

Walmart OZ Mile Swim

September 28 (charity swim) & 29 (race), 2024 8:00 AM, Beaver Lake, Dam Site Park, Eureka Springs, AR

Location & Map



Safety Information

Location of Nearest Hospital

Eureka Springs Hospital (11 miles)
24 Norris St.
Eureka Springs, AR 72632
479-253-7400

Info for Safety Personnel

- Swimmer Signals
 - We will utilize the international signals for swim distress
 - Wave one arm for help
 - Place one hand on head if OK
- PFD/Water Rescue
 - Each Kayak and boat will have a whistle and pool noodle
 - If you encounter a swimmer that is struggling, allow them to hold onto the pool noodle or your boat

- Blow your safety whistle and a boat will come to you to get the swimmer out of the water
- Do not get into the water with the swimmer unless it is necessary
- Kayak & Boat Spacing
 - One boat at each turn buoy
 - Kayaks will be distributed between turn buoys (preferably at least three per section – total of 9)
 - Last Kayak will sweep and follow in the last swimmers
- Medical Tent
 - Medical tent is located next to the finish line
 - If swimmer needs to stop for any reason, they will be taken to the finish and evaluated by medical
- Communication System
 - We will utilize phone/text system along with whistles and airhorns on race day
 - Phone numbers are listed below
 - Kayakers will have whistle and airhorns to use in case of emergency
 - If whistle is blown, the nearest boat with a lifeguard will come over and pick up the swimmer
 - Swimmer will be taken to medical tent for evaluation
- Swim Rules
 - Swimmers can take a break and hold onto the kayak as long as there is no forward motion
 - If you have a swimmer holding onto your kayak, ensure they are okay and continue to monitor other swimmers in your area
 - If another swimmer needs your assistance, make your way over to them after communicating this to the swimmer hanging onto your boat

Weather

- If water temperatures are below 70 degrees, the race will be cancelled
- If there is thunder in the area, the race will be postponed until there is no thunder for 30 minutes
- If thunder/bad weather continues, the race will be cancelled

Info for Swimmers at Safety Briefing (Shared by Bonnie)

- If you're going out to win, line up in the front; if you're just here to complete the race, stay to side or back
- Take your time getting in the water and starting – if you feel like you are slower, start later in the group. We will be calling out paces, listen and ask if you aren't sure.
- You can hang onto the kayak to take a break, no forward movement allowed while touching boats, it is what they are here for!

- If you have issues, use the globally recognized hand signals
 - Wave one arm for help
 - Place one hand on head if OK
- Let the kayaker know if you need to be pulled from the race, it is what they are here for!
- They will sound the whistle / horn and a boat will pick you up and take you back to the start where medical will evaluate you if needed.

Phone Number List

Will be updated prior to race.

Title	Name	Phone Number
Race Director	Bonnie Adams	919.939-.408
Safety Director	Jamie Cathey	864.637.9616
On-Site Medical		
Boat – Safety	Jennifer Campbell	479.685.9736
Boat – Safety	Scott LeMaster	917.975.3697
Kayak – Safety	TBD prior to race	
Kayak – Safety		
Kayak – Safety		
Lifeguard – Start		
Lifeguard – Boat		
Lifeguard – Boat		
Finish Line Counter		
Finish Line Counter		

Event Timing

Charity Swim (9.28.24)

- 6:00 AM – Event Setup
- 8:00 AM – Packet Pickup Opens
- 8:15 AM – Safety Personnel Meeting
- 8:30 AM – Participant Mandatory Pre-Swim Meeting
- 8:45 AM – Charity Swim Starts
- 12:00 PM – Course Closes

Race Day (9.29.23)

- 5:30 – Event Setup

- 6:30 – Packet Pickup Opens
- 7:20 – Safety Personnel Meeting
- 7:40 – Participant Mandatory Pre-Race Meeting
- 7:59 – National Anthem
- 8:00 – Race Starts
- 12:15 – Awards