



Frances Thornton Memorial

Galway Bay Swim

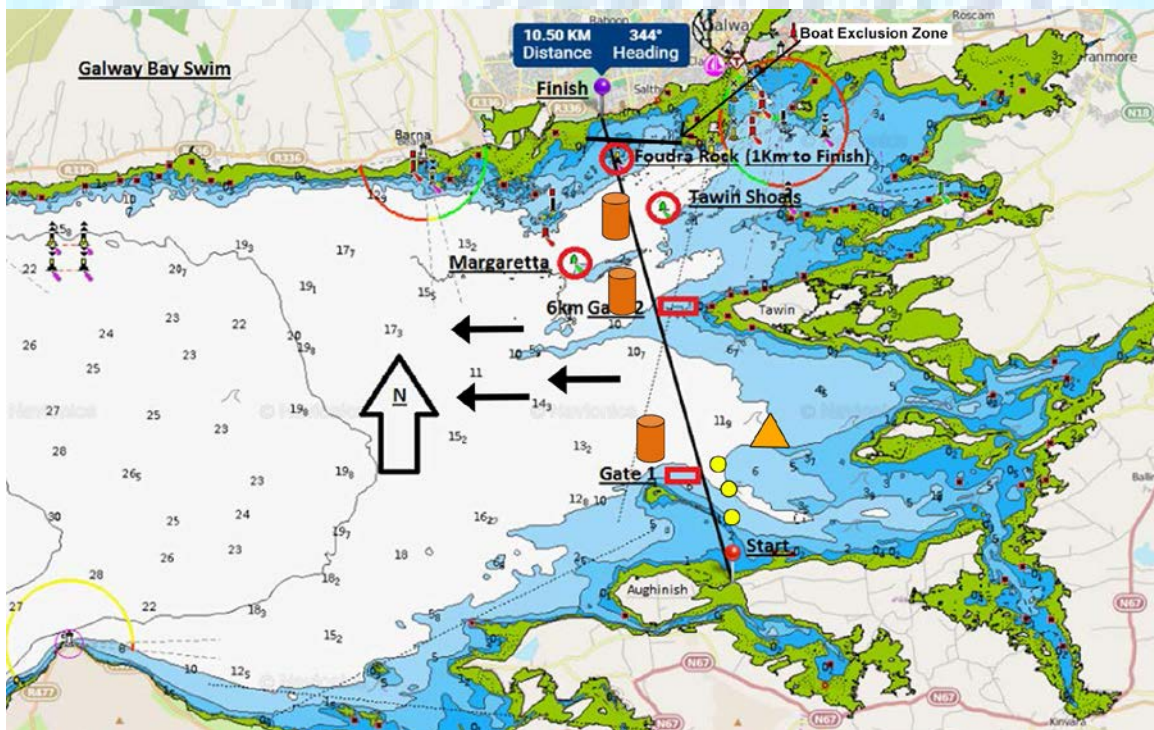
Safety Document

To Boat Captains and Crew:

Thank you for supporting the Galway Bay Swim. The skipper has a significant role in the safety and success of swimmers in completing the swim. Please read the information provided in this document below. Please also complete the online form for boat captains located on the Forms section of our website:

<http://www.galwaybayswim.com/forms/>

An event and safety briefing will take place in the week leading up to the swim where you will also be provided with your VHF Call Sign (boat number) and your Muster point for the bay swim. Further details are available on the <http://galwaybayswim.com> website and will also be sent via email to all registered boat captains 1 week prior to the swim.



Boat Captains

Skippers have two main roles:

1. The swimmer sets the speed and the skipper sets the course (direction) for the swimmer; and
2. The skipper is responsible for the safety of the swimmer(s) and support crew.

Note: It is recommended that your boat is launched on Friday night before the swim at the Galway docks adjacent to the RNLI station.

If you are familiar with Galway Bay and have a local slip that you launch from, then that is also acceptable. Additional information for boat captains will be sent via email and is also provided on the <http://galwaybayswim.com/> website and can be found under EVENT DAY INFO:

Event Co-ordinators

The Event Co-ordinators will brief all swimmers, support boats, crew members, ground crew and volunteers at the race and safety briefing on the evening before the swim. The Swimmers briefing will take place in the Cancer Care West Support Center from 6pm. The Skipper and Crew briefing location will take place in the week leading up to the swim and will be notified in advance to all boat captains.

Safety Officers

The Safety Officers will consult with and co-ordinate the support boats on the day of the swim. **The Safety Officers will take charge of all issues regarding the safety of the swimmers and of the support boats.**

An Emergency Action Plan has been put together. If an emergency arises, the person will be transported to the Galway Docks beside the RNLI boathouse, where they will be handed over to the appropriate medical services. The Order of Malta ambulance will be on standby at Blackrock to deal with any medical problems that should arise once the participant has left the water.

Safety Support Team

- Command Boat – Radio command for the day with One Doctor on the sea
- Lead RIB –
- RNLI – 4 crew members on board
- Civil Defense – Two RIBS with a total of 8 crew
- Lifeguards - One lifeguard at the start line in Aughinish
 - Two on site at the finish line in Blackrock

The Course

There are 60 solo swimmers and 10 relay teams registered to take part in the bay swim this year. There will be support boats for each solo swimmer and relay team out on the bay and a contact list will be distributed to all boat captains at the boat captain briefing. The event is a 13km swim from Aughinish in Co. Clare, through 3 buoy “gates” to Blackrock Tower in Salthill, Galway. The swim will take no less than 2 hours and no more than 6 hours to complete.

1. Notes for Swimmers

PRE-SWIM REGISTRATION – Evening before the swim

3 part process:

- Check in – Checking of Swim Proficiency Form, Checking of Medical Form, Cross checking assigned boat and skipper.
- Handing over of monies raised for Cancer Care West
- Collecting of race bag (hat, towel, goodies)

WHAT YOU NEED:

- The medical form and proof of qualifying swim form – no forms, no swim!
- Money and proof of monies raised – No money, no swim!
- Proof of having raised at least €500 for Cancer Care West. (€1000 for Relay teams)
- Food and supplies to give to your assigned boat captain and crew.

For fundraising forms or any queries regarding Cancer Care West, email Dave O'Donnell on david.odonnell@cancercarewest.ie

SWIM RULES

Swimmer Support: Each swimmer will have a boat and a captain whose role is to guide the swimmer across the bay and to provide safety coverage for their swimmer and crew. It is mandatory that each swimmer also have their own crew member on board to help with their drink and feeds and manage the swimmers on board gear.

- Swimmers must organise their own crew member on their boat. This is the swimmer's responsibility.
- Wetsuits are not mandatory for all swimmers but they are recommended.
- Swimmers may grease up before the swim (Vaseline or Goose Fat).
- Body Glide or Lanolin are also recommended to avoid friction burns for those wearing a wetsuit.
- All swimmers will be provided with a brightly coloured swim hat that **MUST** be worn for the Swim.
- Swimmers must not use fins, paddles, boards, pull buoys.
- Swimmers must not touch the boat and must not go on land at any time during the crossing.
- Swimmers must follow the course by passing through the three buoyed swim gates on the crossing or they will be disqualified.
- The total cut off time to finish the swim at Blackrock is 6 hours. The intermediate cut-off points for the swim are as follows:
 - Half-way Marker buoy (at approx 6km) – Swimmers must reach this buoy in less than 2.5 hours.
 - Three-quarter way Marker buoy (at approx 9km) – Swimmers must reach this buoy in less than 4 hours .
- Swimmers must reach the cut-off points by the designated time to be allowed to continue on the swim. Safety requirements in place for the swim dictate that swimmers will be required to leave the water if the cut-off

points are not reached by the designated times. The Race Director's and Safety Officers decision is final and need to be respected by all.

- If during the swim, the swimmer is struggling with the cold, tiredness, injury and, or requires medical assistance, the safety officers and the organisers of the Galway Bay Swim reserve the right to remove the swimmer from the water.
- All swimmers must make contact with their boat Captain – at the LATEST by, July 1st.

2. Notes for Support Boats

- Boat Skipper and Crew must attend the mandatory briefing on the week prior to the swim. Please complete and sign the online declaration AND the boat safety checklist prior to the briefing. Located on <http://www.galwaybayswim.com/forms/>
- At the briefing, each boat captain will receive the wave time and muster point for their swimmer.
- Each participating boat shall be insured with valid third-party liability insurance with for the duration of the race.
- Competitors participate in the event entirely at their own risk. Frances Thornton Galway Bay Swim (FTGBS), it's Officers, Committee, Organising Committee, Race Officers and/or Race Committee will not accept any liability for material damage or personal injury or death sustained in conjunction with, prior to, during, or after the race.
- The owner/skipper is responsible for warranting the suitability of the boat for this race.
- Type of boat most suitable is a 4.5m Rigid Inflatable Boat (RIB)
- Maximum number of swimmers in the water per boat is two
- Minimum recommended crew per boat is two
- Crew should be suitably qualified under the ISA National Powerboat training scheme or equivalent
- Boats should be fully equipped as per checklist in *Appendix 1*

- Instructions to Support Boats can be found in *Appendix 2*
- Proper marine communications (VHF Marine Band Radios) should be available to each boat. The Channel for the day will be decided upon at the race and safety briefing.
- Each boat will be given a contact list of all boat captains, crew, ground support and medical personnel for the day.
- Boat crews should be available an hour and a half before the swim start for final briefing and boat check by Event Co-ordinator / Safety Officer
- **A boat check will take place on the morning of the swim, to ensure it is appropriately equipped.**
- Everyone on board a safety boat must wear an appropriate personal flotation device
- A boat / swimmer that retires from the race shall notify their port of destination to the Event Coordinator as soon as is practical after retiring. If the Event Coordinator is unavailable, **and/or does not acknowledge**, at least one other boat in the race should be informed and the message should be relayed to the Event Coordinator as soon as practical.

3. **Schedule**

Boats and Crew

On the evening before the swim, all boats to be in the water in the Galway docks, beside the RNLI boathouse (unless alternative launch point has been previously arranged). A section will be cleared by the Harbour Master for this.

4. **Emergency Action Plan**

- A Ground crew will be located at the finish line at Blackrock on the day of the swim.
 1. Doctor stationed at the finish point Blackrock

2. Order of Malta Ambulance stationed at the finish point Blackrock
3. Two lifeguards stationed at the finish point Blackrock
4. One lifeguard stationed at the start point at Aughinish
5. 1 Jet ski stationed at the start point at Aughinish
6. 5 Stand Up Paddle Boarders at the finish point at Blackrock tower.

- The Ground crew will take up positions at the start and the finish following the briefing on the morning of the swim.
- The Ground crew will have first aid and heat blankets at their location along with the Order of Mata ambulance, which will be on site.
- They will also have transport available at the location
- In the event that emergency assistance is needed or a medical emergency should take place, the Ground crew will co-ordinate contacting the on site ambulance and ensuring that the swimmer is transferred safely from the support boat to the ambulance. *(Refer to Appendix 2 for further details)*
- The Ground crew will help to co-ordinate the transport of swimmers in absence of ambulance.

We look forward to welcoming you to the Galway Bay Swim.

Thank you,

The Galway Bay Swim Committee

Boat Safety Details & Declaration. Please complete using our online Form:

<http://www.galwaybayswim.com/forms/>

Boat Details:

Boat Name:		Make/Model:
Colour:		Length:
Engine: Make/HP	2 or 4 stroke:	VHF Call Sign:
Please include a clear, colour photograph of your boat with this form.		

Skipper:

Name:	E-mail:
Address (home):	
Telephone:	Mobile (must be onboard & on during swim):
Boat handling qualifications:	
Other qualifications (first aid/lifeguard/MOB recovery etc)*:	

Owner (if different from 'Skipper' above):

Name:	E-mail:
Address (home):	
Telephone:	Mobile:

Crew:

Name (print & sign):	Mobile:
Name (print & sign):	Mobile:
Name (print & sign):	Mobile:

Safety Equipment:

ITEM	Yes/No
VHF Radio (Mandatory)	
Life Jackets/Buoyancy Aids – for crew & swimmer (Mandatory)	
Flares (Mandatory)	
Anchor & Wrap (Mandatory)	
Auxiliary Engine (Mandatory)	
Insurance Number & details: (Mandatory)	

I declare all above details to be correct & that I have read & understood the safety statement. I also confirm that my vessel is equipped with the above safety items. I acknowledge that my participation in this event is at my own & exclusive risk in every respect. I agree to indemnify members & servants of The Frances Thornton Memorial Galway Bay Swim in respect of all & every loss, injury or damage to myself, boat, crew and all third parties. I confirm that I have read the above and that my crew & support team are aware of these undertakings.

Skipper Signature _____

Date: _____

Appendix II – Instructions to Support Boats

Objectives:

- Steer swimmers on course via the course shown on the chart and through the marker buoys. The swimmers follow their support boats. The swimmers dictate the pace of the boats.
- Provide food and fluids to swimmers as requested
- Provide information to swimmers as requested
- Re-assure and encourage swimmers

Scenario 1: Swimmer in Difficulty – Tired or Cold

Actions:

- Allow swimmer to be supported by boat – be prepared to enter water to assist if required.
- Attract attention of safety boat and or ground crew by VHF or by mobile.
- Take swimmer aboard boat and keep warm
- Transfer to cabined boat, continue to keep warm
- Transfer to Blackrock Tower in Salthill, Galway

Scenario 2: Swimmer in Difficulty – Medical Emergency/Emergency Assistance

Actions:

- Remove swimmer from water immediately. One support boat is sufficient to perform a rescue.
- Administer first aid and keep warm
- Attract attention of safety boat and or ground crew by VHF or by mobile
- Transfer to The Galway Docks beside the RNLI boathouse, as quickly as possible bearing in mind other swimmers on course
- Ground crew to be notified and to be on standby at Blackrock also
- Transfer to awaiting Ground crew / ambulance