

Del Valle 2016 Event Plan

Race Director: Bill McCracken /TVM
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- **MAIN GATE OPENING:** On each race day, TVM volunteers will be lined up at the gate at 5:45 with pre arranged volunteer passes so we can enter the park to start setting buoys and prepare for registration.
- **COURSE BUOYS:** We will start setting course buoys as early as possible. We will need 1 ½ hours of efficient work to set the buoys. Access to the electrical outlet at the guard station is required to inflate the buoys. TVM will rent a large pontoon boat to make the set up process go much faster. This boat will be anchored at the start buoy throughout the races. We will use this boat and electrical power to retrieve the buoys after the race (~11:40 am).
- **STAGING/START/FINISH**



- 1 – The water start is outside the swim beach. The chute finish is to the left of the swim beach as you face the lake
 - a) 5K/10K: We will have two waves (See timeline). The TVM manned pontoon boat will stay anchored at the starting buoy until the last swimmer has completed their 3rd lap and cleared the first turn buoy and serve as the feeding station.
 - b) 1.2K, 2.5K: We will have five waves in each race. (See timeline). The TVM manned pontoon boat will stay anchored at the starting buoy until the last swimmer of the fifth wave has cleared the first turn buoy.
- 2 – We will need to plug in an extension cord to the lifeguard station to run our computers and printer.

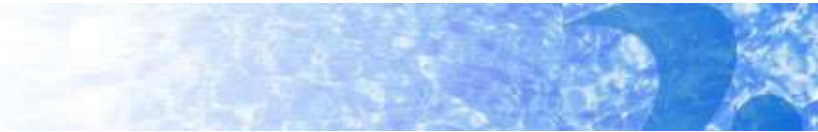
- 3 – We will use the lifeguard stand for announcements and for starting the races.
- 4 – We will finish on the left side of the swim area and not move the swim beach
- 5 – Registration and staging will be contained in the Beach View area for the 5K/10K. Registration and staging will take place near the lifeguard station for the 1.2K and 2.5K and be cleared and the remainder of the activities will be in the Beach View area.
- 6 – We will make regular announcements to the swimmers to warm up inside the swim beach.

- **MAPS/RACE DESCRIPTION:** See attached event sheet which includes a course map, times, etc.
- **COURSE MONITORS / AID STATIONS:** TVM will have one individual in charge of handling, emergencies and accounting for swimmers. TVM will contract with Norcal ambulance to be on site. Races will be fully staffed by East Bay Parks certified lifeguards located on beach in addition to lifeguards on paddleboards in water. An emergency evacuation boat will be available on site and entire swim area will be “blocked off” near boat launch so that other watercraft may be restricted from swim area. Persons in trouble may be transported away from race area and directly towards the start/finish area and/or to emergency evacuation boat, whichever is closer. Stand-by ambulatory services will be provided by Norcal and may provide emergency services on-site and/or transport individuals to Valley Memorial Hospital located at 1133 East Stanley Blvd. In Livermore, CA (11.21.2Ks from site). Phone number: (925) 847-3000. A distressed swimmer station will be located at the end of the finish chute to assist with various health issues such as hypothermia, post-race craps etc.
- **CANCELLATION/EVACUATION:** The race director will halt activities and follow evacuation procedures as directed by the East Bay Regional Parks representative if severe weather conditions including thunder lightning or other unpredictable dangerous situations occur.

The East Bay Parks Aquatics staff monitors the weather and is responsible for insuring no one enters the water when conditions are not safe. In the case of severe weather, the race will be halted or cancelled until conditions are safe. Weather systems in the Lake Del Valle area are typically slow to develop. The East Bay Aquatic Staff monitors conditions. If lightning were to occur the event would be delayed until it was safe to enter the water as determined by the East Bay Aquatic Staff. Generally in order for an event to take place there cannot be thunder or lightning in previous 20 minutes. The second severe condition would be white caps, swells or chop. The East Bay Aquatic Staff would stop or delay the event if swells/white caps or chop of 2ft were to arise.

- **RESCUE: EQUIPMENT / PERSONNEL / PROCEDURES :** East Bay Regional Park District lifeguard service’s rescue equipment and personnel at the event site and medical evacuation plan for the Tri-Valley Masters 5K/10K, 1.2K and 2.5km Open Water Swims at Del Valle Regional Park.

❖ **Rescue Personnel:**



- 5K/10: A minimum of 15 lifeguards with training required by the State of California and meeting the United States Lifesaving Associations recommended guidelines for open water lifeguards
- 1.2K / 2.5K: A minimum of 18 lifeguards with training required by the State of California and meeting the United States Lifesaving Associations recommended guidelines for open water lifeguards
- 1 Aquatic Supervisor w/ above qualifications, EMT
- 2 EMT ambulance personnel from American Medical Response

❖ **Rescue Equipment:**

- 1 East Bay Parks motorized boats equipped with 2 lifeguards, rescue tube, first aid kit, resuscitator, PFD=s, blanket, mask, snorkel, fins, portable district radio, voice gun, binoculars, marker buoy.
- Remaining guards will be on course on rescue boards with 1 lifeguard (we may substitute 1-2 kayaks on a one-to-one basis for rescue boards depending on their availability from other facilities)
- Trauma kit and resuscitator that meet Alameda County's Emergency Medical Services Basic Life Support Protocols for First Responders and EMT's
- Radio and telephone equipment necessary to immediately contact 911 services
- 1 equipped and staffed BLS ambulance

- **Use of Motorized Water Craft:** The only water craft allowed on the course are operated by highly trained East Bay Parks Aquatics staff. A pontoon boat is operated by Tri-Valley Masters to set up the course and is anchored in the middle of the course for the duration of each race.
- **Kayaks/Paddleboard Support :** A team of 10-12 kayaks are deployed on the course to monitor the race, turns, keep swimmers on course, provide back up and additional eyes on swimmers.
- **On-Course Communications:** TVM distributes waterproof two-way radios to the East Bay Parks Aquatics staff lead, start boat, race-director, timing company, kayak fleet manager, and Kayak/Paddleboard support members. This communication enables immediate response to any needs as they arise during the event.
- **Athlete Accountability:** All swimmers are marked with their chip number on their right and left shoulders. Electronic timing chips worn on the ankle are mandatory for all swimmers. For all races (1.2K, 2.5k, 5k, 10k) each swimmer crosses a mat which registers their chip as they enter the water. In addition, we manually count the swimmers as they enter the water. We reconcile this with the number of swimmers exiting through the finish mat or are pulled by the guard staff.

East Bay Parks Aquatics staff will develop and execute an emergency action plan which will be employed to account for any missing athlete. All subsequent waves or heats of the race will be halted until the missing athlete is accounted for.

- **Medical Evacuation Plan:** All lifeguards and event officials and ambulance personnel will attend a pre-race safety briefing approximately 45 minutes before the event. Along with the medical evacuation procedures, recognition, prevention, rescue and search procedures are reviewed. In general, lifeguards are deployed during the event so that they are in optimal positions to recognize and respond to those in need of care. Lifeguards are stationed on rescue boards, kayaks or motor boats that they use to remain in these positions as swimmers progress throughout the course. Typically, in the event a swimmer on the course needs rescue or medical care, a lifeguard on a rescue board would approach the person and make initial contact. The lifeguard on the board then notifies one of the available boats of the need for assistance while paddling the patient outside of the pack of swimmers. The lifeguard on the board transfers patient care to the lifeguards in the boat. The boat lifeguards continue care and notify the shore liaison of the patient's condition. The shore liaison will act as the incident commander and request additional resources as necessary. This will include the BLS ambulance on site but may also include an ALS ambulance or air ambulance depending on the patient's current or anticipated condition. Uninvolved lifeguards will continue their visual surveillance of the remaining swimmers and the involved lifeguards will be released as soon as possible so that they can continue lifeguarding the event. In the event of any emergency, the shore liaison will act as Incident Commander and follow guidelines of the Incident Command System. Implementing the Incident Command System will help insure effective use of available resources when given changing conditions at the scene.

For further information contact:
Nick Schriver - Aquatics Manager
East Bay Regional Park District

Other Emergency Assistance Information

Phone location East Beach Guard Station Phone (510) 690-6627

Hospital/Emergency Clinic Valley Memorial Hospital Distance 11.2 miles

Hospital Address 1133 East Stanley Blvd, Livermore, CA

Ambulance/rescue service Norcal Ambulance Service Phone (866) 755-3400

- **Water Quality:** Water Quality is managed by the East Bay Water Management Department Details can be found at:

http://www.ebparks.org/stewardship/water/del_valle_water_quality

Water Quality is checked weekly as noted above and will be checked the day before the event. Water quality will not be checked on race day unless an event such as severe weather gives reason to check the water on race day. If an exceptional event such as heavy rain or flooding affects the water quality, the Referee, the Meet Director, or the Independent Safety Monitor shall have the authority to postpone or cancel the race.

Safety Director: Doug Condon: 415-235-2356 dougcondon@3renergy.com

Race Referee: MaryAnn Nygren – 925-321-6926 bemari_99@yahoo.com

Independent Safety Monitor : An independent safety monitor will be assigned by Pacific Master's Swimming in accordance with USMS Rule 308.3 for the event.

➤ **Event Timeline:**

Saturday - 5K/10K

6:45AM – 7:30AM - Registration check-in
7:45AM – Pre-Race Instructions
8:00AM – 10K Wave Start **(Gold Caps)**
8:10AM – 5K Wave Start **(Silver Caps)**
11:30AM – Race Cutoff
12:30 PM - Preliminary Race Results
12:30 PM - Awards Ceremony

Sunday - 1.2K and 2.5 K

6:45AM – 8:00AM - Registration for 1.2K Race
6:45AM – 9:15AM - Registration for 2.5km Race
8:15AM – Pre-Race Instructions – 1.2K Race
8:30AM – 1.2K Race Wave 1 USMS Start **(Red Caps)**
8:35AM – 1.2K Race Wave 2 USMS Start **(Yellow Caps)**
8:45AM – 1.2K Race Wave 3 USMS Start **(Blue Caps)**
8:50AM – 1.2K Race Wetsuit Wave Start **(Green Caps)**
8:55AM – 1.2K Race USA Swimming Wave Start **(Orange Caps)**
9:40AM – 1.2K USMS Race Cutoff
9:45AM – Pre-Race Instructions - 2.5 km Race
10:00AM – 2.5 km Race Wave 1 USMS Start **(Red Caps)**
10:05AM – 2.5 km Race Wave 2 USMS Start **(Yellow Caps)**
10:15AM – 2.5 km Race Wave 3 USMS Start **(Blue Caps)**
10:20AM – 2.5 km Race Wetsuit Wave Start **(Green Caps)**
10:25AM – 2.5 km Race USA Swimming Wave Start **(Orange Caps)**
11:30AM – 2.5 km USMS Race Cutoff
12:00 Preliminary Race Results
12:30PM Awards Ceremony

➤ **COURSE MAP:**

Preliminary

first turn will be revised to be south of the marina



5K: 5K Course will be two loops. On first loop, swimmers will continue through start bouys to begin second loop. After second loop, swimmers will swim to finish after “final turn”

10K: 10K Course will be four loops. On first loop, swimmers will continue through start bouys to begin second through fourth loops. After the fourth loop, swimmers will swim to finish after “final turn.”

2.5K: 2.5K Course will be one loop. Swimmers will swim to finish after “final turn.”

1.2K: This is the course outlined in blue. Swimmers will swim to finish after “third turn.”