



Illinois Open Water Prep Meet

Powered by The Forge Lemont Quarries

Hosted by Illinois Swimming Inc.

June 21st, 2022

Event Safety Information



1. Safety Authority

Emergency Services will be provided by Lemont Fire Protection District and Lemont Park District lifeguards.

Lemont Park District Lifeguards will be located throughout the course and docking station where swimmers will enter and exit the quarry. AED's, First AID kits, and Basic Life Support gear will be available on-site. A Lemont Fire Protection District EMS/Paramedic unit will be located at the site.

2. Communications Plan

Primary - There will be two separate radio networks using two different frequency plans. The radios are not inter-changeable.

Communication across radio networks will be coordinated through Race Operations. Personnel using Illinois Swimming VHF radios include the Race Director, Race Operations, Race Referees, Safety Officer, Course Officer, Administrative Referee, Turn Judges, and event announcers.

Staff will utilize their own radios, and will be in contact with Police/Fire Rescue, Race Operations, Lifeguard Supervisors, and On-Water Lifeguards.

Secondary communications between all parties will be via cellular telephones. The following positions will be issued a phone number listing:

- Race Director
- Meet Referee
- Safety Officer
- Race Referees
- Course Officer

3. Swimmers in Distress

- Lemont Park District Lifeguards will activate their water rescue protocols.
- Any swimmer withdrawing from the race must report to the Officials Station/Tent for identification. Lifeguard will radio race-control with the competitor number and direct the swimmer to return to the start area.
- A First Aid tent will be maintained near the Start/Finish area.
- Swimmers needing emergency medical care will be administered to the Lemont Fire Protection District EMT.
- Swimmers requiring evacuation via ambulance will be transported to Silver Cross Hospital: Emergency Room approximately 11.5 miles away from The Forge Lemont Quarries.

4. Missing Swimmer

- All swimmers will be issued a "Race Ticket" with their competitor number during the registration process. This "Ticket" will be collected as the swimmers enter the water.
- All swimmers will be required to provide a personal cell phone contact, parental cell phone contact, and a coach/handler cell phone contact at registration.
- All swimmers will be videotaped during the final inspection/accounting prior to the start.
- If a swimmer is reported missing and last seen in the water: Lemont Park District Lifeguards will activate their under-water search and recovery protocol. Concurrently, meet operations will attempt contact with the coach/handler and swimmer via cell phone. Meet Operations will also review the start list, withdrawal list, site race tickets, and view the pre-race video tape to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the nearest lifeguard if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

5. Support Vessels

The following vessels will be used:

- 3 canoes
- 10-14 kayaks
- All vessel Captains will attend a briefing by the Safety Officer.
- Spare vessels will remain clear of vessel exclusion zone unless summoned on to the race course by race control.
- Once the course has been set, the Course Officer vessel will remain clear of the vessel exclusion zones
- Unless summoned to the course by the Referee or race control
- All official's vessels will be equipped with the VHF radios on the race control network.

6. Parameters for Abandoning the Race

Any one of the following individuals are empowered to independently order the race abandoned due to unsafe course or other conditions.

- Meet Referee
- Safety Officer
- Illinois Swimming Events Director

If the race is to be abandoned, Race Control will relay via radio to all vessels to signal abandonment. Simultaneously, the Lemont Park District Lifeguard Supervisor will signal via their radio net to signal abandonment. The abandonment signals will be:

- From Officials Vessels – 5 short blasts followed by one long blast.
- From the Lifeguards – 5 short blasts of the whistle followed by one long blast.
- Swimmer actions are to:
 - Discontinue swimming
 - Look for directions from the Officials or water safety personnel
 - Once safe on the beach, proceed to the start/fish area and check-in.

7. Contingency Plan

- Due to the venue restrictions, it is unlikely any change to the shape of the course will be possible.
- If the race is abandoned, it will be postponed until later the same day. If the race must be abandoned for the entire day, there will be one day for a make-up on Wednesday June 22nd. If both days are abandoned then the event is cancelled and refunds will be processed.