

## Supporting Documents for Fat Salmon Open Water Swim **July 27, 2024**

- Event Schedule
- Course Map
- Course Buoy Placement and Course Evacuation Points
- Boater Placement
- Patrol and Rescue Plan
- Swimmer Finish Route
- Madison Park Beach North Site Plan (Finish Area)
- Wave Designations
- Pre-Race Swimmer Briefing
- Pre-Race Safety Meeting Agenda
- Course Evacuation

# Event Schedule

DATE – Tues, 7/23/2024.

TIME	ACTIVITY
1700	Temporary No Parking Street Signs put in place and verified online that evening and affixed with official public notice

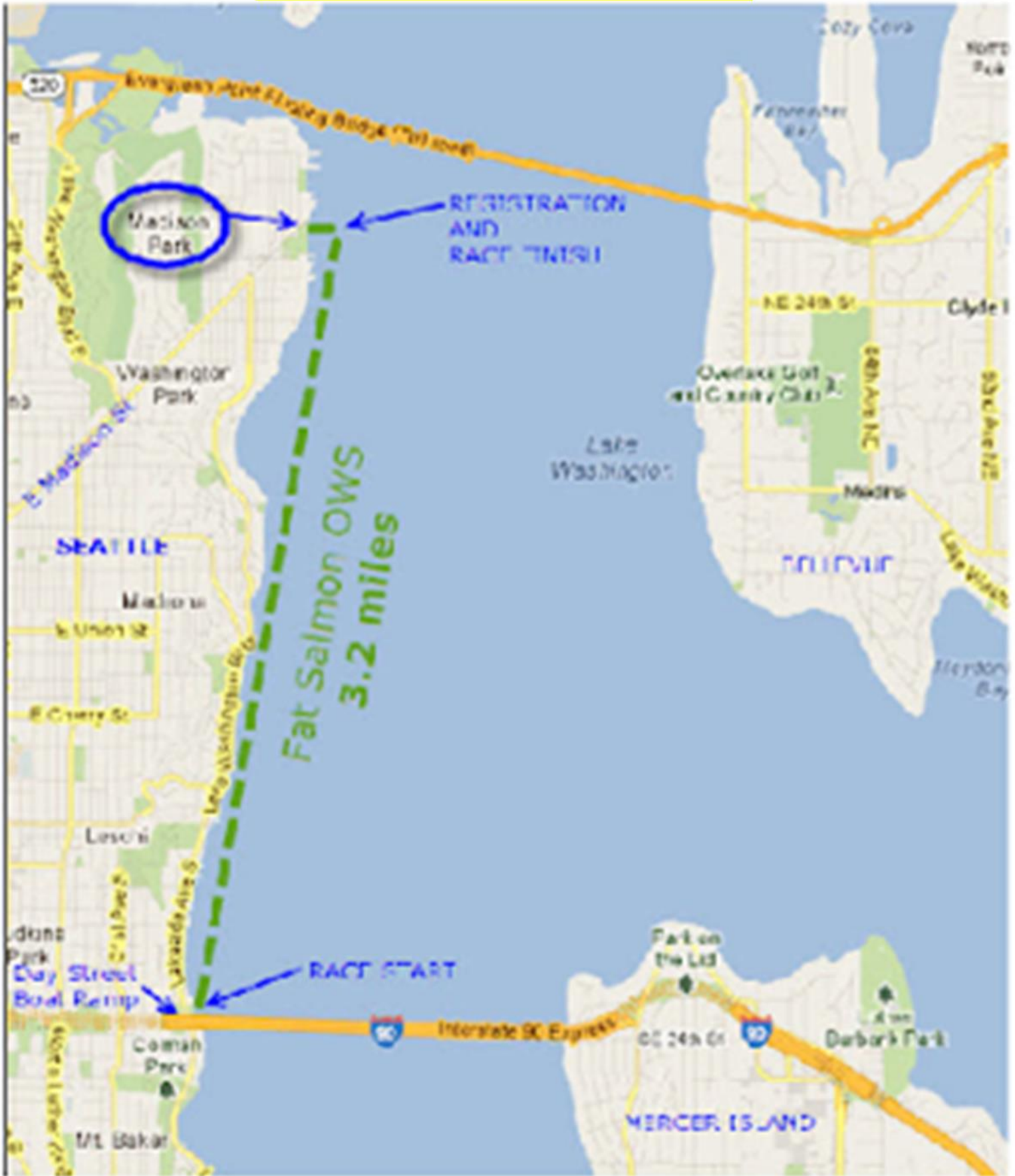
DATE – Fri, 7/26/2024.

TIME	ACTIVITY
1400-1600	Volunteer boat operator and race official set moorings for course markers.
TBD	Finish area materials (additional marker lines, floats, etc.) delivered to Madison Park Beach and assembled.

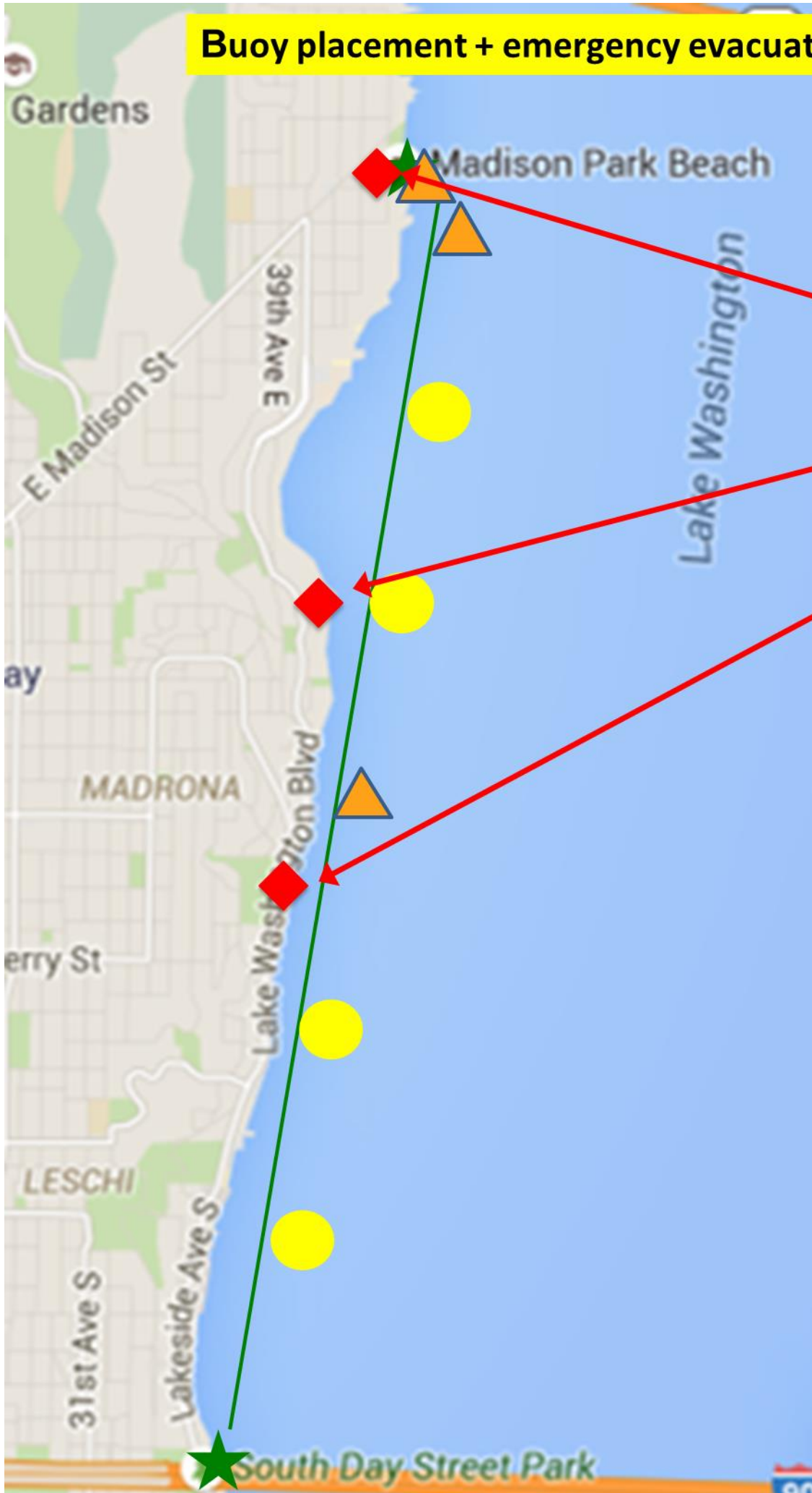
DATE – Saturday, 7/27/2024.

TIME	ACTIVITY
0500	Volunteers setup check-in area (Madison Park) and prepare buoys – block/label parking – Timing vendor set-up / Finish Chute construction
0600	Check in Opens
0630	Gentle Giant Truck arrived and parked
0630	Lifeguards do buoy placement within Madison Park Swim area
0645	Remaining lifeguards arrive - load paddleboards on Gentle Giant Truck
0700	Check-in Closes
0700	Any kayaks needing transport also get loaded on Gentle Giant truck
0700	Ham Radio Group briefing
0700	Kayakers begin assembling at Day St Truck departs Madison Park for Day street
0705	Swimmer Safety meeting (Madison Park)
0715	Motor boat + lifeguard safety briefing meeting (Madison St Pier)
0720	Carpool start to Day Street
0730	Transition set-up of Madison Park for Refreshments and Awards Tables
0730	Kayak safety meeting (Day Street) Lifeguards depart with harbor patrol for Day Street (Madison St. Pier)
0730	Swimmers begin bringing bags to be loaded on truck
0800	Stage Wave 1 Swimmers to begin single file swimmer check-in
0815	Wave 1 Start; additional waves 3 minutes apart (Day Street)
0830	Gentle Giant Truck leaves Day St with bags
0845	Truck arrives back to Madison Park, Stage Swimmer bags on grass Refreshment setup (Madison Park)
0900 ~	Begin announcements on progress of swimmers for people waiting at Madison Park
0920	Swimmers not yet at 1.5 mile mark will be asked to finish their swim to nearby boat due to not on target for 2 hour completion
0920-0935	First swimmer arriving
0955	Any swimmers not past 2.5 mile mark pulled by boats
1000	Preliminary Results Posted
1005	Begin reconciling outstanding swimmer lists
1020	Final Results Posted – may be a swimmer or two not yet included
1030	Expect all swimmers to be done by this time – swimmer reconciliation completed
1025-1040	Awards presentation (Madison Park)- may begin before last swimmers finish <ul style="list-style-type: none"> <li>● Announce availability of water bottle age group awards – (we do not announce each winner by age group)</li> <li>● Salmon prizes for overall winners</li> <li>● Drawings for prizes</li> </ul>
1040-1100	Clean-up Madison Park / Pack Fat Salmon Supplies

# Course Map

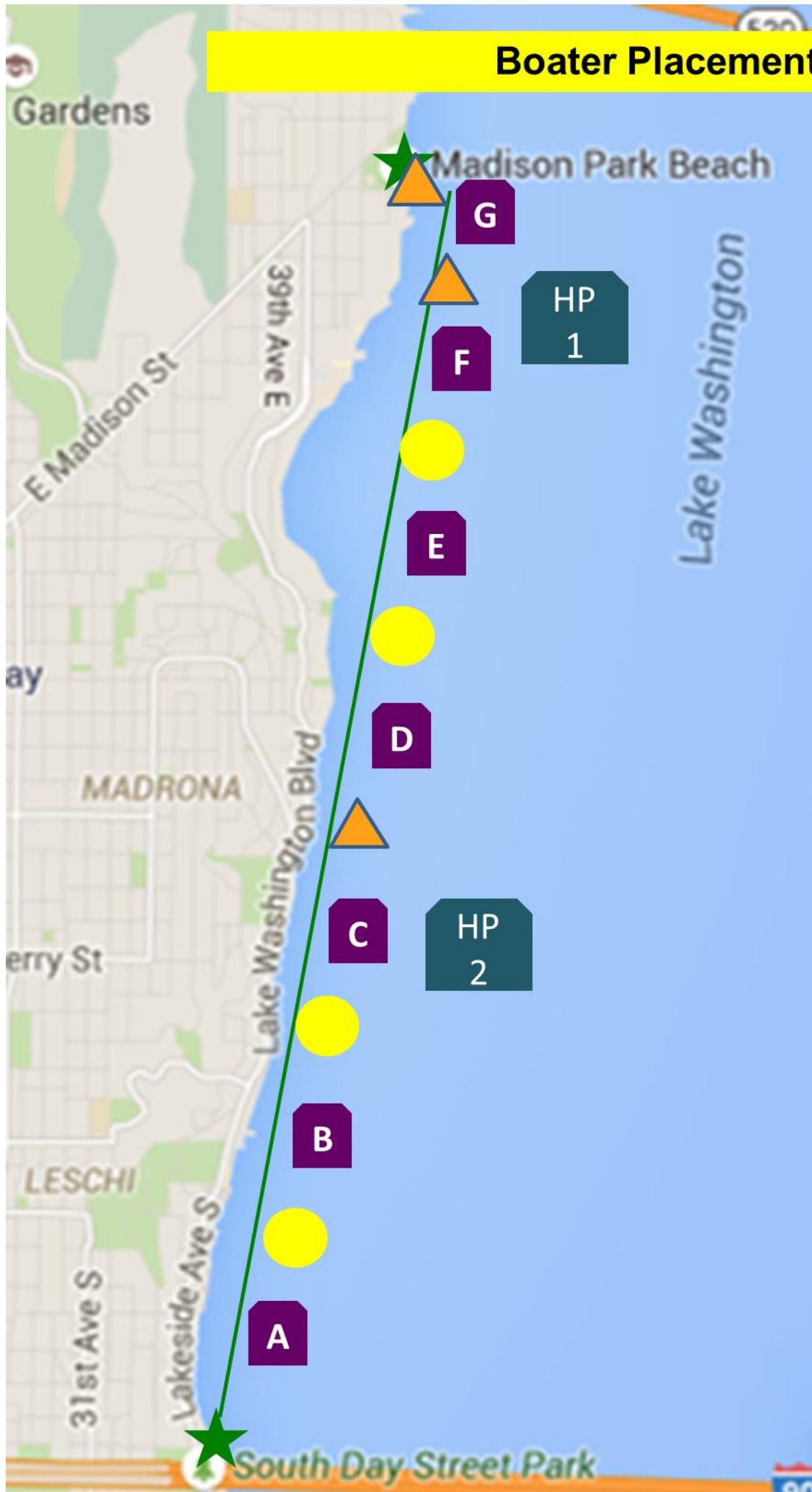


# Buoy placement + emergency evacuation locations



- Emergency evacuation sites:
  - Madison Park Beach
  - Denny Blaine Beach
  - Madrona Beach Park
- Orange Tetrahedron Course buoy
- Cylindrical course buoy (yellow)
- Yellow Tetrahedron course buoy (if any)

# Boater Placement



 BOATER

 HARBOR PATROL

# Patrol and Rescue Plan

## Course Patrol

### *Lifeguards*

Lifeguards will disperse along swim course and monitor for swimmers showing sign of distress. Follow lifeguards instruction detailed in **Swimmer Rescue** for coordinated rescues with boats/Jet Skis.

Lifeguards shall return to the race start and check in with their group focal after the swimmers have all finished.

### *Kayakers / SUPs(paddleboarders)*

One kayak/SUP will lead the swim and should be approximately 100 feet in front/side of the swimmers at the 8:15 start. The lead kayak/SUP should maintain that gap through the duration of the swim. The lead kayak/SUP must not be too close to the lead swimmer or else we entertain complaints that the winner was paced or escorted.

The remaining kayaks/SUPs will be divided into two groups. One will patrol the east half of the course, and the other the west half. The two rows of kayaks/SUPs should stay within 100 feet of each other.

As the race proceeds, each group of kayaks/SUPs will spread out into a column along the length of the swimmers. East (Bellevue) side kayaks/SUPs are between the swimmers and the power boats. Faster kayakers/SUPs should go with the lead group of swimmers. One kayak/SUP will be designated to bring up the rear. Kayaks/SUPs should not bunch up along the course and should not plan on paddling next to anyone.

Adjust positioning as directed by lead kayak/SUP, harbor patrol and head lifeguard.

Kayakers/SUPs who see a swimmer heading off course should use their flag, paddle, wave arms, shout to get the swimmer's attention. Do not be shy about herding them back onto the course, but please try your best to not harm the swimmer (do not touch them with paddle, etc.) in your attempt to redirect them.

Swimmers who are in line with the anchored motor boats are OFF COURSE and they should be directed to their left (west) toward shore.

Avoid following swimmers off the course unless necessary to redirect them *back* to the course. In other words, don't keep moving out just because they are. Swimmers will follow you, right or wrong. Be a good guidepost for swimmers, encourage (and/or herd) the errant swimmers back on course.

If someone wants to abandon the race, please ask them to hold on to your kayak/SUP and escort or direct them to a motor boat for pick up. Do not allow them to swim to shore if at all possible. If they insist, please try to get their name and race number and relay that to a motor boat, again, if at all possible.

Please remember that you are watching all the swimmers in your area. Do NOT follow an individual swimmer; you are not a personal escort.

Each kayaker/SUP has an emergency whistle to be ONLY BE USED FOR EMERGENCY requiring immediate lifeguard attention. Do not use the whistle to get the attention of a swimmer who is veering off course as that is not an emergency.

In past events, some swimmers have insisted on having a kayak/SUP accompany them along the entire race course. This is not allowed. It jeopardizes everyone's safety.

### *Power Boats*

The primary role is to prevent general boat traffic from entering the course, and to monitor a section of the course. Boats are the boundary between the lake and the course. Power boats are also available to collect swimmers who exit the race early or pulled in early for not being on target to complete the swim within the time constraints.

The majority of the power boats will be anchored to their assigned position on the course (see locations marked A to G marked on course map) until the last swimmer passes them. Each boat is responsible for monitoring a section of the course between two course bouys. Boaters should be watching for any swimmers in distress and alert their Ham radio

operator and nearby kayaks/SUPs and lifeguards. Radio operator shall notify the Safety Officer/Race Director/Central Command.

When ANY boat (power, sail or paddle) approaches from the east (Bellevue) side of the course, the nearest power boat should (1) get the boat operator's attention, (2) explain the event, and (3) tell them to keep 300 yards from the race course. If the boat operator does not respond or presents any problem whatsoever, contact Harbor Patrol. This is their job, let them do it.

Any boat approaching from shoreline will be the responsibility of kayakers/SUPs.

### *Jet Skis*

Jet Skis have not been used for this race in over 5 years and are not currently planned. This section on Jet Skis only would apply if we have Jet Skis available to us.

Jet Skis are not required to immediately follow the swim race but will join while the race is in progress no later than 9:15. At that point, Jet Skis will remain near the rear of the swimming pack.

As the race progresses, Jet Skis should periodically drive to the front of the swimmer pack, moving from power boat to power boat, before returning to the rear of the pack. Observe swimmers, and alternate to ensure one watercraft remains at the rear of the swimmer pack at all times

## **Swimmer Patrol**

### *Swimmer Rescue*

If a swimmer is panicking or appears in trouble, signal a lifeguard, kayaker/SUP, and/or Jet Ski. Kayakers/SUPs will be equipped with emergency whistles for use only when a swimmer is in trouble.

If you witness a medical emergency or if a kayaker/SUP or swimmer notifies or approaches you with a medical emergency, **NOTIFY THE RACE DIRECTOR/SAFETY OFFICER IMMEDIATELY!!** This is the fastest, most reliable communication to initiate a rescue.

Lifeguards are intended to be the first response to rescues if they are available.

If a lifeguard is unable to reach the swimmer, a kayaker should quickly approach the swimmer.

Allow the swimmer to hold onto your kayak/SUP. Use caution. A panicked swimmer can dump a kayak/SUP easily and quickly. Signal lifeguard or Jet Ski (if applicable) for swimmer pickup. The Jet Skis are permitted to enter the swim course and can pick up and transport rescued swimmers to power boats. The Jet Ski or lifeguard will:

1. Approach to ensure visibility by swimmer and, if present, kayak/SUP.
2. Shut off engine (for Jet Skis)
3. Help swimmer aboard.
4. Start engine (for Jet Skis) and proceed slowly to nearest power boat. Do not cross swimmer course if possible, proceed thru rear of pack and then exit to the east.
5. Remind boat operator to notify Race Director/Safety Director that a swimmer was pulled.
6. When swimmer is on the motor boat, resume course patrol

If a Jet Ski is not available, signal the nearest power boat that you have a swimmer that needs to be picked up, get the swimmer to the stern of the kayak/SUP and tow them to the edge of the course for transfer to a power boat.

If needed the nearest boat will move toward the course edge closest to where the swimmer needs help, reverse as necessary to stop at course edge, and take engine out of gear.

When approached by a Jet Ski or kayak with a swimmer needing transfer, the power boat if not still anchored will:

1. Idle engine and remain perpendicular to Jet Ski, kayak/SUP.
2. The pilot should expect to operate at dead-slow speed, idling in and out of gear at approx. 2 mph. For outboards: Boat should come to a stop near the swimmer and turn off the engine to fully disengage the propeller while swimmers are near the boat.
3. **DO NOT ENTER THE SWIM COURSE!**

4. Any swimmer rescued by a paddle board, Jet Ski, or kayak will be removed from the race. If a swimmer must be rescued by a power boat for any reason, the power boat will notify the Safety Director immediately. It may be necessary to fill out an incident report. Obtain swimmer name and number and general condition. Relay information to Race Director and Command Boat, also noting time and boat number/ watch station.

If the swimmer needs medical attention, the swimmer will be evacuated by Harbor Patrol. When Kayak/SUP approaches, hold it near power boat until Harbor Patrol arrives. Guide Harbor Patrol to swimmer via radio, phone, hand signals, etc. If Harbor Patrol anticipates a delayed response, get the swimmer out of the water if possible to do so without causing injury. Relay information to Harbor Patrol and Race Director/Safety Officer. Notify Race Director/Safety Director when swimmer is transferred to Harbor Patrol.

If the rescued swimmer does not need medical care (e.g. fatigue), get the swimmer into the boat and comfortable. Offer a blanket and keep the swimmer on board until docked at the race finish.

When the rescue is complete, notify Safety Director that the rescue has concluded. Note that swimmer has withdrawn. Restate the swimmer's name, number, condition, and time of rescue.

If required by Race Director, fill out incident report at conclusion of race.

### *Tired swimmers*

A rest is different than needing help. Ask the swimmer if they need a rest or need help.

If a short rest is needed, allow swimmers to hang onto the bow (preferably) or the stern of kayak/paddleboard, but not the sides. If you find yourself doing this more than a couple times for the same individual, they probably need to be pulled.

### *Pulling a swimmer*

When to pull a swimmer

1. If a swimmer demands you paddle next to them.
2. If a swimmer is incapable of staying on course and you are spending all of your time corralling one individual
3. A power boat or kayak/SUP may be on hand to collect stragglers and determine if the last swimmer needs to be pulled.
4. Use your discretion.
5. Kayaks/SUPs and lifeguards will pull swimmers from the race and load them aboard power boats to control the overall duration and safety of the event
6. Any swimmer that falls more than 100 to 125 yards behind the second-to-last swimmer will be pulled from the race. This stretches swimmer pack over too great a distance.
7. Any swimmer who fails to reach the 1.5 and 2.5-mile marks before the prescribed cut-off times will be pulled from the race

Procedure for pulling swimmers should generally follow that for non-medical emergencies. Swimmers pulled from the race will remain onboard a power boat until the end of the race. Notify the Safety Director of pulled swimmer noting swimmer's name and number and approximate time.

1. Clearly explain your decision. Tell, don't ask. And don't argue.
2. If a Jet Ski is visible, transfer swimmer to the Jet Ski. They will shuttle swimmer to a Power Boat.
3. Direct the swimmer to follow you outside of the course to the nearest power boat.
4. When swimmer is on the boat, move back to your place on the edge of the course.

### *Swimmers abandoning the course:*

If a boater sees a swimmer heading toward shore and clearly abandoning the race, notify the Safety Director of the location and time. Attempt to get the swimmer's name and number.

If unable to obtain name and number, direct the nearest kayak to attempt to do so.



Notify safety and Race Director if swimmer's ID unknown.

### *Slow Swimmer Cut-Off*

All swimmers must complete the race in two hours. This time may be increased slightly by the Race Director/Safety Officer to reflect day-of-race conditions, but in no case will the projected finish time exceed 2 hours 30 minutes.

Swimmers must reach the 1.5-mile mark within 65-minutes (9:20am) complete the swim in two hours. This may be increased if the Race Director/Safety Officer extends the projected swim finish time.

Jet Skis should be at the 1.5 mile mark 65 minutes after the start. A boat will be stationed near the 1.5-mile mark and communicating with the Race Director/Safety Officer who will give the direction to pull swimmers. A few more minutes before the cut-off time approaches, the power boater will be in communication with the Race Director/Safety Officer on number and groupings of swimmers projected to miss the cut-off time for any final decisions on swimmer cut-off.

If no Jet Ski is available, two kayaks/SUPs will be designated as the notification kayaks/SUPS or pull kayaks/SUPS. One designated kayak will become the last swimmer kayak and begin to follow the last swimmer to make the 1.5-mile mark by 65-minute mark. The second designated pull kayak and last kayak will direct the last swimmers to the pull boat at the 1.5-mile mark.

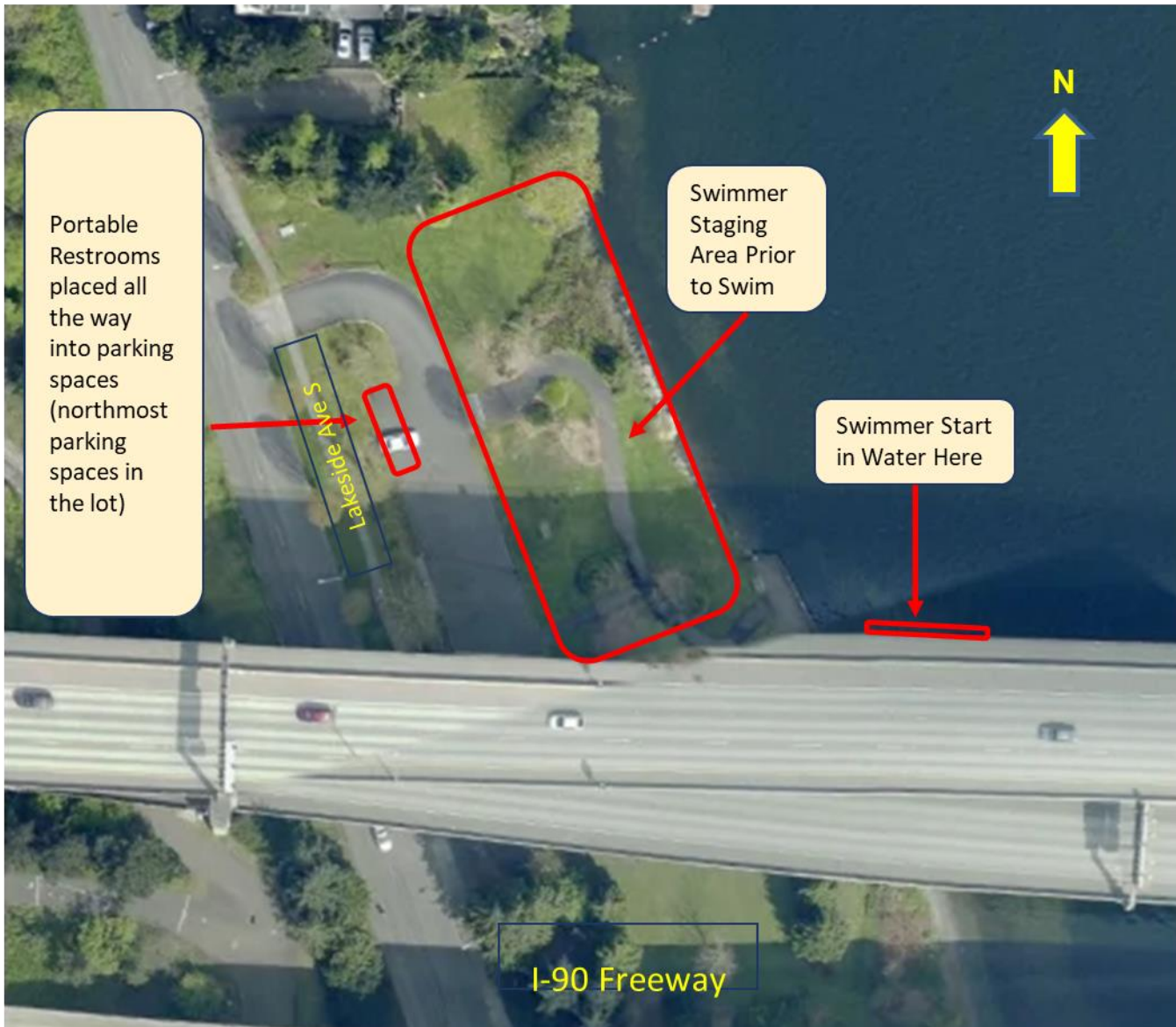
When directed by the 1.5-mile boat to begin pulling swimmers, the Jet Ski or pull kayak should approach swimmers nearest the 1.5-mile mark and instruct them to swim to the pull boat. Alternately, shuttle the swimmers to the boat, before returning to the next swimmer until all remaining swimmers are on the pull boat.

If the pull boat becomes full and unable to accommodate additional swimmers, the Jet Ski will shuttle swimmers to the next nearest boat. If no Jet Ski is present on race day, pull boat will communicate with the second to last power boat and become the second pull boat. DO NOT shuttle swimmers to the finish area or other location where their location cannot be relayed to the Race Director/Safety Officer.

The above process will be repeated at the 2.5 mile marker at 10:00am to pull swimmers who have not reached the 2.5 mile marker by 9:55am.

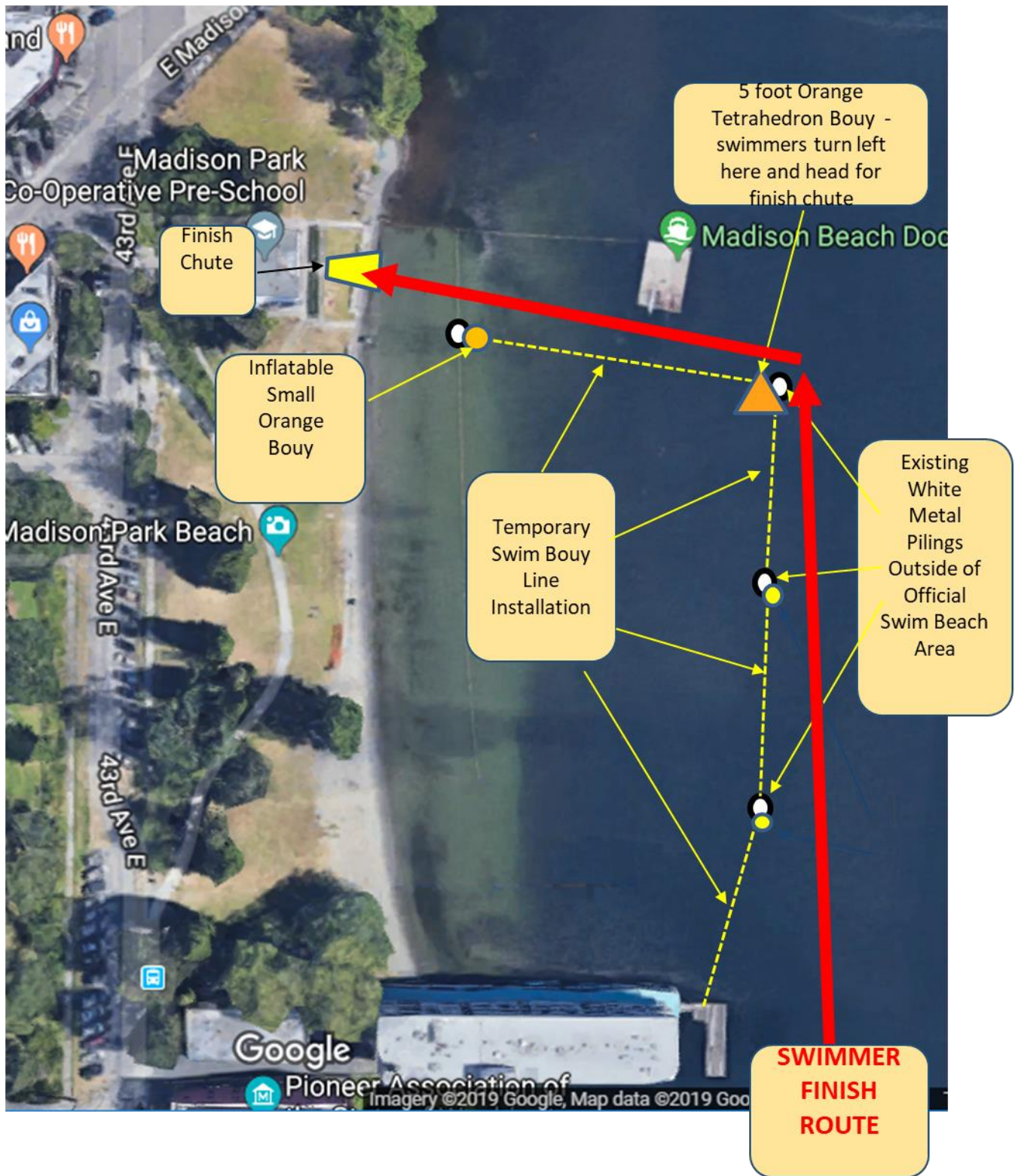
# Day Steet Park Site Layout/Map

Fat Salmon Open Water Swim Race Start Location  
Day Street Park - 1402 Lakeside Ave S



# Swimmer Finish Route & Buoy Placement

At Madison Park Beach





# Madison Park Beach Site Layout/Map

## Fat Salmon Open Water Swim

North end of beach area – Reflects Initial Table Set-up for Check-in.

Check-in Tables later re-arranged for hospitality snacks after swimmers leave to go to starting point (~7:20 am)



## Wave Colors and Start Times



**Wave 1: 8:15AM**

*Neon Orange*



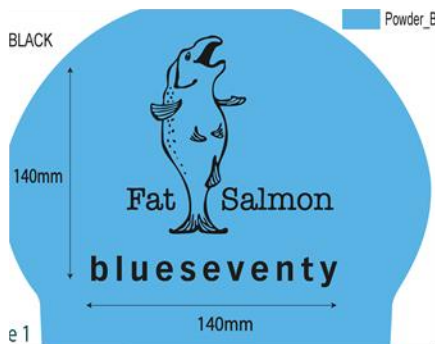
**Wave 2: 8:18AM**

*Neon Yellow*



**Wave 3: 8:21am**

*Neon Green*



**Wave 4: 8:24am**

*Light Blue*



**Wave 5: 8:27am**

*Neon Pink*

## Pre-Race Swimmer Briefing

Thank you everyone for coming to the **2024** Fat Salmon Open Water Swim! We are so glad to have you here! This year's race is brought to you by the Orca Swim Team, a big thank you to the committee who organized it this year.

We'd also like to thank our sponsors/supporters this year:

*(revise this section based on actual sponsors closer to the event)*

- **Blueseventy**: Caps and raffle prizes
- **Gentle Giant Moving Company**: Transportation and logistics
- **Wild Salmon Seafood Market**: 1<sup>st</sup> and 2<sup>nd</sup> and 3<sup>rd</sup> place finisher prizes ???
- **SwimTrek**: financial support ???
- **Joe Nabbefeld**: Financial support
  
- **Starbucks, Costco, QFC, Trader Joes, Einstein Bros Bagels, New Roots Organics**, for some of our post-race snacks and refreshments.
  
- HAM radio support by **Seattle Auxiliary Communications**
  
- **And I would like to take a moment to especially thank Jim, our Race Director, who many of you had met at prior swims.**

We'd like to take TEN minutes to review the safety proceedings for today's event.

FIRST – At the end of the safety briefing, I'm going to ask **who** has room in their car for the **carpool** down to the start, so start thinking about any empty seats. We have a MEET UP AREA over there [point out] for swimmers and drivers to gather to find rides.

## INTRODUCTION

When you signed up for this event, you acknowledged certain personal responsibilities and inherent risks for participating in this event. You have a role in keeping yourself and others safe by following our established safety procedures. *Everyone should have signed a Waiver when you submitted our entry; if you need a refresher we have a copy of the waiver over at the Check-in table.*

The water temperature is \_\_\_\_\_.

## LIFEGUARDS, MEDICS, AMBULANCE, RACE DOCTOR

- Any problems – find a lifeguard – they're trained to help you in the water or here at the beach.
- We've got City of Seattle Fire Dept. Medics standing by in case of emergency AND the City of Seattle Harbor Patrol on the water.
- We do have a volunteer MD on hand who will be scanning the crowd for anyone looking hypothermic or green after the race. If you feel someone needs attention please alert us!
- Hopefully we won't need any of these wonderful folks who are here to keep us safe today.

## KAYAKERS/Stand Up Paddleboarders and LIFEGUARDS on paddleboards:

- They are on the water for your SAFETY! Listen to whatever direction or instructions are provided.
- They are on the water to keep you on course and not headed off to Bellevue or into someone's dock

- **If a kayak or a paddle board is in your way or very close to you, it's probably for a reason – to redirect you.** Please pay attention to them and what they are trying to tell you.
- **If a lifeguard or a kayaker is waving their arms - chances are they are trying to get YOUR attention – stop and check with them.**
- **If you are in trouble or need rest, do not wait until the last moment to request assistance.** Lifeguards, kayakers or paddleboarders are nearby but may be up to 2 minutes away from you.
- When asking for assistance, clearly explain the nature of your problem. Be accurate when assessing your condition and circumstances. Don't sugar coat it and don't cry wolf.
- **Please THANK the guards, kayakers, paddleboarders, and boat patrol. (before, during, and after race!) – we want to make sure they hear how much we love them!**

## CAPS & NUMBERING

- There are 5 waves of swimmers, each wave has a different color cap.
- Wave 1 leaves at **8:15am**, so we have plenty of time to get to the start.
- You **MUST** have your hands AND cap marked before you swim, AND the # on your gear bag for Gentle Giant.
  - *Suggestion – that swimmers write their number in BIG numbers on the bag with the top of the bag up and underline the number so we don't confuse 9s & 6s.*
- You **MUST** wear the cap that corresponds with your swim wave.
- **Be sure your number is clearly written on your hands and cap. We will be using this to record that you started the race and to record your finish time. Be prepared to show your numbers on the back of your hands at the finish.**
- This is ALL a critical part of how we keep track of all 350 of you.

## PULLING SWIMMERS:

- If you are injured or needing medical attention, you will be transported to a Harbor Patrol boat. If uninjured but withdrawing from the race, a kayak will escort or transport you to one of the volunteer power boats.
- If you are showing signs of distress, are obviously unable to follow the course, or will clearly finish outside of the 2-hour race time limit, you will be pulled from the event.
- If you are the last person, and you are falling behind the pack, you **WILL** be pulled from the water. We cannot allocate one boat per one swimmer.
- There will be also be TWO progress checks:
  - All Swimmers who are not at the 1.5 mile mark by **9:20** will be pulled.
  - **ALL SWIMMERS** who are not at the 2.5 mile mark by **9:55** are NOT ON TRACK to finish the race in two hours and will be pulled.
- If you are asked to get into a boat, please do not argue with the person asking you to get out.
- In the unlikely event of an evacuation, REPEATED FIVE SHORT BLASTS from the air horn indicates an evacuation is in progress. Get out at the Denny Blaine Beach, Lake Washington Tennis Club, Madrona Park, or finish/start lines quickly and safely unless picked up by a power boat.
- IF YOU HAVE BEEN PULLED for any reason, when you return to the finish area, you must check in with the Safety Director, Race Director or Finish Line crew and return your electronic time chip; otherwise we do not know you are back on land.

## SWIMMING TO SHORE

- Don't do it!!



- Do NOT get out and go home or you will see yourself on the 5:00 News as “missing”.
- Raise your hand and flag someone down. Kayakers and lifeguards/paddleboards and boaters are specifically looking out for you.
- There will ALWAYS be a lifeguard or kayak or motor boat that can get to you more quickly, than you can possibly swim to shore if you are injured or feeling ill.

## COURSE & BUOYS:

- There will be a large, single buoy **every ½ mile**. They will be **yellow/yellow/ORANGE – yellow/yellow/ORANGE** (update with current year colors closer to the event) The last GREEN buoy is **.2 miles** from the finish line. Each of these will be numbered **1 - 6**.
- The buoys and powerboats should all be on your RIGHT SHOULDER.
- The buoys mark the straightest possible course to the finish which means the distance between you and shoreline will vary considerably during this race. Kayakers and lifeguards are on the course to help define the outer boundaries for where you should be swimming. If you are close to one of them, you are likely on the edge of the swim lane so sight often to stay on course. If they direct you back on course, thank them!
- Be sure to note that there’s a difference between our huge COURSE buoys and other random stuff out in the lake such as wake buoys, dark green Seattle Tennis Club buoys and occasional floating milk jugs.
- There will also be boats anchored along the course. The boats will try to line up with the buoys as close as possible so they are easier to sight on, BUT REMEMBER -
  - The buoys and the boats on the course should **ALWAYS** be to your RIGHT. They are the OUTER boundary of the course. In other words, you should always be BETWEEN them and the Seattle shoreline. The kayakers and volunteer paddleboarders will be on both sides of the course.
- If you are on the Bellevue side of the buoys or boats, you are WAY OFF course and could be run over. Don’t let that happen. It makes me look really bad in the 5:00 News.
- Our kayakers will do their best to point you back on course, but ultimately the responsibility is yours. SPOT OFTEN.
- On approach to Madison Park Beach (after passing the tall buildings), swimmers should swim parallel to shore OUTSIDE of the swim area, outside of the pilings.
  - Get swimmers’ attention by asking for all the FASTEST swimmers to now pay EXTRA attention. – RAISE your hand if you are going to be one of the FASTEST 25 SWIMMERS to reach the finish.
  - While on the beach point out the existing bright red/yellow swim area buoys AND the Float Line set up, as you clear the corner of the last apartment building.
  - While on the beach - point out the outside pilings that mark the swim area and explain that the last part of the course is on the OUTSIDE of the pilings until they get close to the floating platform.
  - Point out the BIG **YELLOW** tetrahedral buoy at the head of the FINISH CHUTE — this is the FINISH CHUTE. There is a final **BIG tetrahedral ORANGE buoy** (update with current year color if needed) which should be on your LEFT Shoulder when you make the last turn, making a 90-degree left turn *JUST [emphasize this] BEFORE* the Diving platform. This is the FINISH CHUTE. You will swim ON THE OUTSIDE of the tetrahedral buoy, keeping it on your LEFT shoulder and make an immediate left turn in towards shore.
- When you reach the shallow water, there will be people to help to steady you and direct you up the four stairs to the timing mat.
- Be VERY careful getting up the stairs. The lifeguards have spent all summer removing the rocks from in front of the finish line but one or two rocks might have survived.
- **YOU DO NOT NEED TO RUN thru the chute** – the chip will be scanned as soon as you cross the timing pad.
- Once you cross the pad, show your race number on your hands and stay in the finish chute as our volunteers are doing a check you off as finishing the swim. We need the manual check-in in case your CHIP does not

register because of a Russian cyberattack and we need to confirm you got back to the beach. “No confirmation” means we start a search & rescue for you at the end of the race.

- For those of you with TATOOS give them a chance to read any numbers written over your tattoos. *(Intended to keep things light)*

## START [Marshalling the swimmers]

- AFTER this meeting, everyone is going to head down to the start at the Day Street Boat Ramp, under the I-90 Bridge.
- There are some portable restrooms there but even better to use facilities here before heading down to the start.
- Please pay attention to instructions when you get there.
- So that it is not a complete surprise when you get down there ...
  - You’re going to be started in **5 separate waves**.
  - Low numbers first – higher numbers are last.
  - When your wave is called, PLEASE line up on the path leading to the timing mat – we will CHALK a line to stand behind - on the path to the beach by WAVE, **IN NUMERICAL ORDER** to make it easier to track you.
  - Everyone will **line up with their waves** and begin in the water as a wave group.
  - There will be ONLY THREE minutes between each group.
  - The Waves are *ROUGHLY* grouped from slowest to fastest based on finish times provided.
  - Slow to fast seeding is to keep the pack just a bit closer together than if we did it the other way around. This is for your safety.
  - FASTER SWIMMERS – PLEASE BE COURTEOUS – SPOT OFTEN.
  - If you DO swim over someone – stop and make sure they’re OK before you proceed. I know how much everyone likes to win, but safety and sportsmanship are of utmost importance here today.

## GEAR

- Gentle Giant –
  - Gear can be tagged and placed **now** with Gentle Giant.
  - Then they head down to Day Park and are there by **7:45**. They park in the parking lot and anyone who has items should put them in a white plastic bag, write their number on the bag - underlined, and give it to the Gentle Giant guys.
  - At **8:30** they will bring the bags back to Madison Beach where they will be positioned for pickup by swimmers by their number.

## RECYCLING & TRASH

- We are borrowing this beautiful park, and the Day Street Park where we start
- Please be mindful of the trash you are creating and look for trash and recycling bins to use.
- We want the parks to look better when we leave than when we arrived! THANKS!

## CARPOOL TO THE START INSTRUCTIONS:

- Please be mindful that the cyclists doing the Seattle to Portland bike ride will be on the route to the starting point. Give them space and be careful when opening car doors! (if STP is same weekend as Fat Salmon)

- Parking at Day Street is along the street and LIMITED. For those of you who need directions, you can put “Day Street Boat Ramp” into Google Maps (or 1402 S Lakeside Ave.)
- **PLEASE CARPOOL** and pack as many people as you possibly can into each car. If you got a ride and can offer your driver a ride back after the race, please do so!
- Or if you have someone here at the park with you who can drive a bunch of folks down and drop them off, that’s even better.
- (add any COVID-19 safety protocol for masking if applicable closer to the race if needed)
- NOW - Raise your hand if you have a car – have space - and can drive to the start – or have a driver
  - Please head over to the CARPOOL sign, and Please Keep your hands up
  - Everyone look around
- People needing a ride – get over to the CARPOOL sign, look around and pick out somebody who looks friendly
  - You only have to be nice for 15 minutes
- Now raise your hand if you need a ride. Look around – make friends – get a carpool together, OK?!

### **FINAL DEPARTURE ANNOUNCEMENTS:**

The time is now \_\_\_\_\_. The first wave starts at **8:15!!** The boats and kayaks are ready to go and we don’t want them to start without you.

**WE’LL SEE YOU AT THE START – HAVE A GREAT SWIM EVERYONE!!!!**

## **Pre-Race Safety Meeting Agenda**

- Lifeguard responsibilities
- Kayaker responsibilities
- Swimmer Rescue
- Tired swimmers
- Pulling a Swimmer – non-rescue
- Time Cutoff
- Evacuation Plan

## **Course Evacuation**

In the case of an immediate threat to swimmers like lightning storms or other hazardous events the Race Director and Safety Officer will proceed with canceling the event and directing boaters, lifeguards and kayaks to clear the swimmers to evacuation locations.

Three evacuation points have been identified:

- 1 Madrona Beach located 1.25 miles from race start.
- 2 Denny Blaine Park 2 miles from Race start and 1.33 miles from the finish.
- 3 Madison Park

Safety Officer will notify Harbor Patrol and Power Boat pilots immediately by radio and/or cell phone that the event has been canceled and proceed with course evacuation. Boaters will sound air horns with 5 one second blasts to notify kayakers and lifeguards immediately. Kayakers and lifeguards shall inform swimmers of cancellation and direct swimmers to closest course evacuation sites. Those swimmers nearest the finish line will be directed Madison Park.

Upon course evacuation kayakers and lifeguards will also leave the water. Power Boats will continue to monitor the course until all swimmers are cleared. Upon clearing of course power boats will return to the docks at Madison Park. Verify that all swimmers who checked in and entered the water have been accounted for. Race Director and Safety Director will work with the City of Seattle to transport all swimmers to the finish at Madison Park. Verification that all swimmers who checked in and entered the water have been accounted for will occur at the finish line at Madison Park.