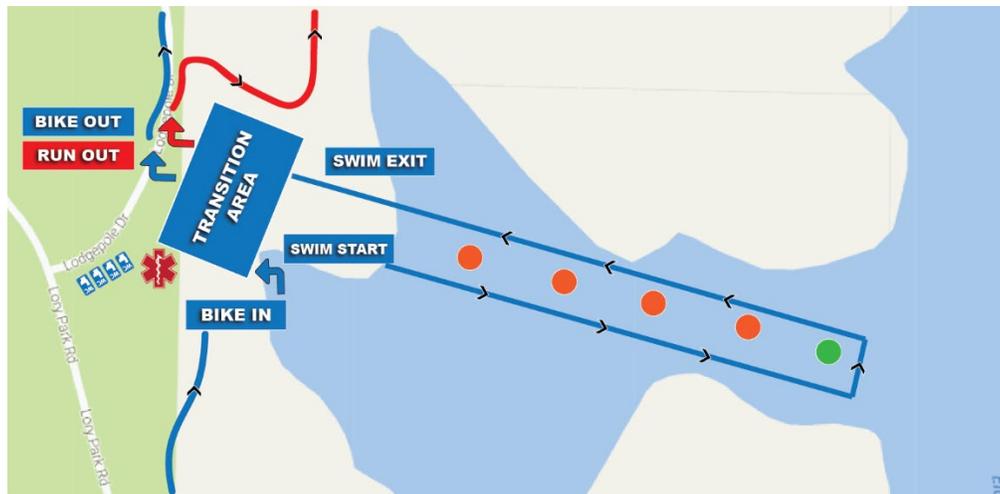
Rapid Response Paramedics will be responsible for determining if its event coverage capabilities are being exceeded, initiating patient care, determining the severity of injuries or illness and allowing the competitor to return to competition, and treating, setting up transport if necessary, or releasing non-life threatening medical problems. If the onsite medical staff determines the number of active cases are beyond their coverage capabilities, the severity of illness or injuries are beyond the Basic Life Support level of care or that ambulance transportation will be needed from the event to a hospital they will call 911 or have a Sheriff radio a report to County Dispatch for fire department response and backup.

Accident report forms will be completed by the medical personnel & chief referee. Additionally there will be 1 certified 1st Responder/Basic First Aid/CPR personnel onsite at the start & finish lines with basic first aid/wound care/musculoskeletal supplies and shaded exam table suitable for treating moderate cases of road rash etc. These 1st Responders will be onsite at the start and finish line area to handle any immediate medical situations and will be clearly identifiable with red medical shirts or signage visible within a reasonable radius of the spectatorship. They will notify the onsite ambulance crew by event radio &/or cell phone. Once the Ambulance Crew is onsite they will take over patient care, and arrange transport and if needed using the county EMS radio frequencies/dispatch system and/or cell phone.

In the case of a transport the following steps will be taken:

- Contact 911 for transport
- Identify racer name & race number
- Identify what hospital the patient is to be transported to
- Complete incident occurrence report
- Medical Director to complete the incident report and file with RD for insurance purposes
- Race staff will contact athletes' listed emergency contact as soon as possible and those records will be available onsite to event medical staff by either hard copy or electronic database. Consideration to obtaining athletes known medical history, allergies, and current medications and emergency contact name/cell phone during registration process is strongly considered.

2023 SWIM COURSE MAP – N. Eltuk Bay



2023 BIKE COURSE MAP – fully contained inside Lory State Park



