



## OPEN WATER SAFETY PLAN

**Event:** Winter swimming World Championships, Bled, Slovenia

**Venue :** Lake Bled, Olympic Rowing Centre Bled, Bled (SLO)

**Date :** 4-8 February 2020 with Open water events on 4 February (1.000 m) and 6 February (450 m)

**Control Authority :** License/approval to use venue: Rowing Club Bled and Municipality Bled

**Safety protection area:** Competition zone in the bay of Olympic Rowing Centre Bled with the marked corridor of 450/500 metres around marking bouys

## START / FINISH LAND AREA

The START/FINISH land area consists of:

- 1.1.** The Venue is located in Olympic Rowing Centre Bled, 15 minutes walking and 5 minutes driving distance from Bled Town center. The venue, accesable through the main and 2 side entrances, includes the Competition area (pool and the open water zone), Marshalling area, Information and accreditation centre, Changing rooms with showers and toilettes, Victory Ceremony Podium and Catering area. The Venue is open to the visitors.



- 1.2.** The Marshalling area is located in two locations – the gymnasium building with 2 line-ups and a tent in front of the pool with 4 line-ups. The entrance and exit is controlled by officials who allow access to the Marshalling area only with accreditation card.

### **PRE-START PROCEDURE**

1. Entrance to gymnasium 1 hour before start
  - 2 rows with 10 chairs
2. Guided tour with 2 marshalls to marshalling area
3. Marshalling area 10x6m
  - 4 rows with 10 chairs
4. Guided tour with 1 marshall to starting area
5. Swimming
6. Guide to the changing room after swimming

- 1.3.** The **START area** is in the docks between the two pontoons left to the main swimming pool facing the lake. Athletes are able to enter the Start area once their wave is being called. The swimmers are here checked by the referees (accreditation, start number, chip), watches, jewelery and similar are removed. After the check, referees take over the accreditation cards and puts them into the bag with the number of the swimmer. After all the swimmers have been checked by the referees and their accreditation cards



have been taken and put aside, the box is closed and given to the Finish referee, who returns the accreditations to the swimmers after the race. After all the swimmers of a wave have been checked, the referee in the START area allows them to enter the water using the sliding timber or the stairs along the dock, where the start line finds place.



**1.4.** The **FINISH area** is at the same place as the Start area.

After passing the FINISH line, athletes exit the water by stairs (if needed assistance, volunteers will help), -pick up their accreditations and then return the chips and pick up the numbered bags with clothes. The dressing rooms, showers and toilettes for the accredited swimmers are located in the Olymic Rowing Centre Bled complex.

**1.5.** The Victory Ceremony Podim is centrally located at the venue.

Start list and Results Board is located opposite the Information office.

## THE 450 AND 1.000 m SWIMMING ZONE

### 450 m SWIMMING ZONE



### 1.000 m SWIMMING ZONE

The 450 m and 1.000 m Swimming Zone consists of:

**2.1. START** is a line marked with a 20 m rope in the water, controlled by the two referees standing on the pontoon on each side.

#### **2.2. Swimming course**

The swimming line is marked only by the big orange bouys (diameter 50 cm), showing the turns.

#### **2.3. TURNING BUOYS**

The orange bouys at the both turns must be passed by swimmers' RIGHT arm.  
Swimmers IN 1.000 meters race must do 2 loops.

#### **USE OF TOW FLOAT BOUYS**

It is mandatory for every swimmer to use the safety bouy while swimming.

#### **2.4. SAFETY BOAT**

Inside the swimming area there will be safety boats floating and helping in case of emergency or lost direction.

#### **2.5. REFEREE CATAMARANS**

There will be two catamaran with a referee following the swimmers.

#### **2.6. FAST RESCUE BOATS**

There are two fast rescue boat with a licensed safety guard following the swimmers.

## WATER AND WEATHER

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### Water and Weather conditions (expectation)

**3.1. Water temperature:** The temperature on 1 February 2020 is 5,4 C and it is expected to stay around that point for 4 and 6 February.

**3.2. Ambient temperature:** The temperature on 1 February 2020 is 7 C and it is expected to stay around that point according to the weather forecast

**3.3. Wind condition:** no strong winds are predicted. No big waves are common for Lake Bled.

**3.4. Tide:** none

**3.5. Current:** none

**3.6. Water depth on course:** 10 m

**3.7. Maximum water depth on course:** 15 m

**3.8. Course bottom material:** stones and sand

During the competition, weather forecast will be released in order to inform all the participants. We will receive a detailed short term and middle term weather forecast on 1 February from ARSO Slovenia.

**Water quality condition report:** High quality bathing water, Water quality is approved by ARSO Slovenia – see appendix

## OTHER

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**4.1. Water Fauna:** Alpine Lake

**4.2.** The course is free of hazardous obstacles, pollutants and dangerous lake life.

## SAFE ON WATER & ON LAND SAFETY TEAM

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**5.1. Safety Delegate:** Mr. Aleksandr JAKOVLEV, mobile +371 29 242 520

**5.2. OC Safety Officer:** Ms. Meta ZUPANCIC, mobile +386 31 296 416

**5.3. OC Sport Director of Event:** Mr. Matej GLOBOCNIK, mobile +386 40 531 547

**5.4. Security Chief:** Mr. Boris SODJA, mobile +386 41 632 046

## WATER SAFETY PLAN

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### 6. Water Safety Plan

At the same time, the Water Safety Plan provides two security perimeters for the competition:

**6.1.** First safety & security perimeter, inside the competition area: The first safety and security perimeter will provide first aid for swimmers if required.

**6.2.** Second safety & security perimeter, outside the competition area: The second safety and security perimeter has two functions:

**6.2.1.** Providing rescue boats as second safety level in the event of an evacuation and

**6.2.2.** Controlling that only accredited boats enter the competition area, which will be patrolled.

**6.3.** Beside the boats and crafts mentioned above the OC will provide: 2 backup crafts

## LAND SAFETY AND SECURITY

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OC Security Service together with the Police will provide security outside the closed competition area, with adequate number of personnel.

## ZONES

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There will be separate zones for the accredited persons and public. The accredited areas can only be accessed only by accreditation card with the security personnel checking.

## EMERGENCY ACTION PLAN

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The emergency Action Plan can be activated by different incident that can be classified as:

**10.1. Minor incidents:** Minor incidents are considered to be those that may cause a delay in the start of the event or activate a first degree evacuation plan during the race:

**10.2.** All situations or accidents that involve activating an Evacuation Plan for one or more swimmers without endangering their safety.

**10.3. Problems with quality of water:** OC and IWSA will gain proper measurements and act according to the general public health guidelines and recommendations. Instructions for actions taken will be made clear to the participants.

**Severe incident:** can be classified as those that can lead to the postponement or cancellation of an event or activate a second degree Evacuation Plan during the race:

All situations or accidents that involve activating an Evacuation Plan for one or more swimmers with major physical problems that could possibly endanger the physical wellbeing of a swimmer.

**10.4.** Massive evacuation will be put into action for all those who are in the water during all of the following

**10.4.1.** Situations and accidents which involve endangering the lives of the athletes

**10.4.2.** Very extreme weather conditions

**10.4.3.** Thunderstorm

**10.4.4.** Water contamination with flammable or dangerous substances

**10.4.5.** Massive invasion of non-accredited boats into the race area

**10.4.6. EVACUATION PLAN**

Whatever the scenario the Safety Officer will be collaborating with the Safety Delegate and Race Technical Commission who can make the decision and would inform the Security Chief in order to proceed with the land evacuation measures.

In the case of a total evacuation of the swimming course: If this should occur, the entire Safety Staff would be informed in order to help the swimmers vacate from the course and reach the nearest shore or rescue boat.

The vessels unrelated to Safety will be forced to vacate the course in order to facilitate the rest of Safety boats have them carry out their proper tasks.

In case of a partial evacuation of course: where the swimmers cannot enter under any circumstances, for instance due to water contamination, the Safety Officer must seal off the area with boats located in that area and direct the swimmers to the closest safety shore point.

**10.5.** There is a general evacuation point provided with first aid station and ambulance vehicle at the Start/Finish area at Olympic Rowing Centre (the Venue)

**10.6. Loss of a swimmer:** In the event that a swimmer is missing during the recounting process a search process has been set into motion the following steps must be taken:

**10.6.1.** Checking of order of arrival of all the swimmers

**10.6.2.** Visual inspection of the entire field of play

If after all these measures were taken and swimmer still does not appear, the searching devices will be activated in the water.

## MEDICAL COVER

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Chief of Medical service of event: **PARAMEDIC Medical Service, Medical Chief Officer on duty**

First aid station: **PARAMEDIC Medical Service**

One rescue car on site at the start/finish area with clear way out from the venue to the closest road.

There will be one medic person present at the recovery area.

Two rescue boats on water, each with licensed lifeguard and diver/skipper

The 'handover' point from water safety to medical is in the start/finish area where appropriate both docking is in place, with following procedure:

1. *Once the rescuer and casualty reach the timber slide at the dock, the casualty should be turned with their back to the dock and the two rescuers in the water link under the armpits of the casualty on each side and lift them out of the water using the pontoon. Once the casualty's bottom is on the top pontoon the land based team members can take over. The casualty will be lifted away from the pontoon, scooped around so they are parallel to the water and then lifted onto the medical trolley. The casualty will then be trolleyed from the pontoon and care for the casualty will be taken over by the medical team at the rescue car. The casualty will be treated in the medical rescue car and, if required, the rescue car will take the casualty to the nearest medical centre for ongoing treatment.*

### RESCUE PRACTICE

A full **unconscious casualty rescue** practise with the water safety team and the medical team. This practice will take place on Tuesday, 4 February 2020, at 09:00.

Closest emergency centre: Bled Medical Centre, located only 1,5 km away from the Venue (6 minutes driving time), Jesenice General Hospital and Emergency Centre, located 12 km away, travel time 20 minutes

**General emergency phone number in Slovenia 112.**

## GENERAL COMPETITION SAFETY PROCEDURES

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The Technical Meeting for Open Water events participants will be held in the Catering tent at the venue:

- on Monday, 3 February at 17:00 for 1.000 meters race and
- on Wednesday, 5 February at 17:00 for 450 meters race

to inform the athletes about the execution of the open water swimming competition.

## AT START PROCEDURES

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Every open water swimmer must undertake the medical examination, which will take place in the medical room at the Venue according to the schedule:

### BLOOD PRESSURE TEST SCHEDULE

Monday, 3 Feb	12:00-17:00
Tuesday, 4 Feb	8:00-10:00
Wednesday, 5 Feb	8:00-9:00 and 16:00-18:00

Thursday, 6 Feb            8:00-9:00  
Please reserve enough time for this.

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## AT FINISH PROCEDURES

Medical staff will be available at the finish area in the First aid station to provide first aid for swimmers, if necessary.

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## EXCLUSION OF SWIMMERS IN OPEN WATER EVENTS

There are following cut-off times appointed for the open water swimmers:

- 450 m: 15 min
- 1.000 m: 30 min

Swimmers will be stopped by referees on boats signalling clearly by using a horn and gesticulation once they pass the cut-off time.

The water safety team will be allowed to stop and check a swimmer noticing following signs:

- changing stroke from front crawl to breaststroke,
- stroke rate slowly down,
- not being able to keep on line regularly,
- average speed slowing down significantly,
- concern over a swimmer from their support person.

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## GENERAL SCHEDULE

Monday, 3/2/2020: Technical meeting for 1.000 m race at 17:00

Tuesday, 4/2/2020: 1.000 m race at 10:00

Wednesday, 5/2/2020: Technical meeting for 450 m race at 17:00

Thursday, 6/2/2020: 450 m race at 13:30

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## VICTORY CEREMONIES

Will take place in the central part of the venue after all races of the day finish.