



Open Water Safety Plan

Application Instructions

- Before applying for a USMS open water sanction, event hosts must review their event information and safety plans with their LMSC Sanctioning Officer. Upon approval from the LMSC Sanctioning Officer, the event host is then ready to apply for sanction.
- When applying for a USMS open water sanction, event hosts are required to submit their safety plan for review and approval by the Open Water Compliance Coordinator (OWCC) ON THIS APPLICATION through the online sanction process. We welcome additional supporting information—after all, many event hosts have developed extensive safety plans over years of hosting events—but everyone must submit this completed application to ensure that all pertinent points are covered in safety planning.
- Using a Google Earth map or equivalent, event hosts are also required to upload a map of the venue and course with the safety plan application. Maps must include locations of start & finish, guide & turn buoys, feeding stations, safety craft, lifeguards/first responders, on-site medical care, and evacuation points.
- In the best scenario, the Safety Director should assist the event host in the developing the event safety plan. If the Safety Director did not take part in developing of the safety plan (usually in the case of appointment after the sanction request or in the case of a substantially unchanged safety plan developed over years of experience), the event host must give the Safety Director a copy of the approved safety plan.
- Upon request, USMS OWCC David Miner will send you a copy of the approved safety plan. Contact David at openwateradvisor@usmastersswimming.org or 941-545-9709.

Open Water Safety Plan Application

Event Information

General Information

Name of Host: [Portland Bridge Swim](#)
Name of Event: Portland Bridge Swim
Event Location: Willamette River
City: Portland State: OR LMSC: OREG
/Event Dates: 7/13/2024 through 7/13/2025
Length of Swim(s): Approximately 10.7 miles, from the Sellwood Bridge to the St. Johns Bridge
Dual Sanctioned with USA-Swimming: No

Key Event Personnel

Event Director: [Marisa Frieder](#) Phone: 971-235-5140 E-mail: racedirector@portlandbridgeswim.com
Referee: [Jim Teisher](#) Phone: 000-000-0000 E-mail: [Click to enter e-mail address](#)
Certified Safety Director: [Sam Levinson](#) Phone: 000-000-0000 E-mail: safety@portlandbridgeswim.com

Pre-Race Safety Meeting (required): all officials & safety personnel must attend

Tentative date: 6/25/2025 Time: 6:00 PM – 8:00 PM
Tentative agenda: 1. Overview of the race & safety plan. 2. Roles & Responsibilities. 3. Common issues/scenarios on the course 4. Communications. 5. Boat safety procedures. 6. Evacuation protocols.

Pre-Race Swimmer Meeting (required): all officials & swimmers must attend to participate in race

Tentative date: 7/13/2025 Time: 6:30 AM
Tentative agenda: 1. Welcome. 2. Race Rules. 3. General instructions. 4. Safety. 5. Escort kayaker instructions. 6. River conditions, advice re. course, water temperature, etc. 7. How the start works. 8. What to expect approaching the finish & what to do at the finish. NOTE: Race officials are briefed & trained separately, as they are on the water during the pre-race swimmer meeting. This event is geographically too large to gather all officials, swimmers & safety personnel.

Course & Event Conditions

The Course

Body of water: River Water type: Fresh Water Water depth from: 1 foot to: 40 feet?

Course: Open - non-event watercraft allowed near swim course

If open course, indicate the agency used to control the traffic while swimmers are on the course.

Agency name: Portland Bridge Swim: race boats line the course to help control traffic. Multnomah County Sheriff's River Patrol & US Coast Guard will be called for problems. How to contact during event: [US Coast Guard Emergency: 1-800-982-8813](#) [US Coast Guard Portland Station: 503-240-9365](#) [Portland Police &](#)

Multnomah County Sheriff Non-Emergency: 503-823-3333 Expected water conditions for the swimmers: (marine life, tides, currents, underwater hazards): 0.5 mph; some debris in shallow water, possible floating debris on course (should be spotted by escort kayaker)

How is the course marked?

- Turn buoy(s): Height(s) [Enter text](#) Color(/s) [Enter text](#) Shape(s) [Enter text](#)
- Guide buoy(s): Height(s) [Enter text](#) Color(s) [Enter text](#) Shape(s) [Enter text](#)
- Approximate Distance between Guide buoys: [Swim progresses along the river with safety boats as boundary to the west and river bank on the right.](#) Round orange 4' buoy marks the race finish.

Number of Feeding Stations: 0

Type of structure(s) used as feeding station(s): Not Applicable

Number of people the structure(s) can safely hold: Not Applicable

Water & Air Temperatures

Expected air temp range: 73 - 83

Expected water temp range: 68-74

Wetsuits: Optional based on race day conditions

USMS Water Temperature Index for sanctioned open water events:

- Below 57°F (Very Cold) – heat retaining swimwear and a Thermal Plan for Cold Water Swims is **REQUIRED**
- 57°F-60°F (Cold) - heat-retaining swimwear is required or a Thermal Plan for Cold Water Swims is **REQUIRED**
- 60°F-66°F (Quite cool) - Thermal Plan for Cold Water Swims is **RECOMMENDED**
- 66°F-72°F (Fairly cool) - Thermal Plan for Cold Water Swims is **ENCOURAGED**
- 72°F-78°F (Cool) - No Thermal Plan required
- 78°F-82°F (Optimal) - Heat-retaining swimwear & neoprene caps are not permitted above 78°F.
- 82°F-85°F (Warm) - Thermal Plan for Warm Water Swims is **RECOMMENDED**
- 85°F-87.8°F (Very warm) - Thermal Plan for Warm Water Swims is **REQUIRED**
- 87.8°F-95°F (Hot) - Sanctioned open water swims cannot be held
- Over 95°F (Extremely hot) - Any swimming is ill-advised

USMS Water Temperature Measurement Procedure: Using an accurate thermometer, the event host should take three to five measurements at various places on the course—12 to 18 inches below the water surface and no closer to the shore than 25 meters (if possible)—within one hour before the start of an open water swim. The host should average these measurements, post and/or announce the resulting average temperature at least 30 minutes before the start of the swim, and announce it during the pre-race staff safety and swimmers' meetings.

Water Quality

It is recommended that one week before the event, check water quality. If results returned are inconsistent with the local governing body's standards, notify swimmers who participated in the event of any known exposures post-race. If an exceptional event such as heavy rain or flooding affects the water quality, the Event Director, Referee, or Safety Director shall have the authority to postpone or cancel the race. It is recommended to take and retain water samples on race day and retain for reference.

Water conditions are monitored by checking the USGS monitoring data:

http://or.water.usgs.gov/will_morrison/monitors/

To reduce exposure to chemical contaminants present in river mud, turbidity must be below 15 FNU for the race to take place. If water temperature is above 78 degrees, wetsuits are banned. If water temperature exceeds 85 degrees F, the swim will be canceled. It is likely that the swim would be canceled due to algae well before the water temperature hits 85 degrees.

Portland Bureau of Environmental Services checks E. coli levels (as a surrogate for sewage contamination and related fecal pathogens) along the race course from monthly to weekly in the summer, and often schedules testing to coincide with the race. Results are available here:

<https://www.portlandoregon.gov/bes/waterquality/results.cfm>

E. coli levels must be below EPA and DEQ health standards.

Event Safety

Medical Personnel

Lead medical personnel (emergency trained) on site: Lifeguards, physicians, EMT, [Qualification](#)

Experience in sporting events (Marathon, Triathlon, Open water swim, etc.): Yes

Will medical personnel be located on the course? Yes

The number of medical personnel will be dependent on the course layout, number of swimmers in the water, expected conditions, etc. How many medical personnel do you plan to have on site? More than 7

First Responders/Lifeguards & Monitors

Indicate the qualifications of the first responders: ARC Lifeguards

Number on course: 7-10, on boats, see appendix Number on land: [Number](#)

Indicate their location on the Race Plan Map.

Onsite Medical Care & Facilities

Describe onsite set up for medical care, such as medical treatment tent, heating/cooling tent or facility. etc., and indicate locations on the Race Plan Map. Heating/cooling will take place in under a canopy at the race finish. All other care at the race finish and at other exit locations will take place outside of a tent.

Ambulance/Emergency Transportation & Nearby Medical Facilities

Ambulance(s) onsite: None On Call: [000-000-0000](#)

Have you spoken with local emergency response agency regarding potential emergencies? Yes

Closest medical facility: Race Start: Providence Milwaukie Hospital, 2.7 miles, 9 minutes; 1st emergency evacuation point: Oregon Health & Science University Hospital, 3.1 miles, 8 minutes; 2nd emergency evacuation point: Legacy Emanuel Medical Center, 2.5 miles, 6 minutes; Race Finish: Legacy Emanuel Medical Center, 7.7 miles, 12 minutes Phone: [000-000-0000](#)

Type of medical facility (urgent care, hospital, etc.): [Click here to enter text.](#)

Distance to closest medical facility: [Choose an item.](#) Approximate transport time: [Time in minutes](#)

Watercraft

Motorized Watercraft:

- Owned/operated by government agencies (Coast Guard, police, fire & rescue, etc.): At agencies' discretion

- Owned/operated by volunteers or hired individuals: 7 - 12

Will all motorized watercraft with a propeller owned/operated by volunteers or hired individuals be equipped either with a propeller guard or a swimmer monitor? Yes

Other motorized watercraft:

- With propellers fore of the rudder: 0
- With impeller motor (jet ski, jet boat): 1 - 2
- Anchored from start to finish: 0

Allocation of Watercraft:

- Safety Watercraft:
 - 1st Responders: Motorized: 10 Non-motorized: 100 (1 kayak escort per swimmer mandatory)
 - 2nd Responders: Motorized: 0 Non-motorized: 12 (kayaker monitors in swimmer zone)
- Watercraft for race officials: Motorized: 0 Non-motorized: 12
- Watercraft for race supervision: Motorized: 7 - 12 Non-motorized: 0
- Watercraft for feeding stations: Motorized: 0 Non-motorized: 0
- Watercraft for escorted events: Motorized: 0 Non-motorized: 100 (1 kayak escort epr swimmer)
- Other event watercraft: 0

Emergency Signal Flag Color for all watercraft: Orange, on motorized safety boats

Communications

Primary method between event officials: Radio Secondary method: Cell Phone

Primary method between medical personnel, first responders & safety craft: Radio (separate channel from Meet Officials)

Secondary method: Cell Phone

Swimmer Counting & Accountability

Describe method of swimmer body numbering: Nothing (yet) withstands 4-8 hours in silty water, but we use race tattoos on arms, which work fairly well. The main and most visible method of identification is requiring a bib number worn by each escort kayaker. To assist with swimmer identification, caps and safety tow buoys (both provided by race organizers) are color-coded by wave. Safety teams and race officials are provided with swimmer identification sheets with swimmer name, race number, wave and cap & tow buoy color.

Describe method of electronic identification of swimmer (Recommended): None

Describe different bright cap colors for various divisions (Recommended): Swimmers are seeded into 4 waves, each with a separate NEON cap color based on qualifying time. Safety tow buoys (provided by race organizers) using the same color scheme will be used by swimmers in each wave.

Describe method of accounting for all swimmers before, during and after swim(s): At checkin, all swimmers sign a waiver so we know they are present. ALL swimmers must pass a checkpoint prior to water entry to further confirm who starts the swim. In 2025, we also hope to use a tracking app, voluntarily carried by escorts,

to help us track who is on the course. During the race, swimmers are monitored by course kayakers in the swimmer zone and their numbers (displayed on their escort kayakers) are relayed via text message back to the safety director who tracks their progress. Frequent checks are made to inquire about the location of swimmers along the course. At the finish, a spotter notes the kayaker's race numbers as they approach the finish. As swimmers exit the water, timers note the race numbers on the escort kayaker, and their numbers & names are checked manually/verbally with swimmers as they exit the finish chute.

Describe method of accounting for swimmers who do not finish: Swimmers who do not finish exit the water at the emergency evacuation points or the race start/finish (either of their own power or they are brought there by a safety boat). Race numbers are communicated to the safety director via radio from the safety boat and from the exit location.

Warm-up/Warm-down Safety Plan

Describe safety plan for warm-up/warm-down, include number and location of lifeguards and designated watercraft. Swimmers may warm up prior to the race start, and have 10 minutes to get from the entry point to the starting area (approx.. 200 yds distance). Kayakers patrol the warm-up area to direct swimmers to the start area and keep them away from departing waves. Warming up swimmers also have their escorts nearby, and at least two motorized safety boats with lifeguard/CPR-certified safety officials on board are present at the start. Once the swimmers have exited the water at the finish, they are free to warm down as they wish- as long as they don't impede other swimmers and stay away from the downstream boat ramp

Swimmer Management

Maximum number of swimmers on course at a time: 100

If more swimmers show up on the day of the swim(s), how will you adjust the safety plan to accommodate the increased number of entries? Registration closes one week before race day. Day-of-race entries are not permitted.

How will you deploy the safety staff and crafts distributed to supervise this event to ensure swift recognition, rescue, and treatment of any swimmer? All swimmers are accompanied by an escort kayaker. The kayaker wears a bright orange vest with a bib number on the front & back to enable identification by safety crews. Swim caps and safety tow buoys used by swimmers are color-coded by wave to assist with identification. The course is broken up into 3 zones of 3-4 miles each. 3 safety boats with safety officials on board patrol each zone, with a 10th boat acting as first responder and monitoring all activities. In each zone, 3-4 race officials in kayaks and wearing bright yellow vests move with the swimmers to monitor progress, relay information to/from safety officials, and assist in an emergency.

How will you deploy the safety staff to maximize rapid response to a troubled swimmer? The escort kayaker is the first responder to a troubled swimmer. S/he will signal to a race official with a raised paddle. The race official will communicate with the nearest safety boats via radio and go to the swimmer/escort to investigate and assist.

How will you alter the event if insufficient safety personnel/craft are available on the day of the swim(s)? If fewer than 7 safety boats or 9 course kayaker/paddleboarders are present, a tighter, leapfrog approach will be used to concentrate crafts & personnel around the mass of swimmers. Boats will stay with the lead and trailing swimmers to ensure full coverage.

Describe your missing swimmer plan: Call Emergency Services and follow their emergency plan. Multnomah County Sheriff's River Patrol will be sent out to take over search & rescue operations.

Severe Weather Plan

Is a lightning detector or weather radio available on site? No

Describe your plan for severe weather or natural disaster: If lightning is predicted on the day of the race, we can adjust the race time or cancel outright. As we learned in 2014, lightning can still occur when not predicted. For this reason, the safety director is in contact with up to three meteorologists during the race. If lightning is approaching the area or is (as in 2014) sighted in the area, the course will be evacuated. Other natural disasters for the Portland area include wildfire or rain, which will almost certainly be warned of ahead of time. We would likely cancel the event. Unexpected events include sudden rain or (highly unlikely) tornado, or earthquake. These would dictate immediate evacuation of the course to designated emergency exit points. From there, our response would depend on conditions, infrastructure and communications.

Describe your course and site evacuation plan, including accounting for all swimmers and other participants: The safety director warns safety personnel of weather-related conditions and advises them to change their distribution along the course to stay closer to the field of swimmers, and for course kayakers to move swimmers closer together as much as possible. When an evacuation is ordered, course kayakers work to get swimmers & escorts to the closest safe spot. In the first half of the course, this is the shoreline or Ross Island. In the second half of the course, shore access is limited. All swimmers who cannot exit the water on their own will hang onto their kayaks and be picked up by safety boats for transport to the closest evacuation spot (race finish, 2 relay transfer sites, race start) where all personnel will be moved to the closest possible shelter. Once swimmers have been removed from the water, those who exited on the shoreline or Ross Island (ie. Not at evacuation sites) will be picked up and moved to evacuation sites. Swimmer packets contain foil emergency blankets to keep swimmers warm after the evacuation while they await transportation back to the race start or finish (where they likely have their clothes, etc.)

Thermal Plan for Cold Water Swims

General Information
Thermal Plan for Cold Water Swims: USMS Rules for Open Water Swims state: 302.2.2A (1) A swim shall not begin if the water temperature is less than 60° F. (15.6° C.), unless heat-retaining swimwear is required of all swimmers or a USMS-approved thermal plan is in place. 302.2.2A (2) A swim in which heat retaining swimwear is required of all swimmers shall not begin if the water temperature is less than 57° F. (13.9° C.), unless a USMS-approved thermal plan is in place.
Remember that the average masters swimmer does little or no acclimatization to cold water, so even a small drop in water temperature—especially in the colder ranges—dramatically increases the odds of thermal issues: Cold Shock Response, Cold Incapacitation, Hypothermia, and Circum-rescue Collapse). Be Prepared!
- If your swim course has a remote chance of water temperature less than 60° F., you are REQUIRED to complete the thermal plan below, showing your specific commitment to increased swimmer preparation before the event, reduced swimmer exposure during the event, and maximize mitigation & treatment of thermal issues during & after the event. - If your swim course has a chance of water temperature between 60° F & 66° F., a thermal plan is RECOMMENDED . - If your swim course has a chance of water temperature between 66° F & 72° F., a thermal plan is ENCOURAGED .

How will you assist swimmer preparation before the event:

The following methods are among the ways you can do this:

1. Emphasize & stress on entry information of possible cold water swim conditions.
2. Require prior cold water swim experience.

3. Require swimmer cold water preparation plan.
4. Refuse entry if swimmer is not acclimated to cold water swimming.

What method(s) of swimmer preparation will you take: Emphasize & stress the possibility of cold water swim conditions, discuss at length in pre-race emails and race-day safety briefing. Swimmers & escorts are informed of signs of hypothermia. Swimmers are always encouraged to wear a wetsuit if that will best keep them safe.

What action will you take to reduce swimmer exposure to thermal issues:
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The following methods are among the ways you can do this:

1. Cancel the swim(s).
2. Shorten swim(s) or institute/shorten time limits.
3. Encourage wetsuits for all swimmers.
4. Require wetsuits for all swimmers.

Explain your plan of action: Encourage wetsuits for all swimmer, cancel the swim if the water is below 60 degrees.

What extra medical care will you provide to mitigate & treat symptoms of thermal issues:

The following methods are among the ways you can do this:

1. Bring in more emergency trained medical personnel and/or ambulances.
2. Bring in more volunteers to assist medical personnel.
3. Bring in more emergency craft and first responders on the course.
4. Increase warm beverages before the swim and at feeding stations.
5. Have special procedures (different than normal) for removing swimmers from the water & venue.
6. Increase warm beverages after the swim.
7. Increase thermal treatment gear (blankets, hot water bottles, etc.)
8. Make warm showers available on-site.
9. Make warming facilities (buildings, tents, vehicles, etc.) available on-site.
10. Other: [Specify](#)

Specify what extra listed items you will provide: Swimmer race packets and all safety boats include foil emergency warming blankets. Warm beverages are provided at the race finish, as is a warming station at the race finish.

Comment on how you will be prepared to care for multiple medical issues: Having multiple safety boats patrolling the same area means that other boats can move in to cover an area while a boat is performing an evacuation. In both 2018 and 2017 we successfully evacuated two swimmers at the same time, with roughly 10 minutes elapsing between the escort's signal and delivering the swimmer to the exit point.

If the water temperature is below 72° F, will you be prepared to deal with cold water medical issues:

When water temperatures are below 72 degrees, escort kayakers are instructed on signs of hypothermia. Race officials and safety crews are monitoring swimmers for such signs as well and can remove swimmers when necessary, according to the decision of the Safety Director. Warm beverages are available at the race finish, as well as the warming station.

Thermal Plan for Warm Water Swims

General Information

Thermal Plan for Warm Water Swims: USMS Rule 302.2.2A(3) for Open Water Swims states:

“A swim of 5K or greater shall not begin if the water temperature exceeds 29.45° C. (85°F.). A swim of less than 5K shall not begin if the water temperature exceeds 31° C. (87.8°F.).”

Remember that the average masters swimmer does little or no acclimatization to warm water, so even a small increase in water temperature—especially in the warmer ranges—dramatically increases the odds of thermal issues: Dehydration, Heat Stroke, and Hyperthermia. Be Prepared!

General Information

- If your swim course has a chance of water temperature from 85° F to 87.8° F, you are **REQUIRED** to complete the thermal plan below, showing your specific commitment to increased swimmer preparation before the event, reduced swimmer exposure during the event, and maximize mitigation & treatment of thermal issues during & after the event.
- If your swim course has a chance of water temperature between 82° F & 85° F., a thermal plan is **RECOMMENDED**.

How will you assist swimmer preparation before the event:

The following methods are among the ways you can do this:

1. Emphasize & stress on entry information of possible warm water swim conditions.
2. Require prior warm water swim experience.
3. Require swimmer warm water preparation plan.

What method(s) of swimmer preparation will you take: Emphasize and stress warm water swim conditions, outlining signs of hyperthermia and electrolyte imbalance, when such conditions occur. Wetsuits will be banned if the temperature is above 80 degrees F, but they will also be highly discouraged when the water temperature exceeds 75 degrees F. The swim will not take place if water temperature is above 85 degrees F. In the event of high water temperatures, it's likely that the race will be canceled due to algal blooms before the water temperature reaches 85 degrees.

What action will you take to reduce swimmer, official, and staff exposure to heat-related issues:

The following methods are among the ways you can do this:

1. Cancel the swim(s).
2. Shorten swim(s) or institute/shorten time limits.
3. Remind all participants to stay well hydrated.
4. Remind swimmers to select appropriate pace.
5. Make swim caps optional or use Lycra swim caps.

Explain your plan of action: Remind all swimmers, kayakers, officials and staff to stay cool and hydrated. Ensure that race officials can be rotated off the water and/or have access to air-conditioning on safety boats.

What extra medical care will you provide to mitigate & treat symptoms of heat-related issues:

The following methods are among the ways you can do this:

1. Bring in more emergency trained medical personnel and/or ambulances.
2. Bring in more volunteers to assist medical personnel.
3. Bring in more emergency craft and first responders on the course.
4. Increase cool beverages before, during and after the swim (for swimmers and staff, including extra cool beverages on watercraft and feeding stations)
5. Increase heat exhaustion and heat stroke treatment gear (iced water, ice chips, cold water bottles, misting tents/fans, etc.)
6. Make cool showers available on-site.
7. Make shade and cooling facilities (buildings, tents, etc.) available on-site.
8. Other: Electrolyte drinks; in 2024 we had a swimmer emergency because he over-hydrated and his electrolytes were dangerously out of balance

Specify what extra listed items you will need to provide: Shade, electrolytes and cold drinks available at race finish

Comment on how you will be prepared to care for multiple medical issues: Race organizers and a doctor monitor people at the race finish, allowing each of us to attend to a person with an issue. A Portland Fire Station with EMS is located less than ½ mile away and would be the first responders when we call 911. We are working to set up a meeting with staff at the station in order to discuss safety needs ahead of time.

If the water temperature is above 82° F, will you be prepared to deal with heat-related medical issues:

The race will not be held if water temperature is 85 degrees or above. When water temperatures are above 80

degrees, escort kayakers are instructed on signs of hyperthermia. Race officials and safety crews are monitoring swimmers for such signs as well and can remove swimmers when necessary, according to the decision of the Safety Director. Cold beverages are available at the race finish, as well as the cooling station.

APPENDIX: RACE OVERVIEW

Qualifying Swim

To ensure that entrants are capable of completing the swim safely, a qualifying swim will be required upon entry. Swimmers must show that they have completed a 5000 m or 5500 yd pool swim within 1 hour, 40 minutes. Time must be verified by an observer but it does not have to be an organized swim. The number of entrants will be capped at 100 so that organizers can safely track swimmers.

Swimmers & Escorts

Each entrant is required to be accompanied by an escort in a non-motorized boat (ie. kayak, stand-up paddleboard) carrying food, water and a life jacket for the swimmer. Swimmers will be provided with bright, neon swim caps to improve visibility in the river. Each support kayaker will be provided with a race bib and orange vest, which must be worn at all times. Swimmers are also provided with a safety tow buoy, which they are required to use, for additional visibility and emergency flotation.

The Course

The swim will be held in the Willamette River. The swim will begin at Sellwood Riverfront Park and end at Cathedral Park. To avoid as much boat traffic as possible, it will begin at 7:30 AM and the course will run along the East side of the river, rather than the center. Permits to hold the event are obtained from the Portland Parks and Recreation Department (for access to the parks) and from the U.S. Coast Guard (for access to the river). The U.S. Coast Guard will issue a broadcast to commercial boats, alerting them to the event and the presence of swimmers in the water.

Maps of the course, with the locations of motorboats and places to exit the river will be displayed at the race start. The course will be discussed during the pre-race briefing.

In addition to the support kayakers, Race Officials in kayaks will be present within the swimmer area to monitor progress, ensure compliance with race rules, and assist in an emergency. Spotting/safety motorboats with first responders on board will be patrol along the outside of the course.

At the exit from the course, EMTs will be present to observe swimmers as they leave the water. Warm drinks and blankets will be available to all participating swimmers. There are no hot showers at the park.

Cutoffs

Swimmers who have not cleared the Fremont Bridge (approximately 5.5 miles) within 4 hours of the race start will be stopped and transported to the race finish. Swimmers who have not reached the race finish within 7 hours of the race start will be stopped and transported to the race finish.

Training/Meetings

Due to the large geographic area of the race course, safety training & meetings occur over multiple days and formats. An initial training is held for safety boaters a few weeks ahead of the race. Separate trainings are held for Race Officials and lifeguards, usually the week before the race. Meetings are recorded and provided, along with important race-specific safety videos, to all safety personnel. On race day, a pre-race swimmer safety meeting is held at the race start. Boaters and lifeguards hold a pre-race safety meeting at their muster point prior to assuming their positions on the course.

Procedures

In the event of a health or safety problem, the Race Official will investigate and notify the Safety Coordinator by radio. If necessary, the Safety Coordinator will dispatch one or more motorboats to the location to assist and/or request assistance by emergency personnel. The patient will be taken to an exit point for transportation to an emergency room, urgent care, etc. as the situation requires.

If mass evacuation from the water becomes necessary, the Safety Coordinator will notify all motorboats and Race Officials by radio. Depending on their location, Race Officials will either direct swimmers to the closest shoreline or they will be picked up by the motorboats.

Evacuation procedure:

- First responders (safety officials) onboard the safety boats act as swimmer spotters while the boats are moving, to ensure that no swimmers are in the vicinity.
- In an evacuation, swimmers will hang onto escort boats or otherwise kept close by escort boaters.
- The race official on the water and safety official on the boat coordinate to guide the safety boat to the site.
- After ensuring that all swimmers and escorts within visual range have been identified and matched (swimmer to kayak), a safety boat may enter the swimmer zone.

- Safety boats may carefully approach an escort boat for evacuation purposes, but must stop **WITH ENGINE OFF**, at least 50 feet away.
- Once the safety boat is in position **WITH ENGINE OFF**, the escort and race officials will bring the swimmer to the safety boat.