



23rd Annual Lake Murray Dam Swim

EVENT MANAGEMENT & SAFETY PLAN

*2 Mile Open Water Swim
Across
Lake Murray*

September 18, 2021

RACE DIRECTOR: Karen Campbell
Event Safety Officer: Lexington County Fire & Rescue Officer TBA
Referee: Andy Rutledge

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1. LIST OF ORGANIZERS

Race Sponsor Clubs: Lexington & River Bluff High School Swim Teams

Race Director: Karen Campbell

Event Safety Officer: TBA – Lexington Fire & Rescue Officer

Boat Liaison Coordinator: Bradley Anderson

Technical Official: Andy Rutledge

Race Partners: Lexington County Sheriff's Marine Task Force, Lexington County Fire Service, Irmo Fire District, SC Department of Natural Resources, America's Boating Club of Lake Murray (LMPS), US Coast Guard Auxiliary, Lexington County EMS, Columbia Sail Club, Palmetto Paddlers and individual kayakers, Lexington & River Bluff HS Parents, and Lexington District One Educational Foundation.

Race Committee/Officers:

Race Director:	Karen Campbell	803-360-5038
Event Safety Officer:	TBA	803-513-3595
Boat Liaison	Bradley Anderson	803-920-0642
Swim Coordinator	Ann Moore	803-600-4526
Chief Referee	Andy Rutledge	803-600-6820
Starter	Drew Rutledge	
Boat/Course Command	Fred Ruinen	803-351-9677
Kayaker Coordinator	Kay Dyar	803-422-7180
Lexington Nurse	Jessica Whetstone, RN	803-528-5611
Irmo Nurse/Medical	Krystal Massey, EMT	803.730.9216
Swim Heat Management	Meredith Mowles	803-354-0603

Publicity & Social Media	Dora Sox
Social Media / Publicity	Meg Davis
Sponsorship	Ann Moore
Swimmer Hospitality	Julie Dunford (LHS)
LHS Head Coach	Foster Mathews
LHS Assistant Coach	Dora Sox
RBHS Head Coach	Meredith Mowles
RBHS Assistant Coach	Matt Mahrer, Tim Horan, & Annie Suarez Mahrer

Event Coordinators:

Volunteer Coordinator	Ann Moore
Timing Liaison	Tim Horan
Bus Coordinator	Foster Mathews

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Masters Swimmers Representative	Barry Clark/Tim Horan
Alumni Coordinator:	Samantha & Kristin Campbell
Year Round & HS Swim Team Rep.	Macy Hunter
Late Entry & Clerk of Course	Rosemary Wilson/Krystal Massey
Finish Line & Chute	Kevin Stuart
Race Bags Assembly	Jessica Whetstone
T-Shirts	Ann Moore
Mark Swimmers	Coaching Staff of LHS/RBHS Swim Teams
Awards	Jessica Whetstone
Appreciation/Thank You Notes	TBA
Race Bag Transport	Jay and Lisa Baker & Stuart Nickles
Spotter at Boat Landing	TBA

Event Operations Management:

Event Safety Officer	TBA
Lex Cty Fire & Rescue	Battalion Chief Nathan Prouser
Boat Liaison	Bradley Anderson
Swim Coordinator	Ann Moore
Traffic Management:	TBA
America's Boating Club of Lake Murray	Fred Ruinen
Lex Cty Sheriff's Deputies	TBA
Lex Cty Sheriff Marine Task Force	Deputy Troy Livingston
Dept. of Natural Resources	First Sgt. Hunter Robinson
Lex Cty Fire Services	Fire Marshal Robert Risinger
Irmo Fire Services	Fire Marshall Brian Haley
Lex Cty EMS	Deputy Chief Brian Hood
US Coast Guard Auxiliary	Commander John Bradley

1.1 Lake Murray Dam Swim Sanction

This event is not sanctioned; however, the race complies with well-established rules including safety regulations, race organization guidelines and provisions of third-party insurance coverage.

2. EVENT OVERVIEW

2.1 Introduction

The purpose of the annual swim across the dam is to raise awareness for boating and swimming safety.

Since 1999, BUI enforcement has increased since the inception of the Boating Safety Act. This is because of the impetus of the boating safety act and the public demand for this enforcement combined with increased training in BUI (Boating under the influence) detection and enforcement by the Lexington County Sheriff Marine Task Force and the DNR.

The 2021 Lake Murray Dam Swim is a 2-mile Open Water swim. Categories for competition are:

- Swim – 2-mile Open Water Swim **Men 18 and under**
- Swim – 2-mile Open Water Swim **Women 18 and under**
 - Swim – 2-mile Open Water Swim **Men 19 and over**
 - Swim – 2-mile Open Water Swim **Women 19 and over**

Support from the Lexington County Sheriff Marine Task Force, Department of Natural Resources, Irmo Fire & Rescue Services, Lexington County Fire & Rescue, Volunteer Kayakers, Lake Murray Power Squadron, and US Coast Guard Auxiliary have been and will be core elements in running a safe and enjoyable race.

Our intention is to work closely with public bodies and volunteers to ensure the number one priority is **SAFETY**. This has been achieved through early and effective communication and where necessary negotiation and agreement with the relevant public bodies to ensure that the event is both successful and above all safe.

2.2 Sponsors: Lexington & River Bluff High School Swim Teams

Lexington High School varsity swim team organized the first swim with the goal of promoting boating and swimming safety in memory of a child who died in a boating accident in 1998. In 2014, River Bluff High School Swim Team partnered with LHS Swim Team to work towards an indoor pool for the community. The event is an opportunity for all swimmers to participate from ages 11 and up in the hope that the event will create an awareness of the importance of an indoor pool for the Lexington community to be realized by the construction of a facility. Swimmers in the Lexington area must travel outside the county to swim year-round.

2.3 Lake Murray Dam Swim

(Lexington, SC) -- On Saturday, September 18, 2021, the Lexington High School (LHS) and River Bluff High School (RBHS) Swim Teams will sponsor the 23rd Annual “Lake Murray Dam Swim”. Online registration will begin in July 2021 following Dominion Energy approval for lake access. Check-in on the day of the event will begin at 7:15 a.m. The first wave of swimmers enter the water at 9:00 a.m. The 2 Mile Open Water Swim across Lake Murray begins from the Irmo boat landing (Lake Murray / Dominion North Recreational Area), crosses the lake past the three towers, and concludes at the Lake Murray Public Park on the beach in Lexington.

Numbers Expected:

After many area swimmers and triathletes asked to participate in the swim meet, what started out as a local fundraiser and memorial swim has become a Regional swim event with Masters-level, as well as USA Swimming participants 11-65 years old. The Dam Swim draws swimmers from all over the southeast. This year we are expecting approximately 300+ participants.

Registration Process:

Online registration will be available beginning July 21, 2021. Online registration will be cut off 7.20.2021

on September 8, 2021 at 11:59 p.m. Late entry online is available for a fee of \$80 September 9th – 15th but does not guarantee a tee shirt with entry. On September 18th, check-in starts at 7:15 a.m. at the registration table located on the Lexington Side of the Lake Murray Dam. During registration swimmers will be assigned their event number for the race, notified of the heat placement and given their plastic swim bag with tee shirt, required swim cap, and luggage tag. Additional labels will be provided to attach to swimmer's personal bag. Swimmers not checked in by 8:15 a.m. will not be permitted to swim.

Late Entry walk up registration will be accepted with forms printed, signed, and payment of fee \$80.00 paid by credit card or check 7:15 - 7:45 a.m. Note: All late entry swimmers will be placed in last heat groups.

There are NO changes to heats/groups for the event. All swimmers are numbered wearing color caps by heat/group. Swim heats will be set according to 500 time entered on registration. There will not be any "buddy" swimming request accepted due to the size of event.

All competitors will be required to sign a disclaimer and a swim proficiency declaration at registration.

Competitors with any medical conditions will be required to inform Race Officials at the time of registration.

2.4 The EVENT

2 Mile Swim Racecourse

Swimmers will leave the dock at the start and swim down a 30-yard-wide corridor which extends the length of the event course that will be free of any motorized watercraft, called the Water Safety Corridor (WSC). The WSC is further defined as a line between the Dominion North Recreational Area dock (Irmo side), start line, and the Lexington Lake Murray Park and Ramp Site #1 Beach (Lexington side), finish line. Its eastern boundary will be visibly identified by a line of buoy markers spaced approximately 1/3 mile apart parallel with the Lake Murray Dam and extends outward (West) from the buoys 30 yards. Once the event starts, only swimmers and kayaks will be allowed in this zone.

From the participant's perspective, buoy markers will be on participant's left. Stationary boaters & Sailboats will be on the participant's right outside of the WSC. Escorting kayakers will be on the participant's left or right. Race lane is between boats and buoy markers/kayakers. Participants must stay to the right of the buoy markers. Two Kayakers will be positioned at the entrance of race lane for swimmers to pass through at start from Irmo dock.

Event Procedures:

Swim:

- All swimmers will check in and registration to receive swim bag between 7:15 - 8:00 a.m.
- Swimmers move to next pavilion behind check in and attach luggage tag to their swim

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- bag and Timing Chip on ankle.
- Swimmers get in line for Race Staff to mark numbers and verify against swim bag, cap, and timing chip number.
- Swimmers number must be marked on upper back shoulder and upper arm by race staff immediately following check in.
- Swimmers must attach luggage tag to swim bag and drop off with Swim Bag Transport trucks provided in Irmo at entrance to dock/start or in Swim Bag pavilion on Lexington side.
- Swimmers attend Pre-Race Meeting at 8:15 a.m. on Lexington beach.
- ALL Swimmers will be transported by BUS from Lexington Park to IRMO boat landing for start at 8:30 by heat groups. Listen for group called. Swimmers MUST RIDE BUS.
- Swimmers must wear the swim cap provided at check in. Verify your cap number corresponds to your swimmer number. Cap will be worn with your race number on your right side in order that you can be identified by race officials
- Swimmers must listen for Heat/Group to be called by Clerk of Course at the entrance of the dock.
- Each heat of swimmers will be started from the dock-static position in the water holding onto the dock or dive from the dock by the Race Official. First group start: 9:00 a.m.
- The race will end with a beach finish crossing under the finish line sign.
- Participants will swim into the race chute and onto on the Lexington Dominion beach.
- All participants must cross timing mat under Finish Line Sign area.
- Participants must exit finish area after returning the electronic timing chip to race staff before leaving area.
- Swim bags can be picked up next to Hospitality by swimmer only, please.
- Proceed to Hospitality Pavilion where bag is marked for each participant.

Finish Chute

- Swimmers participating must exit the water and run across the timing mat under the Finish Sign. Participants will follow all safety rules. All Competitors must run/walk across the timing mat in the Finish Chute to receive an event time. Please return the electronic timing anklet after exiting the finish line.

2.5 Results

Finishing times will be posted following the final swimmers finish on the Lake Murray Dam Swim website and available on the Strictly Running.com site. Lake Murray Dam Swim site **is:**

2.6 Awards

AWARDS: A commemorative award will be given for **1st place** winners in the following categories:

2 Mile Open Water Swim

Men's, Women's, Boy's, & Girl's Events

Awards will be mailed to the recipients following the event

NOTE: Swimmers wearing wetsuits or using a floatation device during the event will not be eligible for awards.

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3. RACE DETAILS

3.1 Race Timetable

- | | |
|---------------------------------------|--|
| ● Race Bag Assembly | 9:00 a.m. Sept 17th |
| ● Finish Line Set up | 5:00 p.m. Sept 17th |
| ● Racecourse Set up | 7:00 a.m. Sept 17th |
| ● Site Setup | 7:00 a.m. Sept 17th |
| ● Swimmer check-in Lexington | 7:15 a.m. Sept 18th |
| ● Kayaker's briefing -Irmo | 7:00 a.m. Sept 18th |
| ● Marshall Briefing - Lexington | 8:00 a.m. Sept 18th |
| ● Race Briefing for competitors (Lex) | 8:15 a.m. Sept 18th |
| | (National Anthem, Race highlights, safety protocol, & prayers for all who lost their life on Lake Murray.) |
| ● Power Squadron Boats | 8:15 a.m. Sept 18th |
| ● Kayaker's in place | 8:15 a.m. Sept 18th |
| ● Swimmers bus to Irmo for Start | 8:30 a.m. Sept 18th |
| ● Sail Boats | 8:30 a.m. Sept 18th |
| ● Boats in place | 8:30 a.m. Sept 18th |
| ● SAFETY Boat/Coordinators Check In | 8:45 a.m. Sept 18th |
| ● Swim Event start (Irmo) | 9:00 a.m. Sept 18th |
| ● Swimmer's Cut-off time | Heat Start Time + 1 hour 30 minutes |
| ● Lake Murray Lexington Park Closing | Immediately following Clean Up by Noon |

3.2 Race Management Plan

An Event Safety Officer (ESO), independent of the Race Director, will be appointed. All safety issues will be the responsibility of the ESO. The ESO has the responsibility to ensure that the Lake Murray Dam Swim Event Management & Safety Plan and Risk Assessment Plan are updated and followed for each event. The ESO will be responsible for reporting any issues that compromise safety to the Race Director and take necessary actions to ensure adequate levels of safety. The ESO must be present at the swim event and must be acting solely as the ESO, with no other duties or responsibilities.

THE EVENT SAFETY OFFICER (ESO):

- Shall be responsible for all aspects of safety related to the conduct of the competition.
- Shall ensure that each watercraft is suitable.
- Shall check that the entire course and especially the start and finish areas are safe and free of all obstructions.
- Shall ensure that a sufficient number of powered craft are available during the competition to provide safety backup for the escort boats.
- Shall advise the Race Director if conditions are unsuitable for staging the competition and/or make recommendations for the modification of the course or the manner in which the competition is conducted; and

- Shall update and review the Event Safety Plan (ESP) with the Race Officials. The ESP shall be reviewed with all volunteers and participants by the Safety Officer.

3.3 Event Safety Plan

3.3.1 Race Headquarters

A central contact point/race Headquarters will be set up at the race venue in the Lake Murray park – Lexington. All necessary race information will be located here as will contact details of all the people involved with the organization and regulation of the race.

First Aid/Medical cover

- Lexington County Sheriff Marine Task Force, or another Law Enforcement boat will carry a qualified medical first responder.
- At least one ambulance with trained medical staff will be on call for the duration of the event.
- The ambulance will be located at 120 Conner Road, Lexington, SC 29072 (Life Star E.M.S.).

3.3.2 Traffic Safety Plan

Lexington County Sheriff Department will provide traffic safety monitoring and control on Hwy 6 at both the Irmo and Lexington Lake Murray Park entrances. Please refer to the links below for current park information and traffic flows for both locations.

- **Lexington Side:**
Lake Murray Park / Lexington • 1888 North Lake Drive • Lexington, SC 29072
<http://www.scgreatoutdoors.com/park-lakemurraypublicpark.html>
- **Irmo Side:**
Lake Murray North Park / Irmo Area
<http://www.scgreatoutdoors.com/park-northlake.html>

3.3.3 Water Safety Plan

3.3.3.1 General:

The water safety plan will be monitored and executed by the ESO, with assistance from local law enforcement agencies and volunteers on the course in the event of an emergency. Monitoring kayakers will be assigned a specific area to monitor along the racecourse. These kayak monitoring groups will communicate with swimmers and keep swimmers on course. Volunteers and local yachting/boating clubs will help establish a Swimmer's Safety Corridor and facilitate communications. Watercrafts and ESO will have VHF radios to facilitate communication, and cell phones as a backup. Kickboards and Life Jackets are available to swimmers from kayakers and watercraft throughout the racecourse.

3.3.3.2 Water Safety Plan:

- The Water Safety Corridor (WSC) is a 30-yard swimmer's corridor which extends the length of the event course that will be free of any motorized watercraft. The WSC is further defined as a line between the North Recreational Area (Irmo side) Dock and the Lake Murray Park and Ramp Site #1 (Lexington side) Beach with its eastern boundary visibly identified by a line of buoy markers spaced approximately every 1/3 mile and extends West from the buoys 30 yards.
- No motorized watercraft will be allowed in the WSC except Law Enforcement boats responding to a swimmer safety issue.
- 2 kayakers will escort each wave as they traverse the racecourse.
- Warm Up is encouraged with STRETCHING prior to swim. Sponsor Swim teams (LHS & RBHS) Athletes will lead stretching behind the check in pavilion.
- The start will be from a static position in the water holding onto the dock or dive from the dock.
- The start and finish areas will be clearly identified.
- Navigation of the course is the personal responsibility of the competitor.
- Swimmers are required to wear neon colored swim caps with their corresponding race number during the swim. These will be provided by the race organizer and distributed at check in.
- Swim course map is detailed in this document (*See Appendix A*)
- Swimmers will be sent off in waves, with the stronger swimmers first to maximize safety.
- The number of waves will depend on the number of registered competitors on that day.

3.3.3.3 Boater Safety Plan:

- There will be at least one powered craft with first aid on board.
- Canoe/kayak cover will be provided; and water safety personnel in a minimum ratio of 1:20 competitors will be provided.
- Competitors will not be more than 50m from assistance at any point on the swim course.
- The North Recreation Area (Irmo Side) is the emergency evacuation point.
- There will be support on the water from the Department of Natural Resources, Lexington County Sheriff Marine Task Force, Lexington County Fire Service, Irmo Fire Service, US Coast Guard Auxiliary, and Lake Murray Power Squadron, and 75+ Volunteer Canoe/Kayaks proficiently manned.
- Communications between Boat Crews and Event Safety Officer will be via VHF radios.
- Water evacuation procedures will be adhered to as outlined in paragraph 3.4.1
Contingency Safety Plan: Parameters for Abandoning the Race
- The names of all competitors who abandon will be recorded and communicated back to the Event Safety Officer, who will in turn inform the Race Director and Registration Officials.

3.3.3.4 Kayaker Safety Plan:

- The primary responsibility of our water support crew is to be the first line of safety during the swim.
- It is critical that each and every kayaker constantly scans the water in order to spot swimmers in distress.

- At the first sign that a swimmer needs your help, paddle over to the swimmer – being careful to avoid other swimmers. If a swimmer is in distress, approaching swimmers can swim around you.
- Approach the swimmer carefully, advising the swimmer to hold on to the bow of your kayak. DON'T let a swimmer grab the side of your kayak, causing you to capsize. Back away if the swimmer tries to grab any part of your kayak except the bow.
- If the swimmer needs assistance getting to a boat, have the swimmer hold onto the back of the kayak and quickly take the swimmer to a Power Squadron Boater (they will be located directly across from the buoy markers).
- If it is apparent that the swimmer requires immediate medical attention, raise your paddle to the vertical position and continually blowing sets of three (3) whistle blasts to summon the nearest support boat.
- Swimmers who are cramping or need to catch their breath may hold the nose of your Kayak and wait until they are ready to resume the swim without penalty or disqualification. Sometimes all these swimmers need is a nod of encouragement. Let them know that their anxiety is perfectly normal and to take it slow, get into a groove and relax! After all, this is supposed to be fun!
- To turn a swimmer who strays off course, move ahead and well in front of the swimmer and bang your kayak with your hand or paddle. This usually makes the swimmer raise his/her head and look at the kayaker; point out the direction the swimmer should go.
- Some swimmers may want to bail out immediately after starting because they aren't used to swimming in open water. This first portion could be the busiest for the kayakers. Again, if a swimmer does not want to continue the swim for any reason, have the swimmer hold onto the back of the kayak and quickly take the swimmer to a Power Squadron Boater (they will be located directly across from each buoy marker).

3.3.3.5 Other Water Safety Issues:

- A swim cut off time will be 1 hour 30 minutes after the respective heat start time.
- Non-Race personnel will not be allowed in the water, as permission has been given to competitors and safety crew ONLY.
- Anticipated water temperature will be above 78 degrees Fahrenheit (water temperature is typically around 83°F).
- To ensure all competitors have safely left the water, accountability will be as follows - swimmers will be identified through the clerk of course when entering the water and will be counted out of the water via the timing chip system. A back-up manual system will also be put in place to ensure the same number of swimmers exit the water as entered.
- The water quality of the racecourse will be monitored through the Dominion Energy water quality testing procedures.

3.4 Contingency Response Safety Plan

Most events are carefully planned and well organized, but a few fails and some of these are due to unforeseen emergencies. The purpose of this section is to plan for these unforeseen events, to

reduce their impact on the event, the participants and the reputation of the Lake Murray Dam Swim.

3.4.1 Parameters for Abandoning the Race:

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

- Meet/Race Director – Karen Campbell
- Meet Referee – Andy Rutledge
- Event Safety Officer – TBA / Lexington Fire & Rescue Officer
- Head Coaches – Foster Mathews/LHS & Meredith Shirk/RBHS

2. Conditions for Race Cancellation or Delay

The following will be used as mandatory guidelines for cancellation or delay of the race. This list is not all-inclusive and does not relieve or restrict the appropriate Race Officers from canceling or delaying the Race for any unsafe condition.

- Deteriorating Weather Conditions:
 - NW, W, or SW winds approaching or sustained at 10 mph
 - NE, E, or SE winds approaching or sustained at 12 mph
 - Lightning within 10 nautical miles
 - Any hazard to the swimmers

3. Actions that will be taken:

- Due to venue restrictions (parallel with the Lake Murray Dam), it is unlikely that any change to the shape of the course will be possible.
 - If the race must be abandoned for the entire day, participants make pick up their shirts, caps, and luggage tags. Due to the number of volunteers, logistics, approvals, colder water temperatures in the following month, and limited access to lake facilities, there will be no make-up date.
 - Registration funds are nonrefundable and will be a donation to the Lake Murray Dam Swim fund towards an indoor pool.
 - Delay Start of Event until hazard has passed.
 - If hazard is unlikely to pass over, postpone or cancel event.
 - If hazard occurs during event, ensure all competitors are directed to leave the Course immediately.
4. If the race is to be abandoned, ESO will relay via radio to all vessels to signal abandonment. Simultaneously, the LCSMP Chief will signal via LCSMP radio net to signal abandonment.
- a. The abandonment signals will be five (5) short blasts followed by one (1) long blast.
 - b. Swimmer actions are to:
 - a. Discontinue race
 - b. Swim to the nearest Boat or shore (not the dam which is rocky and very dangerous)
 - c. Once all swimmers are out of the water, boats are to report to the Irmo Dock to disembark swimmers.

- d. Once safely back on land, swimmers are to proceed directly to the Clerk of Course for accountability.

3.4.2 Swimmer in Distress:

Exhaustion from over-exertion, minor cramps

If you feel that you cannot complete the swim or you need the assistance of a kayaker, stay put and put one arm straight up in the air. A kayaker will come to you and discuss your options. It is perfectly legal to grab the nose of a kayak and wait out a cramp, get your breathing under control, etc. Don't hesitate to take the measures you need to finish your swim. (Note: If you need to grab onto a kayak, grab onto the nose; NEVER grab a kayak from the side, as you may tip it over). A smart athlete will know when it's not his or her day. You'll always be welcomed to come back and try again. There's no shame in taking a rain check on this event.

Swimmer in Severe Distress and Needs Immediate Assistance or Can Not Aid Their Own Rescue

A kayaker will probably be your closest rescuer. Do not under any circumstances try grabbing another swimmer; it will only make matters worse. Get the attention of a kayaker by putting one arm straight up in the air.

- The kayaker closest to the distressed swimmer will alert First Responders by continually blowing sets of three (3) whistle blasts while proceeding to the swimmer and provide floatation device.
- LCSD Marine Patrol will activate their water rescue protocols.
- Swimmers needing emergency medical care will be administered to by LCSD Marine Patrol following the LCSD Marine Emergency Procedures.
- The swimmer's name and race number will be recorded and relayed to the ESO as soon as known and time permits.

Missing Swimmer or Swimmer Beneath the Surface

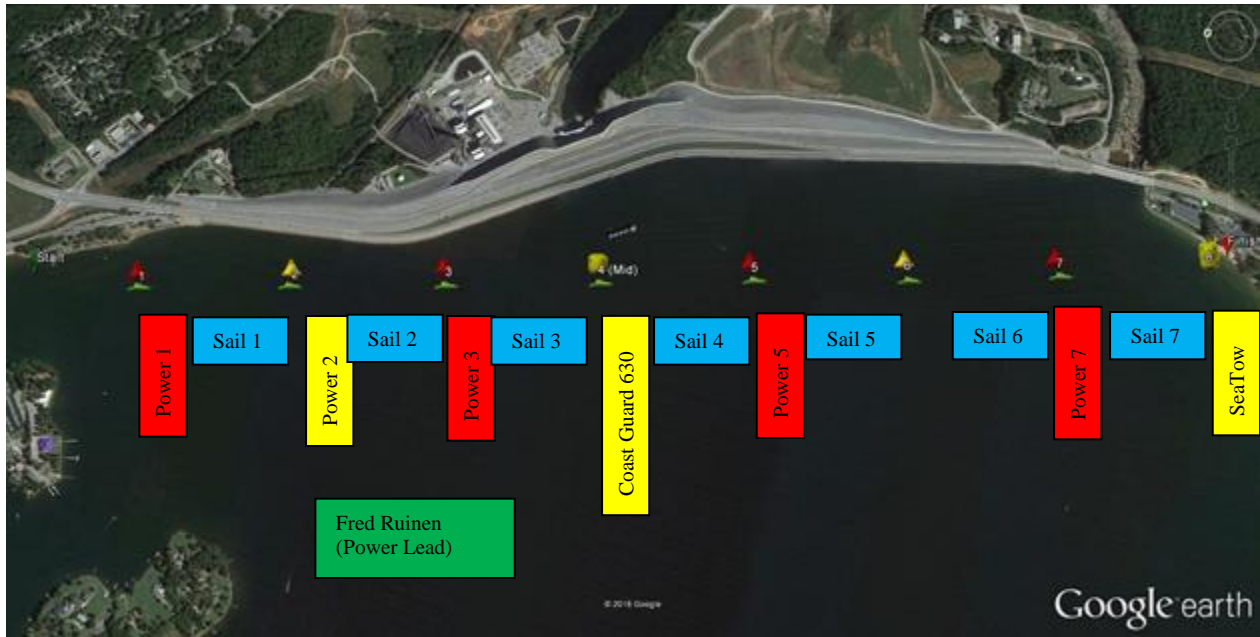
- All swimmers will be issued a "Race Chip" with their competitor number during the registration process. This "Chip" will be collected as the swimmers finish the race.
- All swimmers will be required to provide an emergency phone contact and a coach/handler cell phone contact at registration.
- If a swimmer is reported missing and last seen in the water: LCSD Marine Patrol will activate their underwater search and recovery protocol. Concurrently, meet operations will attempt to contact the coach/handler and emergency contact. Meet Operations will also review the start list, withdrawal list, and race chips to confirm the swimmer actually started the race. All swimmers are reminded before the race start that they must report to the Clerk of Course if they withdraw from the race. All swimmers who depart from the water will be identified by their race number.

4. Recipients of Race Management Plan

The following people / groups will receive copies of this document:

- ◇ All Race Committee Members
- ◇ All emergency service providers
- ◇ All Participants

APPENDIX A: Race Map



**** Additional Power Squadron Boats when available will be placed between markers. Sailboats are to pass behind squadron boats.**