

Swimmer Safety Protocol for The Mackinac Island Swim

Swimmer's required safety measures

- All swimmers are required to wear a wetsuit*
 - *Except for swimmers opting to bring their own support crew
 - Swimmer will be required to have either (or both)
 - A kayaker with them at all times
 - A support crew following their swimmer around the island and checking in with staff at aid stations to update their status
- All swimmers are required to have a swim buoy
 - Marked with personal identification and emergency contact
- All swimmers are required to have a whistle

Additional safety recommendations that are not mandatory

- Swimmers are encouraged to have a support kayaker with them
- Swimmers are encouraged to have a support crew follow them around the island from land
- Swimmers are encouraged to pack footwear in their buoy for entry/exit

Chip timing system

The Mackinac Island Swim will be using a chip timing system or something equivalent (RFID tracking, QR code, etc.) as an initial means to track swimmers entering or leaving the water. We will also have a manual system set in place as a means of back-up.

Tracking swimmers from land and safety measures taken on land.

Staff will be responsible for checking swimmers out of the water if they decide they cannot finish the swim. Staff roaming the perimeter throughout the swim will also be responsible to contact finish line staff with these reports (swimmers exiting the water) as they occur. All volunteers and staff will be in wearing event shirts. Swimmers will be informed of this procedure during the online safety meeting. This information is also covered during registration and on the website's "info" link.

Lifeguards that are present on the land will be instructed to gradually spread out during the event to no more than $\frac{1}{4}$ mile spacing (this number is based on recommended distance of lifeguard towers at public beaches). The Mackinac Island Swim will follow American Red Cross standards and will thus have at least 1 lifeguard or medical professional for each 25 swimmers in the water. All lifeguards and medical staff present at this event will be wearing red shirts labeled with the swim's logo and the term "MEDICAL" or something equivalent.

Specific exchange points will be used for relay teams. These relay exchanges are noted on the map on page 4. Relay swimmers not in the water will be acting as additional support for land spotting and tracking of their respective swimmer.

Two aid stations will be located along the swim course. These locations can be seen on the provided maps. Each aid station will be supported by a volunteer crew that consists of at least one medical volunteer (lifeguard, nurse, doctor, etc.) and a roaming paramedic within at least 1 mile of this location.

Lifeguards and medical staff have full authority to address any swimmer they feel is struggling to be pulled from the water.

Tracking swimmers and safety measures taken from the water.

In addition to support kayakers with their respective swimmers, the Mackinac Island Swim will be providing kayak/boat support volunteers. A minimum of 1 volunteer kayaker per 20 swimmers will be provided. These kayakers will be moving along as the swim proceeds around the island. There will always be 1 lead kayaker with the fastest swimmer and 1 kayak with the slowest swimmer. All other kayakers will gradually spread out during the event and remain with the packs of swimmers as they disperse. Kayakers will be responsible for keeping swimmers within 200 yards of the shoreline. Support kayakers and volunteer kayakers will be differentiated by shirt color, each kayaker will be given a neon shirt or reflective vest for the event. These volunteers will also be required to carry cell phones and lifejackets.

Swimmers will be required to reach the North point of the island by 12:00pm or they will be escorted to shore and required to walk to the finish line per waiver they signed.

At minimum there will be 3 additional 6-8 passenger vessels in the water to assist with the event. These vessels will patrol the front, middle and back section of each herd of swimmers. These support crews will have cell phones along with marine radios to act as communications beacons for event staff on the island as well as in the water. Each vessel will include a minimum of 2 volunteers. One to navigate the boat and one to oversee the participants.

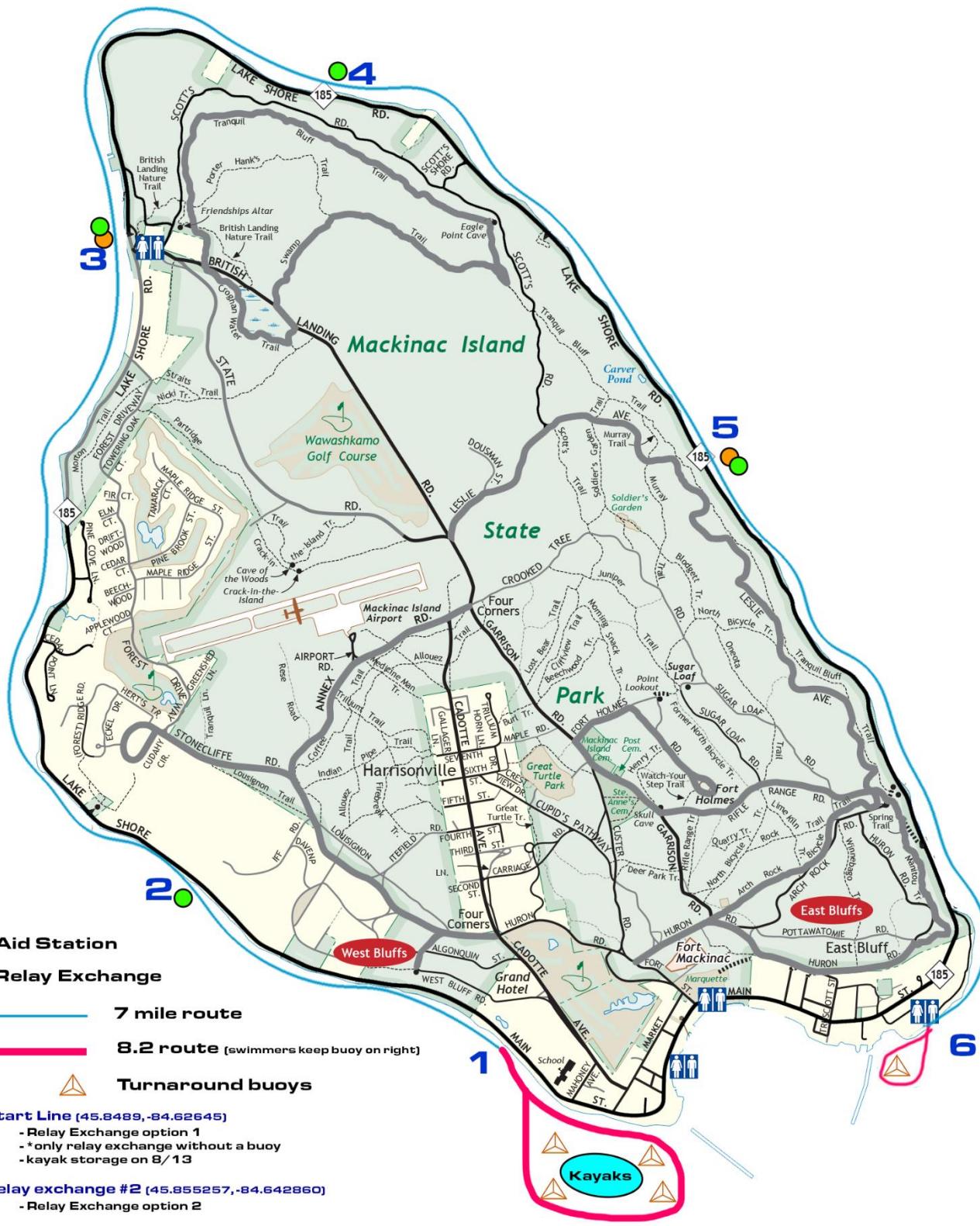
Communications

Cell phone signal has been tested at various locations around the swim course and signal shows sufficient strength in all locations for calls and messaging. All volunteers have been informed to carry a cell phone with them in case of emergency and given a list of emergency contacts which include: Paramedic staff, event director, finish line staff, boat staff and additional volunteers of importance. Kayakers are provided waterproof cases for their cell phones and urged to bring back-up batteries.

Volunteers on powered vessels as well as paramedics will be given handheld marine radios to communicate with in addition to the use of their cell phones.

Inclement weather

In the event of weather creating hazardous marine conditions or lightning being forecasted in the area, a decision will be made by the Event Director to cancel the event. If the leeward side of the island allows for safe swimming conditions, an out and back course will be used as a back-up route. The same protocols discussed for a swim AROUND the island would be placed for use in this OUT-&-BACK back-up plan.



● Aid Station

● Relay Exchange

7 mile route

8.2 route (swimmers keep buoy on right)

▲ Turnaround buoys

1: Start Line (45.84849, -84.62645)

- Relay Exchange option 1
- *only relay exchange without a buoy
- kayak storage on 8/13

2: Relay exchange #2 (45.855257, -84.642860)

- Relay Exchange option 2

3: British Landing (45.87749, -84.64542)

- Aid Station #1
- Relay Exchange option 3

4: NE Beach (45.88338, -84.63753)

- Relay Exchange option 4

5: Last Chance (45.87027, -84.6166)

- Aid Station #2
- Relay Exchange option 5

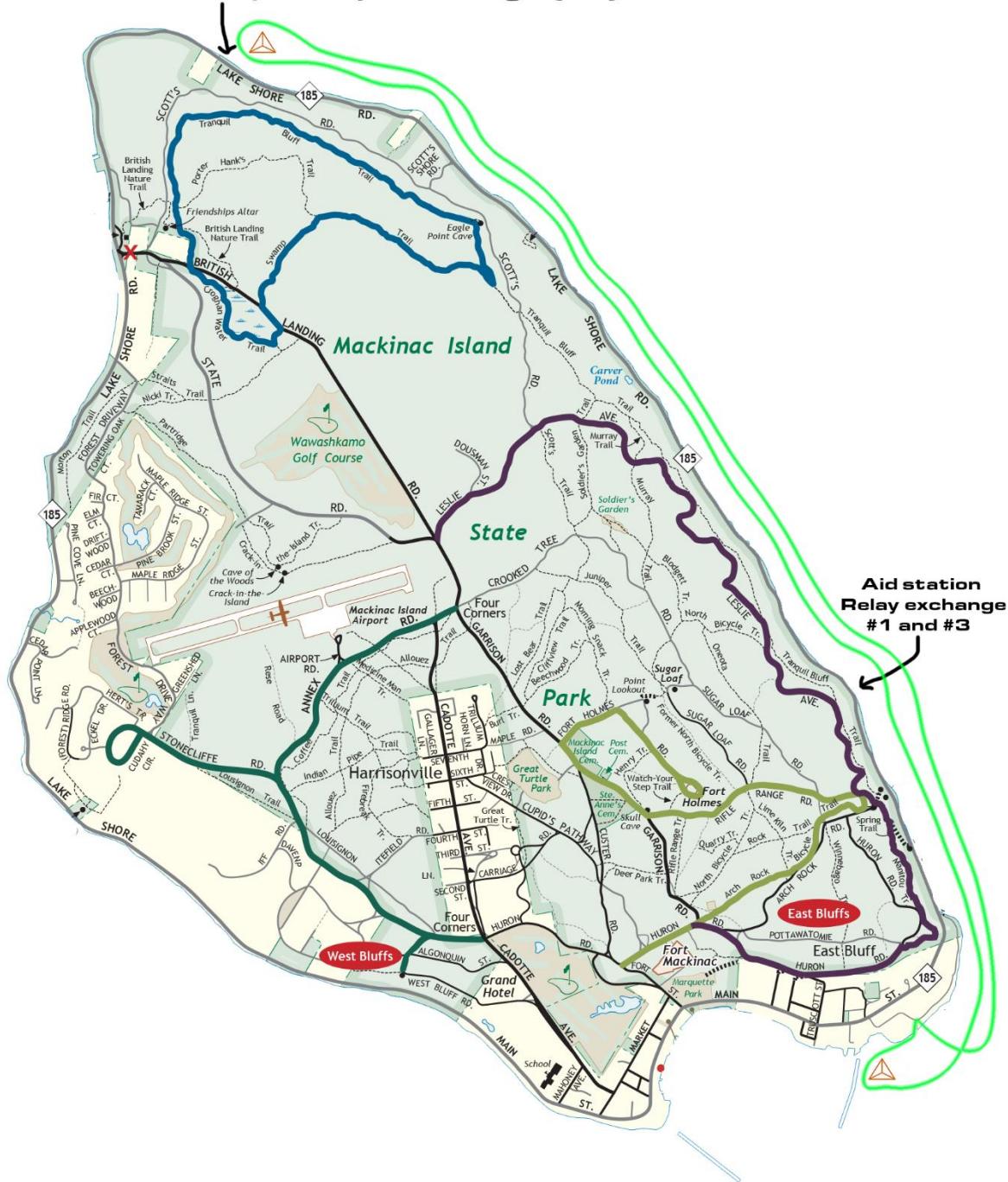
6: Finish Line!!!! (45.84971, -84.60491)

● Restrooms*

- Shepler's Docks (7:00am)
- British Landing
- State Parks Visitor Center (6:30am)
- Mission Point Conference Center

*there will be NO RESTROOMS at the START LINE. Plan accordingly.

Aid station/Relay exchange (#2)



Back-up route in the event of heavy west winds.