



RACE/SAFETY PLAN



2023 SWIM BC OPEN WATER CHAMPIONSHIPS

Sunday, June 18, 2023

ALBERT DYCK LAKE, ABBOTSFORD, BC

HOSTED BY: SIMON FRASER AQUATICS SWIM CLUB and SWIM BC

THE EVENT:

Swim BC Open Water Championships being held on Sunday, June 18, 2023.

Event time will be from 12:00 pm to 2:00 pm. In between this time various waves of swimmers will complete their distance, determined by age.

Timing of the event will be as follows:

0900: Start event set up, placing of buoys in the lake and ensuring the course is clear of debris or other hazards.

1000: Swim BC will monitor water temperature a week prior to the race and on race day. The below criteria indicates how the race will proceed.

1. Under 16 degrees – No Swim
2. 16.0 to 17.9 degrees – Wetsuits Mandatory – wetsuits to cover torso, shoulders and down to knees at minimum.
3. 18.0 to 19.9 degrees – Wetsuits are Optional – Shorties and Farmer Johns are allowed in addition to full wetsuits.
4. 20.0 degrees and above – No wetsuits permitted.

1030: Registration

1100: Warm up commences

1200: Racing commences

1. 12 & under – 1k – 1 short lap
2. 13 & 14 – 2k – 1 full lap plus 1 short lap
3. 15 & over - 5k – 4 full laps plus one short lap
4. Masters – 3k – 2 full laps plus one short lap

1400: Racing is complete.

1500: Race site dismantled, clean up and departure.

INTRODUCTION:

Swim BC and Simon Fraser Aquatics Swim Club (“SFA”) are co-hosting the 2023 BC Open Water Championships to be held at Albert Dyck Lake in Abbotsford, BC. This event was successfully hosted by SFA on July 18, 2022 at Albert Dyck Lake with 108 swimmers registered, ranging in ages from 11 and up. This year we are anticipating approximately 200 swimmers, including a new masters’ division.

Albert Dyck Lake is a small man-made lake just north of the Abbotsford airport. The lake is just over 500 meters long which will require swimmers to complete multiple loops depending on the length of their assigned race distance. The various distances are 1km, 2km, 3km and 5km.

There advantages and disadvantages to this venue and format. The main advantages are the size of the lake, allowing for full vision by spectators, officials and safety personnel. The main disadvantage is simply that the lake is not a true open water experience involving currents, waves and wind.

The organizing committee will advise the following on all matters relating to the swim course safety:

- Safety Officer
- Chief Referee
- Course Officer
- Medical Officer
- Event Director

AIMS AND OBJECTIVES:

A review of the following should be conducted at each committee meeting and on the day of competition:

1. Risk assessment of the current conditions of the venue
2. Injury management
3. Current weather conditions
4. Competition statistics (entries, start times, finish times, course prep, etc)

EVENT KEY CONTACT LIST:

Meet Manager / Incident Commander - Miranda McNamara

Will be located at the main event check in tent or nearby during the race

Cell number - 604.649.3779

Meet Referee – Mike Stamhuis

Will be located at the main event check in tent, and then at floating dock during race

Cell number – 250.309.5280

Swim BC Representative – Cory Beatt

Will be located at the main event check in tent or nearby during the race

Cell number – 778.846.9680

Medical Officer – Jason Clement

Will be located at the main event check in tent with other emergency personnel

AQUATIC SAFETY, SEARCH AND RESCUE PLAN:

This plan has been developed to assist organizers and rescue personnel to provide consistent communication to ensure appropriate procedures are in place in the event of an aquatic emergency.

The objectives of the plan are to:

1. Outline the competition site that is being used for this event.
2. Identify those persons with the required skills to initiate and effectively run the safety plan, and search and rescue plans.
3. Outline command and control functions in the event of an aquatic emergency.

EXTRACTION SITE(S):

Extraction points have been identified around the course venue in the event a swimmer is required to be extracted for medical care. A primary extraction point has been identified should EHS (Emergency Health Services) be called to the site.

Apart from patients and authorized personnel no person is permitted to enter the extraction areas.

A designated person will be responsible for meeting the aquatic personnel and EHS at the extraction points.

AQUATIC RESCUE PERSONNEL:

The aquatic rescue personnel have been secured from various aquatic locations around the Lower Mainland. All aquatic rescue personnel must hold a NLS designation.

The Safety Officer or designate will conduct regular risk assessment of the venue minimum of three (3) days before the event and periodically throughout the day of the event, at regular intervals, and while the competition is taking place.

Head Lifeguard: once identified will be responsible for overseeing lifeguards, and the removal and care of aquatic patients from the racecourse. There will be a minimum of 4 lifeguards (including the Head Lifeguard) who are all professionally trained in first aid and CPR.

Water Rescue Craft: SFA will arrange to have at minimum, one power operated boat on the water and numerous canoes, kayaks etc.

Lifeguard Duties may include, but are not limited to:

- Act under the supervision of the Safety Officer
- Work closely with the Head Lifeguard and Safety Officer to ensure the venue is safe and clearly marked for the public.
- Assist the organizing committee (OC) and be responsible for the provision of safety for competitors and the public.
- Notify the OC of any concerns regarding the changes in risk level of the designated course and venue.
- Identify potential casualties.
- Extraction of casualties.
- Perform primary first aid until support arrives.
- Identification of hazards along the race course.

Head Lifeguard Duties may include, but are not limited to:

- Act under the supervision of the Safety Officer.
- Work closely with the Safety Officer to ensure the aquatic venue is safe and clearly marked for the public
- Coordinate aquatic response on Albert Dyck Lake from the day the OC is authorized to take control of the site for the purposes of setting up the 2022 BC Open Water Swim Championships. This will continue until the OC hands back control of the site following the conclusion of the event.
- Assist the OC with and be responsible for the provision of aquatic response for competitors and the public on Albert Dyck Lake.
- Supply water safety equipment, including first aid kit and automated external defibrillator (AED).
- Supply an appropriate WRC (motorized and non---motorized) in accordance with the facility policies and procedures, conditions and racecourse design.
- Supervise and schedule aquatic response personnel. Coordinate the positioning of water safety personnel.
- Notify the OC of any concerns regarding any changes in risk level of swim course. In all competitions ensure that water safety meets the prescribed and assessed requirements outlines in the standards mentioned above.

Water Rescue Craft Operators Duties may include, but are not limited to:

- Act under the supervision of the Safety Officer.
- Work closely with the Head Lifeguard and Safety Officer to ensure the venue is safe and clearly marked for the public.
- Assist the OC with and be responsible for the provision of safety for competitors and the public.
- Notify the OC of any concerns regarding any changes in the risk level of the designated courses and venue.
- Operate the WRC (motorized and non-motorized) in a professional and safe manner
- Identify potential casualties
- Extraction of those casualties
- Perform primary first aid until support arrives.
- Identification of hazards along the race course
- While it is not mandatory, it is highly desirable that any motorized craft have propeller guards attached. Before approaching swimmers, the water craft engine must be turned off.

MEDICAL FACILITIES:

ON SITE SERVICES

All minor first aid and ailments can be directed to the on-site medics. It is at the discretion of the Medical Officer (MO) as to whether the procedure should be performed on site or the patient should be transported to a facility off-site. The MO will be a BC certified doctor.

Medical services with medic and EHS level ambulance (if available) will be on site. Medic services will be contracted through Med Tech, a private company that supplies trained medical staff, if St John's Ambulance volunteers are not available.

If a member of water rescue personnel refers a patient to seek medical attention, the MO will be contacted to ensure adequate follow up with the patient is completed. It is highly recommended that all patients be escorted to the MO or on sight medical staff by a parent, guardian, team manager or delegate.

Should any water safety personnel perform a rescue they will notify the Safety Officer and MO should any further assistance or treatment be required.

Anyone delivering first aid on sight should complete the appropriate LOC documentation and reporting immediately following the incident. Documentation should be reported to the Safety Officer and MO immediately following the completion of the event.

EMERGENCY VEHICLE:

An ambulance may not be available on site, but will be contacted as soon as possible if required by calling 911 and giving the location as Albert Dyck Lake.

MAJOR AQUATIC INCIDENTS:

The MO must be notified of any major incidents that occur on the racecourse including any drowning, resuscitation, suspected spinal injury and possible fracture. If available, the MO should attend the scene and assist in stabilizing the patient prior to transport.

ATHLETE DEMOGRAPHIC:

The 2023 Swim BC Open Water Championships will host the following ages and events (minimum age to participate is 11 years of age on the day of the race):

COURSE SPECS:	Age 11-12	1.0 KM	Age 15 & Over	5.0 KM
	Age 13-14*	2.0 KM	Masters Division	3.0 KM

**NOTE: 14-year-old swimmers have the option of entering the 15&O 5km race.*

WEATHER FORECASTING & REPORT:

Weather forecasts will be used by the OC/ Safety Officer to assist in any decision-making concerning the delay, postponing or cancellation of races. Forecasts will be referenced against the Environment Canada website. Other relevant authorities will be used and/or reviewed as required or on request. This is the responsibility of the Safety Officer, who will disseminate the information to the OC as required.

As the weather develops, more regular bulletins and information will be provided, dependent on the situation. Weather monitoring should commence a minimum of three (3) days prior to start of the event. In the event of a severe/extreme weather report from the Environment Canada the OC may make the decision to suspend or postpone the event. The above reporting should be considered in conjunction with **Section B – Risk Assessment**.

This assessment will also include water quality advisories that have been issued by monitoring authorities such as Fraser Health or the City of Abbotsford.

EVACUATION:

Evacuation will fall under the direction of Police or one of the statutory Emergency services (Fire or Ambulance). Evacuation may be partial or complete. This may consist of an area of the racecourse or the complete venue.

In the event of a site evacuation the assembly location will be a designated muster point (Annex C). Evacuation will be under the control of the Police or relevant Emergency service. The OC shall act as the Liaison Officer with Police or other emergency services.

It may be necessary to evacuate the venue without emergency personnel (police, fire, EHS) due to extreme weather or hazards beyond the control of the race organizers.

DEPLOYMENT OF WATER RESCUE PERSONNEL:

The following is the planned deployment of all Aquatic Rescue Personnel undertaking duties at the event:

Water Rescue Craft Operators (WRCO) 2
Certified National Lifeguards 6

Water rescue personnel shall wear the appropriate safety gear, life vests etc, and ensure they are in good working order.

COMMUNICATIONS:

The Safety Officer and MO will be allocated a radio for communication purposes with all WRC and water rescue personnel. Any emergency must be directed to the MO using the detailed list of Call Signs, which can be found in Annex A.

It is absolutely imperative that communications be limited to operational matters and that all messages are clear and concise. Recognized radio procedures and terminology is to be used.

**** NOTE:** Swim BC radios will operate under a channel separate from the Lifeguards, MO and safety officer.

VEHICLE ACCESS:

The venue will be open to the general public during the event. Emergency vehicles may use the identified access points to the facility in case of an emergency.

This venue only has one vehicular access point, which is off Walmsley Avenue. All emergency vehicles will have to use this access point.

LOST and FOUND:

Lost items will be taken to the main check in tent to be claimed. Any items left at the end of the day will be removed.

EVENT WASTE MANAGEMENT:

Volunteers are required for checking in all swimmers, handing out caps and marking them with numbers. Once this has been completed these volunteers will assist in overseeing waste management by ensuring garbage receptacles are maintained and used by the swimmers. Given food is not being served and no vendors will be present, garbage will be kept to a minimum. Racers tend to have their own food and drinks and will be encouraged to take home what they bring to the park. Site clean up will be completed by race organizers at the event and any excess garbage will be removed from the site.

FACILITY POLICIES AND PROCEDURES:

Head first entry is NOT permitted anywhere within the lake area. Please observe the Flag Warning System posted at the park:

- "RED FLAG" – Water Front is closed.
- "GREEN FLAG" — Water Front is opened.

Appendix A: Overview of Race Site



Start/Finish

Medical Station

Extraction Points



Rope start and exit after race finish

Racers leave gear here

Racers will touch bright orange pad attached to dock

Start/Finish dock.

Race Officials, including Starter, Finish Judges and Timers will be located on the large portion of the dock. Swimmers can leave shoes and water bottles on the benches at the back of the main dock.

Swimmers will start holding a rope that will be placed on the far end of the dock. Once racers have touched the finish pad, they can swim to the end and exit on the small grey floating dock.

Appendix B: Race Course Layout

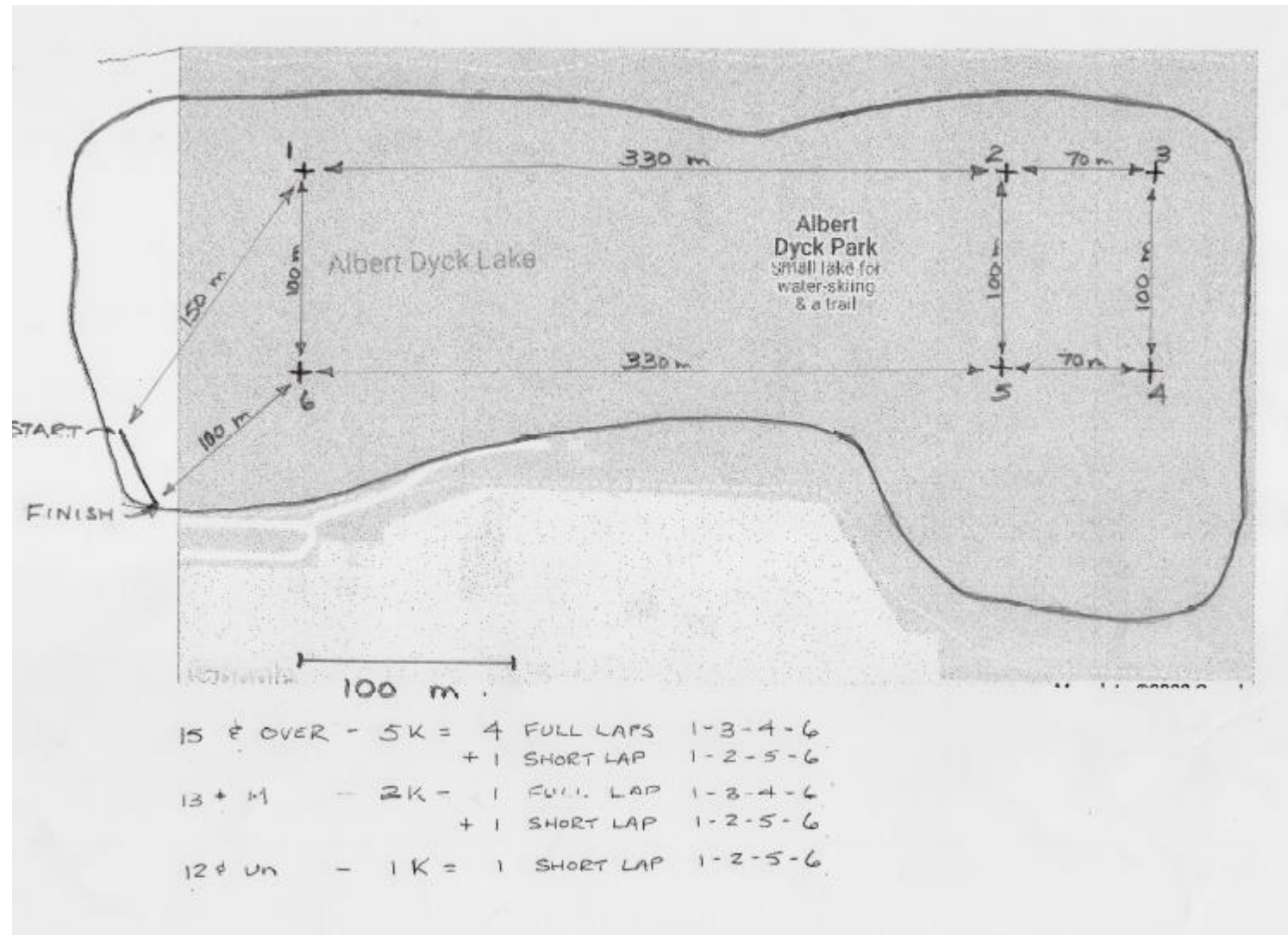


Start/Finish

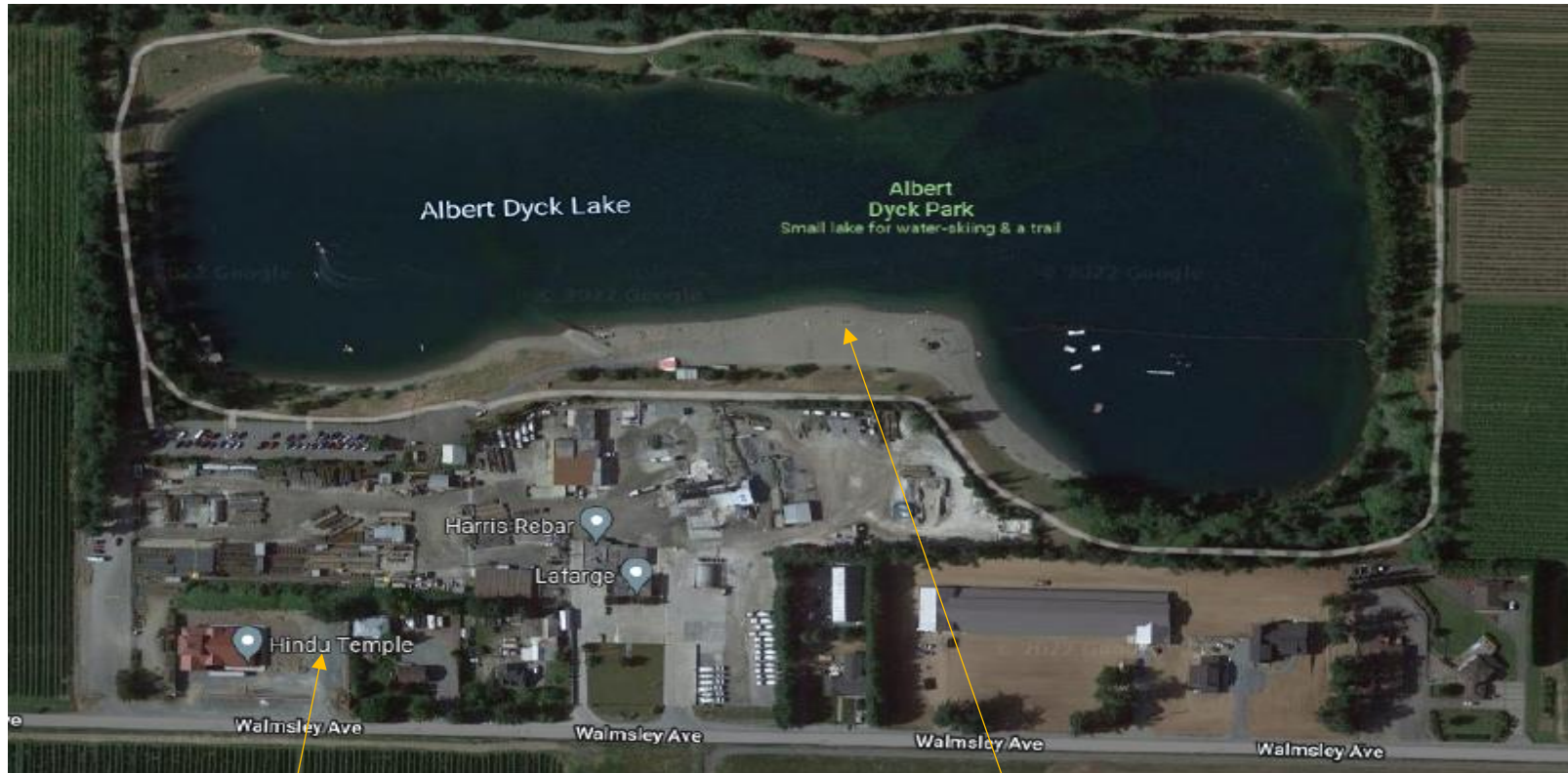
Course will run clockwise around the lake.

Each loop is 1 km.

Race Course Measurements



Appendix C: Muster Points



Muster Point 1: For minor issues or to gather swimmers etc.

Muster Point 2: If entire area is required to be evacuated (Parking lot of Hindu Temple adjacent to park entrance)

Appendix D: Event Layout



Race spotters, lap count of swimmers

Start/Finish

Racers Marshalling Area

Registration, Race Coordination, Medical Officer/Medic

Appendix E: Parking



Spectator parking

Event staff parking and spectator parking if available

There will be a designated parking attendant ensure orderly parking within the park. Once the spaces in the Event staff parking area are full, traffic will be directed to the Spectator parking in Albert Dyck Park; subsequently, traffic will then be asked to park at the Vaishno Devi Mandir Temple (31545 Walmsley Avenue). We have been in contact with the Temple administration and there are currently no events planned that day at the temple. Their parking lot will be open and unlocked during our event. All access points and routes to the waterfront will be kept clear allowing for easy access for emergency vehicles should they be required.