

Safety and Training Manual for Swimmers, Paddlers & Boaters

A Guide to Safely Crossing the Lake

Questions? Contact us:

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Introduction

Women Swimmin' for Hospicare is a community swim (not a race!) that raises money to support the mission of Hospicare & Palliative Care Services. The safety of all participants, volunteers, staff and guests is of utmost importance! This is a large event with many participants of varying ages and abilities, so it is important for everyone to be aware of the roles each person plays, and other information or procedures set up to ensure the safety of everyone present. Please read the entirety of this Guide to understand how we all work together to make sure everyone has a fun and safe swim.

For updates and news, be sure to regularly check our website at womenswimmin.org or our Facebook page at facebook.com/WomenSwimmin.

The remainder of this guide outlines safety procedures and expectations related to the swim across the lake for Lake Swimmers, Paddlers & Power Boaters/Wave Runners.

Lake Swimmers

Swimmer Requirements

All Lake Swimmers participating in Women Swimmin' for Hospicare must identify as female, be age 18 or older by the day of the event and assert that they are physically fit and ready to swim 1.2 miles in open water, under their own power.

As a Lake Swimmer for Women Swimmin' for Hospicare, you agree to:

- Pay a non-refundable \$30 registration fee when you register.
- Sign our liability waiver and publicity release.
- Raise (or donate) \$300 (this does not include registration). In July we will check with swimmers who have not reached their fundraising minimum to confirm that they still plan to participate and have the tools and information they need to be successful in reaching their fundraising goals.
- Swim within the swim lane for the entire course as defined by the Line Safety Paddlers & Kayak Safety Team (KST), with the guidance and support of their Escort Paddlers.
- Follow the rules outlined by Hospicare and the Women Swimmin' Committee, including, but not limited to, not entering the water unless specifically directed to do so.
- Wear a Women Swimmin' swim cap, a swim buoy, and a tracking wristband for the entire course.
- Cross the lake under your own power.
- Cross the timing mat at the entry point, to the finish chute when you finish your swim, and have your wristband removed by a volunteer.
- Stay home if you feel sick or have a cough, a fever, or are having difficulty breathing.
- Email womenswimmin@hospicare.org if at any point you realize you will not be able to participate in the swim.

Physical Expectations

You should not participate in the swim if on the day of the event you are not in good health or have become aware of any physical or medical condition that would make participation in the event an unacceptable risk. You should be able to walk into the water from the shore, or go down a ladder from the dock, or jump in the water from the dock, and swim 1.2 miles across the lake. By the day of the swim, you should have enough experience, and should have undertaken sufficient training, to be highly confident of your ability to complete the 1.2-mile course in

conditions that might be considered “choppy.” However, you always have the option to leave the swim course if you don’t feel safe.

Swimwear and Equipment

Whatever swimwear you choose to wear or equipment you choose to use, be sure to borrow, rent or purchase it several weeks before the swim. Arrange some time to try it out in the lake so you can see how it feels and get used to swimming in it. The day of the swim is not the time to try out new equipment!

Swimwear

Lake swimmers are required to wear a swimsuit or other appropriate swim gear. Many swimmers choose to wear wetsuits, swim shirts (rash guards), or swim skins. The following descriptions should help you evaluate the benefits of each type of swimwear and determine what might work best for you on the day of the swim. The lake temperature may influence your choice. You can periodically check the water temperature at LakeMonster.com.

- **Wetsuits:** Lake water can be cold. Wetsuits trap a thin layer of water next to your skin, which quickly heats to your body temperature and acts as insulation. Wet suits also can protect against the sun (depending on sleeve length) and make you more streamlined and buoyant in the water. Wetsuits can be full-body coverage, short-sleeved or sleeveless, lava pants, or “long-janes” in shorts or full length.
NOTE: Water temperatures above 84 degrees can make it easy to overheat in a wetsuit. If water temperatures are on the rise and you still want to wear a wetsuit, consider a sleeveless one.
- **Swim Shirts (Rash Guards):** Swim shirts come in fun patterns and provide good sun protection (many are UPF 50+) while you are in the water, but their basic purpose is not to keep you warm. Loose-fitting shirts will create quite a bit of drag, which may slow your swim. If you choose this option, the shirt should fit snugly.
- **Swim Skins:** Swim skins are smaller, thinner and non-buoyant alternatives to wetsuits and can be worn when the water is too warm for a wetsuit. A swim skin is designed to be very snug. It enhances speed through the water by compressing the body and creating minimal friction with the passing water.

Equipment to Use

In addition to your swimsuit, the other two mandatory items you must wear for Women Swimmin’ are the Women Swimmin’ latex swim cap you’ll receive in your swimmer packet and swim buoy (swimmers must supply their own if they did not purchase one upon registration). Every swimmer in a pod wears the same color swim cap to indicate they’re a group and to differentiate themselves from other pods entering the water around the same time. The bright colors are important for visibility and you must wear it for the entire swim.

These items are all acceptable to use during Women Swimmin’ if you’ve been practicing with them:

- Goggles
- Fins or flippers
- Swim buoys. These are required as they make you more visible to everyone supporting your swim!

Equipment NOT to Use

For safety reasons you will not be allowed to use:

- A snorkel: The lake can be choppy and water may wash into a snorkel pipe, which can be dangerous if you don't know how to clear it. A snorkel can also limit your awareness of your surroundings, including the escort paddlers who are guiding you across the lake.
- Personal flotation devices or kickboards. Be honest about your comfort level in the lake: if you have not swum a mile before, this is not the time to do it for the first time.
- Equipment you've never used before. The day of Women Swimmin' is not the day to try out new equipment or swimwear!

Important Notes About Swim Equipment

We recognize some women have physical needs that necessitate non-standard equipment. If you would like to request any accommodation or additional equipment (other than a wet suit, goggles, flippers, and/or a latex swim cap), please share that request with the Women Swimmin' organizers as soon as possible. Please email this information to womenswimmin@hospicare.org.

Training Tips and Information

Be sure you are comfortable with the distance and swim in the lake at least once during the summer.

Training for Women Swimmin' is an essential responsibility to yourself and other participants! Remember, your comfort and safety help ensure the comfort and safety of 300+ other swimmers and 150+ paddlers and boaters. Suggestions for training, a list of places to swim in Ithaca and information about swim clinics can be found on the [Lake Swimmer Information page on the Women Swimmin' website](#).

Paddlers and Boaters

With an anticipated 300+ swimmers crossing the lake, paddlers and boaters for Women Swimmin' play a vital supporting role! You're an integral part of the event's overall safety plan.

General Requirements for all Paddlers and Boaters

All volunteer paddlers and boaters must be at least 18 years of age by the day of the swim. Similarly, anyone who is a second paddler in a tandem craft, or any passenger on a power boat or wave runner must be 18 years of age. This is an insurance requirement.

As a support paddler or boater for Women Swimmin' for Hospicare, you agree to:

- Register as a paddler or power boater at the Women Swimmin' website (www.womenswimmin.org). If you're not able to sign yourself up online, contact Hospicare staff to help you, 607-272-0212.
- Attend the designated Mandatory Meeting the week of the swim.
- Paddlers: Arrive at the Myers Park in Lansing NY on swim day with enough time to unload, park your car, launch your craft and paddle to your assigned spot.
 - Line Safety Paddlers (LSP) & Kayak/SUP Safety Team (KST) arrive by **5:45am**
 - Escort Paddlers arrive **90 minutes** before your pod's scheduled start time
 - Pool paddlers arrive **90 minutes** before your designated start time
- Power Boaters and Wave Runners: Arrive at Myers with enough time to pick up lifeguards (if assigned) and be in your position on the water by **6:45am**.

- Stay home if you feel sick or have a cough, a fever, or are having difficulty breathing.
- Email womenswimmin@hospicare.org if you need to cancel prior to the Friday before the swim.

Requirements for Power Boaters and Wave Runners

Power boats and wave runners play an important safety role for Women Swimmin'. The Women Swimmin' Safety Coordinator will review the roles and responsibilities of this team. All powerboats and wave runners must be equipped with standard safety equipment, including PFDs for all on board, a throwable flotation device, and an efficient sound-producing device (whistle or horn). All captains must also be NYS Boating Safety Certified.

Requirements for Paddlers

Paddlers use kayaks, canoes, or stand-up paddleboards (SUPs) to guide and support our swimmers as they cross the lake. All paddlers **MUST** be proficient with their watercraft, have experience in open water and be comfortable in choppy and/or windy conditions. You should be able to paddle across the lake in 15 minutes and be comfortable staying in/on that craft between 2 ½ and 4, or more, hours.

Paddler requirements, (in addition to the general requirements listed above):

- Wear a personal flotation device (PFD), securely fastened (fully buckled or zipped) for the entire time you are on the water.
- Wear the Women Swimmin' hat you'll receive at the Thursday mandatory paddler meeting the entire time you're on the water.
- **ARRIVE EARLY!** This will allow you enough time to unload your vessel, park your car, launch, and paddle to the west shore of the lake when directed by the team.
 - Line Safety Paddlers (line course with Kayak Safety Team (KST)) should arrive at Myers Park on Swim Day at **5:45 a.m.** Bring a headlamp!
 - Escort Paddlers (travel with swimmers) should arrive at Myers Park **90 minutes** before their Swimmer Pod is scheduled to go in the water. If you escort an early pod, bring a headlamp!
 - Kayak Safety Team members (line the course) should arrive at Myers Park at **5:45 am.** Bring a headlamp!
- Follow directions given by KST. Members of the KST are equipped with radios for communication with power boaters, rescue personnel, and organizers on shore. Conditions on the water are changeable, and the KST is there to direct you to where you will be most helpful. KST members wear bright yellow hats.

Paddler Equipment

You agree to have the following **equipment**:

- A spare PFD or throwable flotation device, secured to the deck of your craft, to throw to a swimmer in distress.
- A whistle attached to your PFD (for those without one, we'll provide the whistle at the Mandatory Paddler Meeting).
- Sunglasses, sunscreen, and water.
- A headlamp or flashlight, if you're arriving at Myers Park before 6am.

Mandatory Paddler & Boater Meetings

All paddlers and power boaters must attend the designated mandatory meeting. Attendance at these meetings is required by Hospicare's insurance carrier.

- **Mandatory Power Boaters and Wave Runners:** Wednesday, August 5, 2026, 7 PM to 8 PM at Ithaca Yacht Club.
- **Mandatory Paddler Meeting:** Thursday, August 6, 2026, 6:30 PM to 8 PM at the Boynton Middle School Auditorium

At the meetings you will:

- Receive instructions for the morning of the swim, including your responsibilities.
 - Escort Paddlers will receive their pod assignment and pod time.
 - Line Safety Paddlers will receive their KST "buddy" assignment.
 - KST will receive radios, course charts and position assignments, as well as Line Safety Paddler 'buddy' assignments.
 - Power Boaters/Wave Runners will receive radios, course charts and position assignments, as well as lifeguard assignments and pick-up instructions.
- Receive your Women Swimmin' for Hospicare baseball hat. Your hat is also your ticket to breakfast.
- Pick up a whistle, if you need one.
- Ask any last-minute questions.
- Meet other boaters, volunteers, and Hospicare staff.
- Submit any additional funds raised.

Paddler Training Tips and Clinics

As a paddler for Women Swimmin' you play a vital role! It's your job to work with other paddlers to keep all swimmin' women safe as they swim across the lake. While your enthusiasm is appreciated, being a paddler for Women Swimmin' is not for everyone. This event is NOT for beginner kayakers, SUPers, or canoeists. **You must have experience in open water, be comfortable in choppy and/or windy conditions, and be easily able to paddle 3-5 miles.** You must be competent to maneuver your craft in close quarters (around swimmers) and comfortable in/on your craft for 3-4 hours. Inexperienced paddlers compromise the safety of both swimmers and other paddlers.

Training to be a paddler for Women Swimmin' is highly recommended. Your comfort and safety will help ensure the comfort and safety of everyone on the water. Suggestions for training, as well as information about paddler clinics can be found on the [Boater/Paddler Info page of the Women Swimmin' website.](#)

The Women Swimmin' safety team will hold two **Optional Support Paddler Clinics:**

- Monday, July 20th at 5:30 pm, Myers Park
- Monday July 27th at 5:30 pm, Myers Park

At either clinic be on the water with all required gear at 6pm in/on the kayak, SUP, or canoe you're using for swim day, wearing your PFD, and prepared for full immersion in the lake. While this is optional, it's strongly encouraged, especially for newer paddlers.

The Swim Across the Lake

Swim Course

The course will begin northerly from the dock at Camp Comstock, running to the $\frac{1}{4}$ course buoy anchored in roughly 100ft of water, then turn NNE and continue in a straight line to the dock at Myers Swim Beach. Marked buoys will be held by boats at the $\frac{1}{2}$ and $\frac{3}{4}$ marks and a large buoy will be anchored at the permanent buoy in front of Myers Swim Beach, helping guide swimmers and paddlers to the dock at Myers Swim Beach.

Swimmers and paddlers will go around the North side of the $\frac{1}{4}$ buoy, then DIRECTLY FROM BUOY TO BUOY toward Myers. If breeze/current are from the south, as is usually the case in August, swimmers and paddlers will stay just to the North of each buoy they pass. **Please stay within 25-30 meters (a swimming pool length) of each buoy as you pass. No one may paddle or swim between the buoys and the powerboats holding them or around the front (bow) of the powerboats holding the buoys.**

There will be a KST member stationed at each powerboat/buoy to guide paddlers and swimmers, making sure no one paddles/swims over the lines holding the buoys or goes around the front of the powerboats.

Line Safety Paddlers (LSP) and KST are deployed in roving positions along the north and south sides of the course, helping the KST define the edges of the course. They're available to assist swimmers and other paddlers as needed. **For the safety of everyone on the lake, swimmers and escort paddlers must stay within the defined swim lane (within 25-30 meters of the buoy line) for the entire course.**

It's very important to be aware of drift caused by wind and current so you aren't pushed off course. You will have to continuously adjust the course to stay within the swim lane and on course to Myers.

Starting the Swim

Swimmers arrive by bus at Camp Comstock on the West shore shortly before their pod swim time. Escort Wranglers will be stationed at Camp Comstock to organize Escort Paddlers into their pods when they arrive. Escorts must be in position at least 15 minutes before their pod swim time.

As swimmers exit the bus the Bus Manager will hand the pods off to volunteers who will direct each pod to the enter the water when it's their turn. After they get off the bus, swimmers each put their last-minute belongings in a small bag with their name, which is then put into a mesh bag marked with their pod number. Eyeglasses should be in a case marked with a swimmer's name. These go in a special bag for eyeglasses and are delivered directly to Myers Park Swim Beach Dock, where swimmers exit the water, so they can have their eyeglasses as soon as they finish their swim.

Swimmers will cross a pad that records their tracking wristbands, then enter the water by jumping off the dock or climbing down the ladder into approx. 7' deep water.

The Swimming Coordinator on the swim entry dock will let each Pod know when to enter the water. The Escort Wranglers will connect each Pod with their assigned Escort Paddlers. The Pod will not leave the entry area until the swimmers and their Escort Paddlers are clearly established.

As the swimmers move onto the swim course, this is a good time for Swimmers and Escort Paddlers to introduce themselves and establish communication preferences:

- Some Swimmers want to stay with an Escort Paddler for the entire course. A Swimmer must let her Escort know this from the beginning.
- Determine the best place for the Escort to be positioned to communicate with their swimmers. Considering the following: which side the swimmer breathes on (if only one side, stay on their breathing side) and wind and current (position yourself so wind doesn't push paddlers into swimmers).
- Swimmers should let their Escorts know any other important details, such as whether they anticipate keeping a relaxed pace or if they will be swimming hard and fast.
- Some Swimmers will appreciate chatting with their Escort Paddlers throughout their swim; other Swimmers only want to talk when necessary to stay on course and be safe. Escorts and Swimmers should establish these preferences at the beginning.
- The overall safety of the event depends on swimmers and paddlers having clear communication with each other.

Crossing the Lake

Women Swimmin' is a community swim, **not a race**. Each swimmer should feel free to swim at her own pace. More experienced or faster swimmers will pass other swimmers. Pods of swimmers who started out together will naturally drift apart. There are people and procedures in place to keep everyone safe.

Each Swimmer's job is to stay the course at her own pace, while also ensuring that she maintains her preferred proximity with her Escort Paddler(s). Each Escort Paddler's job is to stay close enough to maintain contact with Swimmers and keep them on course. Since each Escort is responsible for multiple swimmers, paddlers and swimmers must work together as a team.

Staying on Course

The Escort's mission is to keep Swimmers on course. **It is important that all Swimmers and Escort Paddlers stay within the defined swim lane (within 25-30 meters, a pool's length, of the buoy line).**

It will be hard for swimmers to see and hear so positioning your vessel as a guide may be the best way to keep them on course. Paddlers need to stay slightly ahead of their swimmers, close enough to maintain contact and steer them along the course, while allowing enough space so swimmers don't collide with their craft.

If a swimmer is veering off-course, the Escort will yell, wave their arms, or slap the surface of the water with a paddle to get her attention and redirect her back into the swim lane. The Escort can also give the Swimmer updates as to how far she's come along the course.

Staying Together

No one swims alone! Swimmers are encouraged to stay with their pod as much as possible. While each pod starts out together, they won't all stay together for the whole course. As pods break up, swimmers should form smaller groups of 2-3 swimmers and work with an Escort Paddler. The ratio of swimmers to paddlers doesn't allow for swimmers to have one-to-one paddlers.

Escort Paddlers should stay with Swimmers who request Escorts for the entire course or pass these swimmers off to an Escort behind or ahead of them, as pace indicates. For swimmers

who want Escort support across the entire course to have that support, some swimmers will have to adjust their pace to stay with Escorts. This is a joint responsibility, shared by both the Escort Paddlers and Swimmers.

Changing Pace and Passing Swimmers to Other Escorts

If an Escort finds that their Swimmers are spreading too far to receive support or if a Swimmer finds that the pace of other swimmers in her pod is incompatible with hers, the Escort and Swimmer will communicate and the following will take place:

- The Escort asks the Swimmer to pause for a moment so they can reassign them.
- The Escort alerts an Escort ahead or behind that a swimmer will be moving up or dropping back to join that pod.
- The second Escort indicates his or her understanding of the request.
- When handing a swimmer off to another Escort, introduce the swimmer and Escort by name and make sure they clearly acknowledge each other, confirming the hand-off.

Resting

If a Swimmer needs a break, she can hold onto the front (**never the back or sides**) of an Escort's vessel and rest in place. Swimmers should hold the front of a kayak or canoe as if eating a large sandwich, with fingers overlapping, thumbs on the bottom and fingers on top. This will keep the vessel balanced and the swimmer visible. **No paddler will move forward while a swimmer is resting using their vessel.**

The other Swimmers in the pod may tread water or rest with other Escorts to wait until their pod-mate is ready to continue.

If a swimmer cannot proceed under her own power after resting, she must communicate that to her Escort.

Helping Tired Swimmers

All swimmers are eager and excited about the swim and most of them will complete the 1.2-mile swim without incident. Escort paddlers should periodically check in with swimmers to ask how they're doing. The Paddler's job is to be observant for any signs of fatigue or distress and to help support the swimmer as needed.

If a Swimmer becomes too fatigued or unwell to continue her swim she should tell an Escort Paddler or raise her arm to signal she needs help. It may happen that a Swimmer may not know or may not be able to articulate distress, so Escorts (and other Swimmers in the pod) need to look for signs. Signs that a Swimmer is in distress:

- Disoriented
- Loss of coordination
- Not responding, slurred speech
- Shivering
- Blue or purple lips or skin

If any of these occur to you or a swimmer near you, immediately tell a paddler or signal for help by raising your arm to alert the closest paddler that you need assistance. The paddler will alert the closest KST (by raising a paddle in the air or blowing a whistle), who will coordinate a wave runner to take the swimmer to shore.

In the event a swimmer is in distress, the Escort Paddler will:

- Speak to the swimmer and make eye contact. Ask if she's OK.

- If she's not already at your vessel, get her attention then tell her you're going to throw her something to hold onto.
- Toss your (mandatory) spare PFD or throwable to her. Practice tossing a PFD (like a frisbee) before the swim and take care with your aim.
- Ask the swimmer to stay still and tell her you will bring the front of your boat to her. **Never let a swimmer grab the side of your boat.** Back paddle if she attempts this.
- Keep the swimmer in front of you so you monitor her condition.
- Talk with the swimmer. Ask, specifically, if she's prepared to continue.
- If a swimmer wants to continue but, in your judgment, doesn't appear to be in condition to do so (fatigue, shivering, slurring words, not responding quickly and appropriately, etc...) call in a member of the KST (wearing bright yellow hats), to assess the swimmer. They will help you determine the next steps or assume care of the swimmer.
- If a swimmer is ready to leave the course, alert a member of the KST. They will radio for a wave runner to give the swimmer a ride back to shore.
- **UNDER NO CIRCUMSTANCES SHOULD A PADDLER EXIT THEIR CRAFT AND ENTER THE WATER TO ASSIST A SWIMMER.**
- Lifeguards will be on powerboats and will be called in if needed.
- If you need assistance and raising your arms/paddle doesn't summon KST or a wave runner, use the appropriate whistle signal to summon help:
 - 1 Whistle Blast (Pay Attention, Help may be required)
 - 2 Whistle Blasts (Help is needed)
 - 3 Whistle Blasts (Emergency!)

All swimmers must complete their lake crossing by 11:00 a.m. If a swimmer seems unlikely to finish by that time, a judgment call on whether to end her swim and boat her back to shore will be based on discussion between the swimmer, paddler, and the KST.

Finishing the Swim

Upon completing the swim course, all Swimmers must exit the water **only** by way of the Myers Swimming Dock. Eyeglasses can be retrieved from the bin on the dock and blankets will be available on the dock. You should leave the exit area as soon as you are finished. Please don't wait near the exit area for other swimmers to finish.

Tracking wristbands will check swimmers 'in' when they cross the tracking mat on the beach, under the finish arch.

Check-out volunteers will be waiting to greet Swimmers just past the finish arch to help remove and collect the tracking wristbands. Swimmers cannot leave the chute past the finish arch without getting the tracking wristbands removed. If a Swimmer loses her tracking wristbands in the water, she must see a checkout volunteer, have her name noted, then must check in at the tracking tent next to the finish arch.

Due to the limited amount of space available and the related safety concerns, **only** authorized staff may be present in the finish chute. Family and friends can meet you after you exit the chute. Your change of clothes and other items will be on the tables by the Pod Bag Area, near the changing building (brown bathroom facilities).

When Escort Paddlers are finished escorting their pod, Super Paddlers will return to the West shore for their next pod assignment. All others are encouraged to join the LSP & KST, lining the course. When paddlers have finished their assigned duties, they should exit along the north shore at Myers Park then enjoy breakfast and the closing ceremony.

Swim Conditions

In the days leading up to and early the morning of the Lake Swim, Hospicare staff and the Women Swimmin' Safety Team monitors weather forecasts (with the assistance of a Cornell meteorologist) and environmental quality, including harmful algal blooms (HABS), air quality, lake conditions, and any other conditions that could adversely affect swimmers, paddlers, and volunteers. The Go Team will assess conditions on the morning of the swim and updates will be posted on womenswimmin.org and facebook.com/WomenSwimmin.

Weather

The Women Swimmin' Safety Team receives reports from a Cornell meteorologist beginning the Monday before the swim. Conditions considered include the threat of a thunderstorm/lightning, rough water or wind.

Harmful Algal Blooms (HABS)

In response to the potential health risks posed by HABS, Hospicare has established a protocol for determining when, in the interest of safety, the presence of blue-green algal requires the cancellation or modification of the swimming portion of our event.

Leading up to swim day, Hospicare staff will monitor information about HABS and will act in accordance with the established protocol. Resources include local media, the Cayuga Lake Watershed Network, the Department of Environmental Conservation (DEC), the local state parks offices, Myers Park, Camp Comstock, and the Tompkins County Department of Health (TCDOH).

If HABS are actively present at or near the course within 48 hours (2 days) of the event, the swimming portion of the event will be canceled or modified. If HABS have been reported but are not actively present at or near the course within 48 hours (2 days) of the event, monitoring will continue until the morning of the event.

Women Swimmin' organizers will keep all swimmers and boaters apprised of the HABS situation. Swimmers, paddlers, boaters and/or volunteers should base their participation in the event on their own assessment of risk and their own personal preferences.

Other Environmental Conditions

Air Quality. AQI will be monitored, and a modified or cancelled swim will occur if conditions deem necessary. Participants will be contacted via email and text and are asked to monitor the womenswimmin.org & the Women Swimmin' for Hospicare Facebook [Page](#) & [Group](#).

Evacuation Procedure

In the extremely unlikely event that it becomes necessary to evacuate the swim course during the event, the Safety Coordinator, Chris Burnett, the Power Safety Lead, Neil Klohmann, and the KST will coordinate evacuation. They will communicate directions to all power vessels and all paddlers. The KST and Escorts/LSPs will advise swimmers of the evacuation. All event participants must follow the instructions given by the leads and the KST.

**ALL SWIMMERS MUST RETURN TRACKING WRISTBANDS TO FALCON TIMING.
PROCEDURAL GUIDANCE IS GIVEN BELOW BUT MAY NOT COVER ALL SCENARIOS.**

In general, this procedure will be followed:

- The evacuation of swimmers who are already in the water will be based on their location on the swim course. All swimmers who have entered the water, no matter how they exit the water, **MUST** cross the tracking mat under the finish arch on their return to Myers to be marked as 'out of the water' and have their tracking wristbands removed and collected by the finish chute volunteers.
- The KST will direct swimmers who are close to either shore to swim to the nearest shore. Swimmers returning to Camp Comstock on the West shore will be transported to Myers by bus. Once there, Swimmers will be directed to the finish arch. They will cross the tracking mat to be marked 'out of the water', then will have their tracking wristbands removed and collected by a volunteer in the finish chute.
- Swimmers not close to either shore will be picked up by power vessels. The KST will direct paddlers and swimmers to the appropriate vessel, or where to wait for one.
- Power vessels will transport swimmers to the face dock immediately west of the Myers boat launch. Swimmers will be directed to the finish arch to cross the tracking mat to be marked 'out of the water', then will have their tracking wristbands removed and collected by a volunteer in the finish chute.
- Swimmers who exit at the Myers Swim Beach dock will leave the dock, crossing over the tracking mat to record their return to be marked as 'out of the water', then will have their tracking wristbands removed and collected by a volunteer in the finish chute.
- When paddlers are comfortable that their swimmers have been accounted for, they should exit the water to the closest shore.
- KST members will be the last paddlers to leave the lake, Power Boats/PWCs and Public Safety will make sure all paddlers make it off the water safely.

Shelter will be available at several Myers Park pavilions. Paddlers will be allowed to leave boats on the beach at Camp Comstock but must retrieve by end of the day.

Who's Who for Swim Day Safety

Many people or groups of people fill specific roles and work together to keep every participant in Women Swimmin' safe. This list explains who you'll interact with the most on Swim Day. Rest assured, there are numerous other people and systems involved to ensure your safety! When in doubt look for someone in a bright pink 'event staff' t-shirt.

At Cass Park and Camp Comstock	
Cass - Pod Managers & Pod Wranglers	• Positioned at Cass Park Rink and color-coordinated to match pod cap colors. • Record exactly which swimmers have shown up and boarded the transport bus. • Responsible for coordinating with the volunteers on the buses to get swimmers onto the transport buses in an organized and efficient manner.
Cass - Bus Managers	• Ride the bus with swimmers to Camp Comstock. • Supplies available on the bus, of last-minute things: hair ties, band aids, and extra swim caps and buoys.

	• With Pod Managers and Wranglers, double-check that every swimmer getting on a bus has been checked in and received a tracking wristband. • Confirm how many swimmers are in each pod. • Have small pod bags and glasses for the boat transferring items to Myers. • Once at the swim entry site, work with the Comstock Bus Wranglers and Swimmer Check-in volunteers to get the pods off the buses in an organized manner so buses can leave quickly.
Comstock – Bus Wranglers (3) and Swimmer Check-in (2)	• With the Cass Bus Managers get the pods off the buses and in an organized line to enter a short chute, to go past the Falcon wristband staff, and on to the dock or water's edge, to enter the water. • Communicate with Cass Bus Managers to determine how many swimmers are in each pod.
Comstock - Pod Launcher (2)	• Indicate when swimmers can enter the water, by pod. • Positioned on the water at the entry point.
Comstock – Escort Wranglers (2)	• Help paddlers get into position and connect them with their pod. • One in a kayak on the water & one on the dock.
Comstock – Porter for Swimmer's Bags (1)	• Help swimmers get pod bags of “stuff” and glasses ready to go to Myers via the pontoon boat. Take bags to the boat at the very south end of the Comstock dock, to travel back & forth as needed to take all bags to Myers.

On the Lake	
Kayak/SUP Safety Team (KST)	KST members are experienced kayakers and SUPers with self-rescue and assisted rescue skills, responsible for supporting all swimmers and paddlers on the course. Please follow their guidance, as it is aimed at keeping everyone on the water safe. • Identified by their bright yellow hats. • Lead safety efforts on the lake by communicating (via radio and directly) to other KST, public safety personnel, and staff on shore. • Act as a safety net, establishing the swim lane, along with Line Safety Paddlers, and aiding all paddlers and swimmers. • Watch swimmers for potential signs of distress (such as physical exhaustion, hypothermia, or emotional stress). • Help assess any swimmer who doesn't seem to be in a condition to continue her swim. • Assist any paddler who capsizes with re-entry into their craft. • Provide encouragement to swimmers. • Give swimmers a place to rest if they're tired.
Line Safety Paddlers (LSP)	30 Line Safety Paddlers partner with Kayak/SUP Safety Team (KST) members and rove a zone along the edge of the course, maintaining the tightest course possible. Please follow their guidance. • Provide rest and assistance to swimmers and help pass swimmers from pod to pod/escort to escort. • Encourage swimmers along the course.
Escort Paddlers (Escort)	Three Escort Paddlers paddle across the lake with each pod of 8-10 swimmers. Please follow their guidance.

	• Guide groups of swimmers across the lake in the most direct line within the course. • Provide rest and support as needed for all swimmers in their pod. • Pass slower/faster swimmers to other escorts as pods break up and recombine. • Escort Paddlers are the swimmers' primary guides and eyes above the water.
Powerboaters	Stationed along the downwind edge of the course, outside the Kayak Safety Team & Line Safety Paddlers, close enough to the course to see and hear calls for assistance. • Observe the course and protect the course from oncoming boat traffic. • Have lifeguards on board.
Wave Runners	Two civilian vessels and two State Park Police vessels rove each side of the course. • Transport swimmers who need to leave the course. • Protect the course from oncoming boat traffic
Public Safety Powerboats	Powerboats from the Tompkins County Sherriff's department, Coast Guard & Lansing Fire Department are stationed on the outside edges of the course. • Protect the course from oncoming boat traffic and assist in case of emergency

At the Myers Park

Swimmer Greeter (1), Greeters w/blankets (4) Tracking band retrievers (4)	• One is positioned on the Myers Swim Dock where all swimmers exit the water. To direct them to the greeters with blankets. • Greeters give blankets (and hugs) and direct swimmers quickly to the end of the dock to the finish chute. • Band retrievers in the finish chute coordinate with Falcon staff, will check off names of swimmers who have lost their tracking wristbands, and 2 volunteers help remove tracking wristbands. • A volunteer at the Marina Dock will monitor and record the names of any swimmers who are brought back to boat launch area, via wave runner.
Lifeguards	• Stationed in powerboats along the swim course, at the boat launch area, and the exit dock at Myers. • Provide in-water assistance to swimmers as needed.
Emergency Medical Personnel	• Stationed onshore with an ambulance • Provide emergency medical care, if needed.
Parking Volunteers	• Direct paddlers where to unload their boats and where to park (or not to park). • Direct volunteers, vendors, and guests where to park. • Keep the park road clear for emergency vehicles and buses.
Boat Sherpas	• Help paddlers unload their watercraft and carry them to the North shore of the park where they will launch. • At the end of the swim, help paddlers get their watercraft out of the water and back to their vehicles. • Keep everyone moving efficiently so the 150+ kayaks, SUPs, and canoes are launched, and Paddlers can get to their assigned spots in a timely manner.

Paddler Check-In
& Information
Volunteers

- Stationed in the pavilion near the paddler launch area on the North shore of Myers Park.
- Check Paddlers in before they launch their vessels and communicate paddler information to the Escort Wranglers at Comstock as needed.
- Provide paddler support, whistles, spare pfds, and snack bars.