



Spring Poole Swim

SANDBANKS BEACH, POOLE

21ST MAY 2016 – 08:45hrs

Normal Operating Plan (NOP)

Emergency Action Plan (EAP)



**RLSS Boscombe
LIFEGUARDS**

Normal Operating Plan

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Swim Course

**Swim Course Map:
Buoy Co-Ordinates**

**Appendix 1
Appendix 2**

Normal Operating Procedure (NOP)

LOCATION: SANDBANKS

21st May 2016 – 08:45hrs

1. Key Roles – (BSE = Bespoke Events)

- | | | | | | |
|-------------------|-------------|-------|---------------|--------------|--------------|
| • Event Organiser | Shore Based | [BSE] | John Lunt | Mobile Phone | 07885 964664 |
| • Safety Officers | Shore Based | [BSE] | Siobhan Eliot | Mobile Phone | 07970 766878 |
| | Water Based | [PLG] | Simon Moore | Mobile Phone | 07970 498528 |
| • First Aid | ??? | | t.b.a by BSE | Mobile Phone | t.b.a by BSE |

2. Min Equipment required

- | | | |
|----------------------------|----------------------|--------------------|
| • 03 x safety ribs | 10 x paddle craft | 02 x Shore Walkers |
| • 18 x handheld vhf radios | 12 x whistles | 02 x torpedo buoys |
| • 10 x Cold Cas Packs | sun protection cream | |

3. Tide Times

Poole Entrance HW=09:30hrs @2.0m (BST) LW = 16:40hrs @ 0.8m
 See item 13 for tidal graph for the day of the swim.

4. Communications

- The organisers of the event will co-ordinate the event via their own radios.
- Solent Coastguard to be informed of number of swimmers started and number finished.
- The Safety Cover will be co-ordinated via VHF radio as follows (Private Channel No. 1):

Call Signs:	Event Co-ordinator	Event Control	VHF Handheld
	Event Safety Officer (Dry side)	Event Safety	VHF Handheld
	Event First Aid Cover	First Aid Team	VHF Handheld
	Safety Boat 1	Poole Apollo	VHF Handheld
	Safety Boat 2 - Safety Officer-(Afloat)	Poole Legacy	VHF Handheld
	Safety Boat 3	Branksome Arancia	VHF Handheld
	Safety Boat 4 - (Optional)	Boscombe Zulu	VHF Handheld
	All other issued radios i.e. (Kayakers / Shore Walkers)		First & Last Names

- The waterborne Safety Officer will co-ordinate the Safety Cover.
- It is advisable that paddle craft have a whistle, to use in the event of an urgent request.

5. Reference to Swimmers

- ALL reference to SWIMMERS will be via their SWIM NUMBER and NOT by their names

6. The Swim

- Swimmers are to keep all Turn Buoys 1 – 4 to their left as they swim around the course.
- Swimmers must keep the Finish Buoy to their right as they make the turn to the finish line.

7. The Race Course

- The course is rectangular in shape and is 500m long, (i.e. 2 x 100m legs and 2 x 125m legs)
- From the start line the swimmer will swim out to the first turn buoy (150m from the start) being the seaward side of the rectangle course. They will then swim around the 4 x Turn Buoys in and Anti clockwise direction.

COURSE DISTANCES

1 x Lap = 500m (550m)	4 x Laps = 2.0Km (1900m)
2 x Laps = 1.0Km (1000m)	5 x Laps = 2.5Km (2350m)
3 x Laps = 1.5Km (1450m)	6 x Laps = 3.0Km (2800m)



TB = Turn Buoy FB = Finish Buoy

Please note that all distances will be approximate on the day of the swim

8. Cut Off Time

- There will be a cut off time of 90 minutes to complete all distances.
- Swimmer can not start a final lap after 1hour and 15minutes from the start time..
- Any swimmers still swimming at 90 minutes after the start of the swim will do so at the discretion of both the land based and waterborne Safety Officers.

9. Risk Assessment

- Please read the waterborne R/A for this event, especially regarding the safety of yourselves and the use of correct protective clothing for the conditions including the use of Sun cream

10. Safety Cover – How it Works

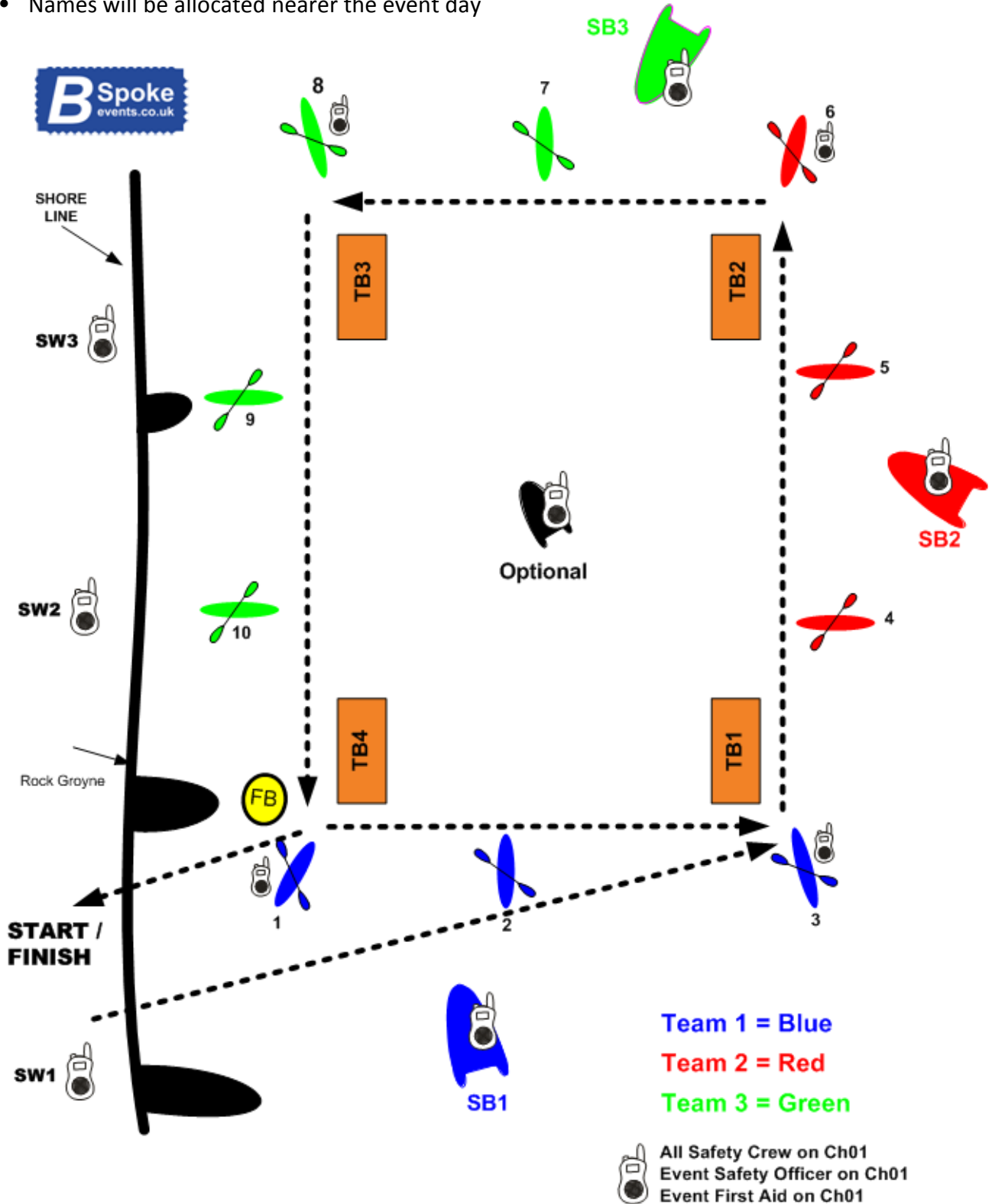
- Your role is Safety Cover, not to guide the swimmers on the course, so give them plenty of room.
- 1st Line of cover is provided by the paddle craft, which will be in allocated positions along the line of the course.
- 2nd Line of cover is provided by the safety boats with 'Poole Legacy' being the overall co-ordinator.
- Each Leg of the Rectangle Course will comprise a team consisting of 1 x Safety Boat and 3 or 4 paddle craft in set positions.
- The Helm of each Safety Boat will control their allocated team and co-ordinate with the safety officer afloat in Poole Legacy
- If a swimmer requires assistance for what ever reason they will raise one arm vertically in the air and attract the attention of the nearest paddler by calling/ shouting.
- On arrival: the paddler will assess the situation and if further assistance is required, will provide buoyant support by their craft whilst attracting the attention of their team's Safety Boat by the raising of their paddle / arm vertically. If assistance is urgently required then blow the whistle.
- The coxswain of the safety boat, on arrival, will then make an overall assessment of the swimmer's condition and take the appropriate action.
- Any action taken, regardless of what it is, must be reported to the waterborne Safety Officer on Poole Legacy. The Safety Officer will then inform the land based Safety Officer who will co-ordinate as necessary with First Aid Post / Event Organisers / Council.
- If Emergency action is required the Safety Officer afloat can contact the Coastguard by VHF radio.

11. Safety Cover - What to do

- The swimmers will start in waves of approx 150. The 1st wave is likely to be the 500m race, The 2Km race will start 10mins later and the 1.5km and 1.0km race 10mins after the 3Km race.
- At the start the swimmers will be in a tight group and will eventually spread themselves out into a line, or lots of smaller groups, as mentioned give them plenty of room and don't get in their way.
- The safety ribs will take up locations on the seaward side of the course and be ready to respond as and when requested. (Coxswains: remember that there is nothing worse than the smell or the taste of engine oil /fumes whilst you are swimming so please stay well clear of the swimmers and avoid causing too much wash when you pass them.)
- Safety RIBs and Seaward Paddle craft are to keep a look out for other incoming water craft/ users such as Windsurfers, Kite Surfers, Public Boats and or Spectator Boats that may try to enter the race arena and must attempt to intercept them to prevent them from doing so.
- Where possible a safety rib or paddler should not leave their position thus weakening the overall safety cover.
- Safety Crew to be prepared to spend 2 hours in a static position, so ensure you have energy provisions available out on the water – i.e. chocolate bars, bag of jelly babies, water etc.

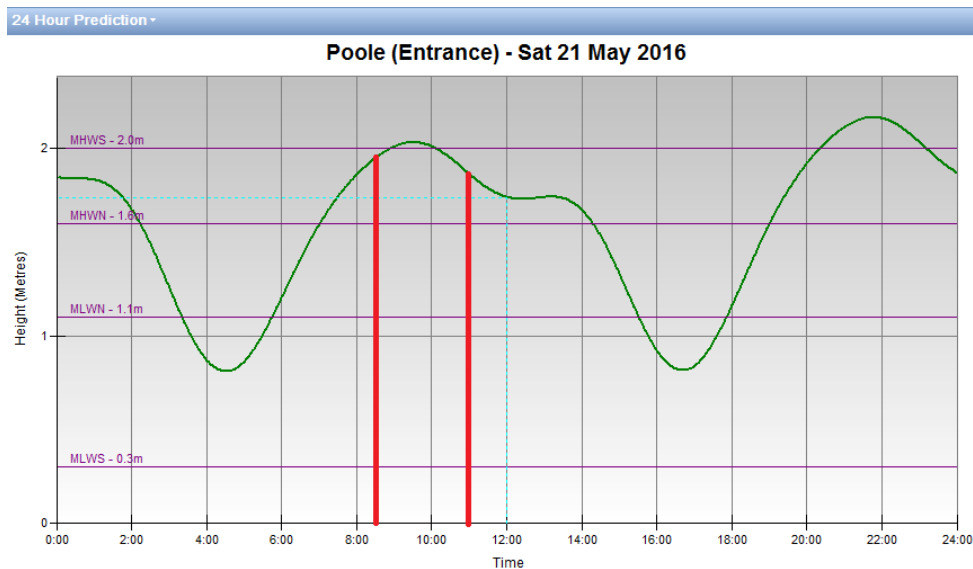
12. Safety Cover – Team Allocations

- This is an illustration of the positions of the Safety Teams and Radio Allocations.
- Names will be allocated nearer the event day



13. Tide Times

- The predicted tide times show that High Tide is at 09:3hrs
- The red lines indicate the approximate start and finish times of the event.



14. Turn Buoy Positions

SHORT COURSE - SANDBANKS - MAY SWIM	
TB1 50.689247° -1.932820°	
Degrees Lat Long	50.6892470°, -001.9328200°
Degrees Minutes	50°41.35482', -001°55.96920'
Degrees Minutes Seconds	50°41'21.2892", -001°55'58.1520"
TB2 50.690129° -1.931712°	
Degrees Lat Long	50.6901290°, -001.9317120°
Degrees Minutes	50°41.40774', -001°55.90272'
Degrees Minutes Seconds	50°41'24.4644", -001°55'54.1632"
TB3 50.690654° -1.932870°	
Degrees Lat Long	50.6906540°, -001.9328700°
Degrees Minutes	50°41.43924', -001°55.97220'
Degrees Minutes Seconds	50°41'26.3544", -001°55'58.3320"
TB4 50.689759° -1.933991°	
Degrees Lat Long	50.6897590°, -001.9339910°
Degrees Minutes	50°41.38554', -001°56.03946'
Degrees Minutes Seconds	50°41'23.1324", -001°56'02.3676"
FB1 50.689853° -1.934209°	
Degrees Lat Long	50.6898530°, -001.9342090°
Degrees Minutes	50°41.39118', -001°56.05254'
Degrees Minutes Seconds	50°41'23.4708", -001°56'03.1524"

A. Cancellation:

- The safety officers, (dryside and waterborne) will have the right to either cancel the swim due to adverse weather conditions or withdraw a swimmer or swimmers from the water pending conditions and length of time the swimmer(s) have been in the water.

B. Minor Incidents

- If a swimmer requires assistance for what ever reason they will raise one arm vertically in the air and attract the attention of the nearest paddler by calling/ shouting.
- On arrival: the paddler will assess the situation and if further assistance is required, will provide buoyant support by their craft whilst attracting the attention of the nearest safety rib by the raising of their paddle / arm vertically.
- The coxswain of the safety rib, on arrival, will then make an overall assessment of the swimmers condition and take the appropriate action.

C. Major Incident

- On arrival: if the paddler's assessment deems the situation urgent then the use of the whistle to attract the nearest safety rib will be required. The use of the whistle indicating URGENCY
- On arrival: the coxswain of the safety rib can make a decision to transport the swimmer to either a Shore Walker on the shoreline, or take back to the Start/Finish Line.
- Details of such an incident to be passed to the Safety Officer on board Legacy.
- Solent Coastguard to be informed immediately and regular updates given.

D. Emergency Action

- In the event of an emergency and the evacuation of the water by all swimmers being initiated by the Land Based or Waterborne Safety Officers, All paddle craft will sound their whistles and accompany the nearest swimmers to the shoreline via the shortest route and stay with them until collected by a Shore Walker.
- Safety Boats to ensure that all swimmers are accounted for & inform Event Control of situation
- Solent Coastguard to be informed immediately and regular updates given.

E. Retiring Swimmers

- If a swimmer retires from the swim please make a note of the time that they retired and approx distance completed and pass their details to the Poole Legacy.
- Depending on the distance from the Finish Line and the condition of the swimmer, they may be accompanied directly to the shoreline and placed in the care of a Event Marshal or Shore Walker.

F. Reporting Information Back to Swim Control

- Any action taken, regardless of what it is, must be reported to the waterborne Safety Officer on Poole Legacy.
- The Safety Officer will then inform the Event Safety / Event First Aid cover.



POOLE SWIM



Emergency Action Plan (EAP)

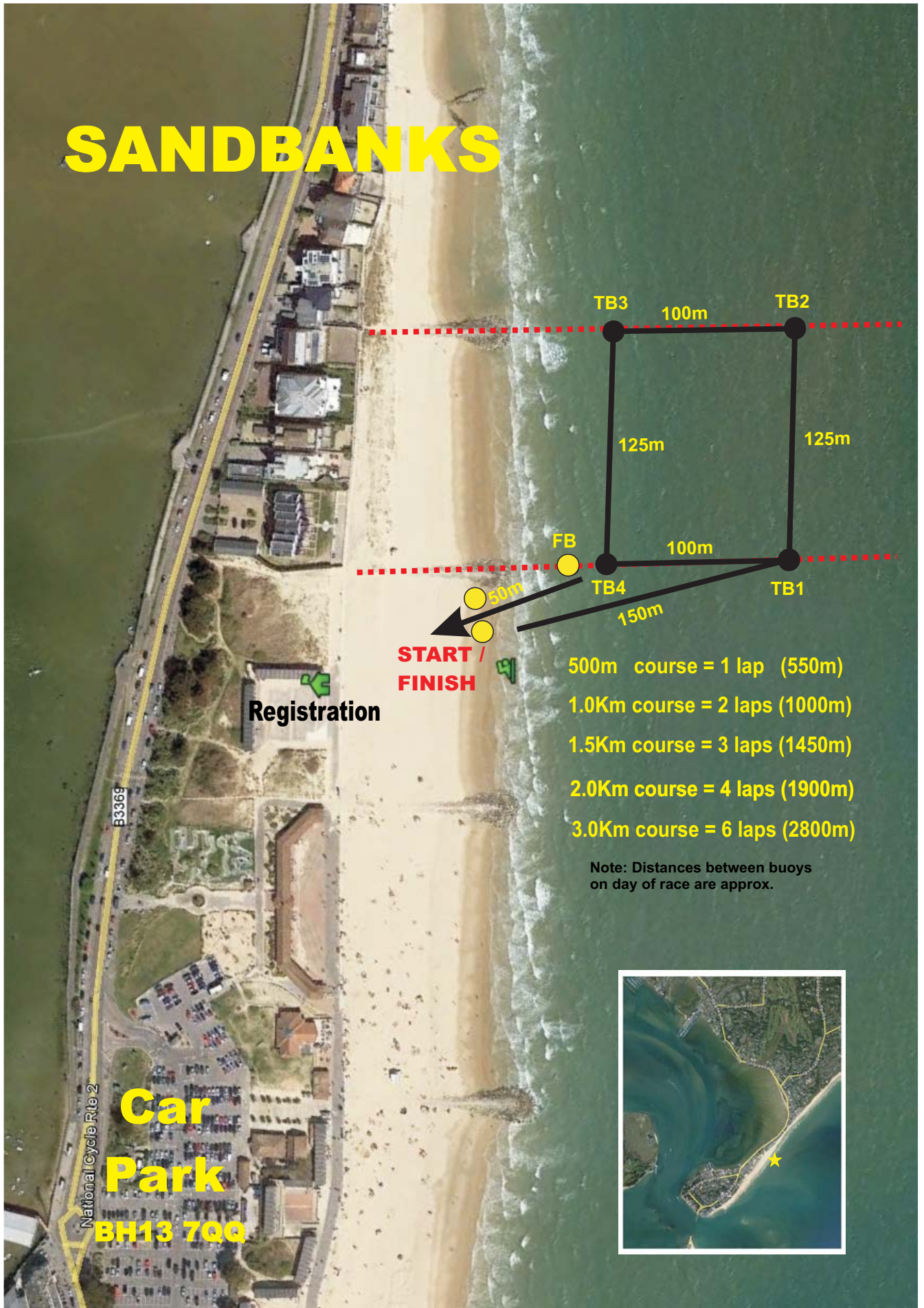
LOCATION: SANDBANKS

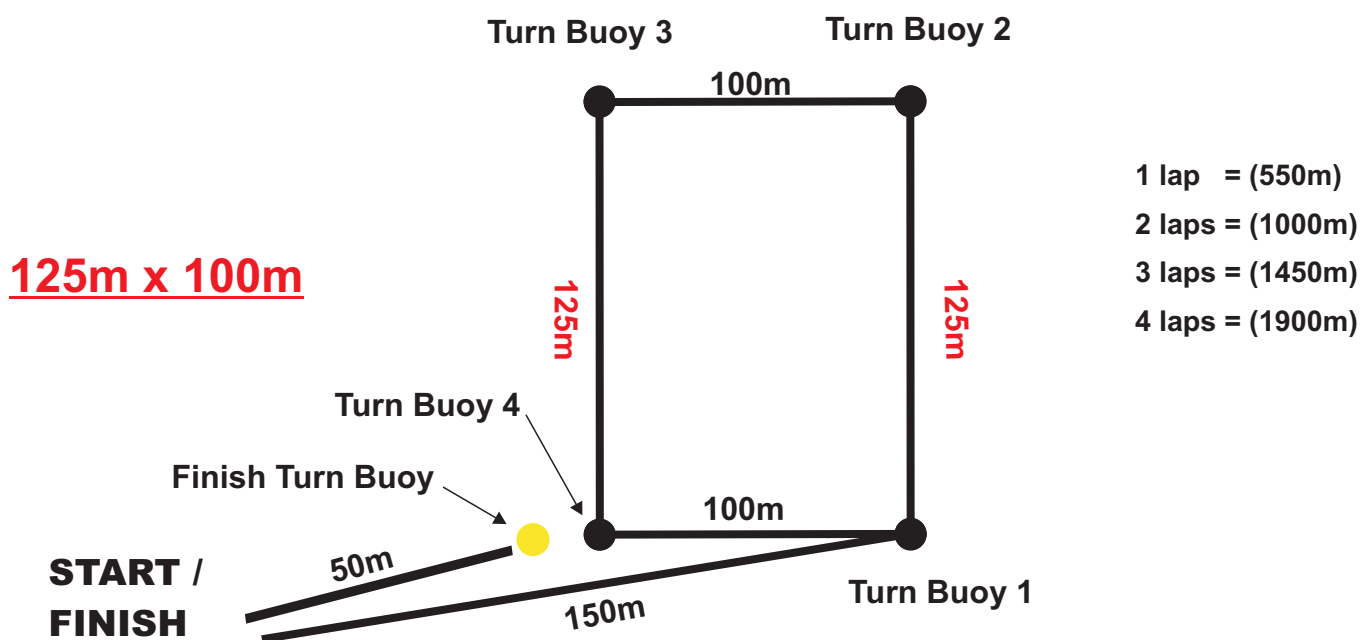
12th Sep 2015 – 08:45hrs

G. Adverse Weather Conditions and Cold Cas Packs

- The First Aid Post will have multiple cold cas packs, and each Safety Boat will be issued with 1 cold cas pack. These packs are to be used in the event of handling a cold casualty to keep them warm. Apply the blanket first followed by the survival bag to keep the wind and or rain off.
- When the casualty is transferred to the First Aid post a replacement cold cas pack will be given to the safety rib for the next cold casualty.
- In the event of a very cold casualty the First Aider will extract the casualty to a suitable warm location that can contain a heat source to help warm them up.
- **Silver reflective blankets are not to be used as these will reflect the cold back into the body.**

SANDBANKS





Turn Buoy 1

Degrees Lat Long	50.6892470°, -001.9328200°
Degrees Minutes	50°41.35482', -001°55.96920'
Degrees Minutes Seconds	50°41'21.2892", -001°55'58.1520"

Turn Buoy 2

Degrees Lat Long	50.6901290°, -001.9317120°
Degrees Minutes	50°41.40774', -001°55.90272'
Degrees Minutes Seconds	50°41'24.4644", -001°55'54.1632"

Turn Buoy 3

Degrees Lat Long	50.6906540°, -001.9328700°
Degrees Minutes	50°41.43924', -001°55.97220'
Degrees Minutes Seconds	50°41'26.3544", -001°55'58.3320"

Turn Buoy 4

Degrees Lat Long	50.6897590°, -001.9339910°
Degrees Minutes	50°41.38554', -001°56.03946'
Degrees Minutes Seconds	50°41'23.1324", -001°56'02.3676"

Finish Turn Buoy

Degrees Lat Long	50.6898530°, -001.9342090°
Degrees Minutes	50°41.39118', -001°56.05254'
Degrees Minutes Seconds	50°41'23.4708", -001°56'03.1524"