

La Conner Race Safety Plan

Welcome to the Sound Rowers La Conner Race – Saturday, February 7, 2009! We hope you have a safe and enjoyable race.

This safety plan has been produced to incorporate the key features of the race safety guidelines. We ask that each race participant and volunteer takes a few minutes to read it. If you have any comments that may help us improve this plan for next year please let us know.

Key Information

Registration	Laconner Boat Launch (below bridge)
Pre-Race Information	Pre-race meeting will be held at 9:15. The launch area is always a challenge. Racers are encouraged to use both sides of the float and provide plenty of time to launch. Restrooms are located at the park (up the hill and south of the bridge)
Start	Between the marker on the east shore and the north bridge abutment on the west shore.
Finish	Between the marker on the east shore and the north bridge abutment on the west shore.
Course	A map of the course will be posted in the registration area. Course distance: approximately 7.0 miles
Marshals	Course will be self-marshaled by race participants. Support boats by Skagit Bay Search and Rescue. VHF radios (Ch 69) and cell phones. Land based personnel at start and finish only. . 206-295-7508 - Race Cell Phone
Race Director	Greg & Kristin Gilda 206-295-7508 cell, VHF channel 69
First Aid & Safety Coordinator	Registration area by boat launch.

Hospital

Skagit Valley Hospital
1415 E Kincaid St
Mt Vernon, WA 98274
(360) 424-4111
skagitvalleyhospital.org

Island Hospital
1211 24th St
Anacortes, WA 98221
(360) 675-2229
islandhospital.org

United General Hospital
2000 Hospital Dr
Sedro Woolley, WA 98284
(360) 856-6021
unitedgeneral.org

Race Timers

Greg & Kristin Gilda (possibly someone else)

Emergency

Fire, Police, Ambulance call 911
Safety boats will be monitoring VHF channel 69.

Competitors' Responsibilities

La Conner Race personnel will endeavor at all times to ensure a safe event, but all competitors must follow marshals' instructions and take good care of themselves, others and equipment.

Equipment

It is the responsibility of all race participants to ensure that the equipment that they are using is safe, seaworthy and appropriate for the conditions that may occur during the race.

Coxes, paddlers, pedalers and other racers arriving at the start without life jackets will be disqualified.

Each participant is to have available an approved PFD and whistle. Horns, flares or smoke flares are optional for the **La Conner Race**.

Swimming Ability

Every competitor is expected to be in good health and must be able to swim a minimum of 50 yards as dressed. The water and air is typically very cold this time of year. While there is good access to the shore along the majority of the course we strongly recommend all racers stay with their boats and obtain assistance as needed from other racers or the safety boats.

Know the Rules

The **US Rowing** or **FISA Rules of Rowing** will apply as closely as possible, though we don't have separate lanes for each boat. There will be plenty of time to warm up after the pre-race meetings before each race starts, and racers are encouraged to do trial starts.

The race start is a mass start. The start and finish line will be between the marker on the east shore and the north bridge abutment on the west shore. The course heads down the Swinomish Channel, west past Goat Island, around "Can C-1" (the green buoy), and returns to the start. If the weather is foul the course may be altered to a more sheltered area.

All winners may collect their ribbons at the awards ceremony after the last racer has returned from the course. The 2008 post race soup'n'bread will be at the LaConner Garden Club after the race. To get to the Garden Club – go back to Conner Way to Sherman St. and left on S. 3rd St to Caledonia. At the stop sign at Caledonia, go straight and follow S. 3rd - it goes around a corner to the left and up a little hill. the left and up a little hill. At the top of that hill is a stop sign and S. 3rd has become S. 2nd and you're now at the corner of S. 2nd St and Commercial (Maple Hall is on the left). Go straight at this stop sign and the Garden Club is one block up on the left at 622 S. 2nd Street. You can park on the street all around this neighborhood (or you can go back to the big parking lot down the hill on S. 3rd Street - but it's a pay lot).

Accidents

If a racer, safety boat person or race marshal sees an accident they are to give assistance. Time spent by racers giving assistance will be deducted from their race time at the end of the race. While race marshals and safety boats will be on the course they are few and far between. If necessary, alert the rescue services by radio or phone as necessary.

While the whole course is generally visible to safety boat personnel and race marshals it might take a few minutes for them to reach the site of an accident. In the event of capsized racers are to stay with their boat, check for the safety of all members of their crew (if any) and either await assistance from safety boat personnel or from other racers.

Signal that you need assistance by one of the following methods:

1. Waving your hand or your paddle over your head. Note, don't wave in such a manner to say "hi" to the safety boats!
2. 3 blasts in succession on your whistle or horn.
3. Flare or smoke flare.

Of course, if you are close enough to potential assistance that merely raising your voice is adequate to get their attention, then that method is acceptable, too.

Each safety boat will have a throw rope on board. At the discretion of the safety boat captain racers will be either assisted back onto their vessel to continue on in the race or return to the start, or be taken on board the safety boat for return to the start with the racer's boat in tow.

Insurance

All race participants and volunteers must have filled out and signed the Sound Rowers waivers in order to be insured. Emergency contact information must be provided.

Exiting the Course

Should any racer decide that they are unable to complete the course please notify the race officials as soon as possible. Flag down a safety boat or call us on the telephone or via radio. If possible, the safety boat will assist you in returning to the start of the course.

Safety Boat Plan

Safety boats will be organized by Skagit bay Search and Rescue.

Guidelines for incident reporting

Racers are obliged to report ALL accidents and serious incidents to the Race Director and copied as necessary to the Sound Rowers Vice President of Insurance & Legal Issue. This is to

offer assistance and advice as well as to log the report with our insurance carrier. The club will be maintaining a log-book in which all these accidents are recorded, and we provide standard forms.

Failing to report accidents can have large repercussions. The lack of written evidence when someone is hurt in another accident, or suffers reaction a few days after an accident, does little to support the club's claims of efficiency and little to dispel thoughts of negligence.

Reports should contain

- A detailed summary of the incident, including date, time, names and numbers of boats and crew members, and light, wind and visibility conditions
- A sketch, showing boats, obstructions and direction of travel
- A statement by witnesses, by those involved, in other boats or on the shore
- The signature, dated and timed of the person making the report
- If the accident requires first aid treatment then the name of the first aid person should also be recorded, and the treatment given.

Reports should be filled in as soon as practical after the event, certainly within 24 hours. Copies should be kept for at least two years.