

Marin Open Water Swim Club

Swimmer Safety Considerations ~ October 2020

1. Always **swim with a buddy**. Find someone you know is your same speed and stay near one another. Keep your eye on him/her throughout and make sure they finished. Notify safety support crafts if he/she is in trouble.
2. Know your limitations.
3. Check the tides and currents before entering the water (your safety team will do this for you). Slack tide is 7:06am and Flood begins at 7:31am. This means in the middle of Raccoon Straits, you will feel “pushed” toward Richmond. **The safety vessels will lead you to the other side taking the currents into consideration. Follow Captain Allyn’s boat and/or Natalie Butler (kayak) and Andrew Peters (SUP).**
4. Wear the appropriate gear to acclimatize to the water temperature (estimated to be 54.3°F) and understand the water behavior. Only you know the right gear for you.
5. Wear the swim cap you were given for the swim per your heat. In general, always wear a brightly colored swim cap and consider a swim buoy. It’s a great way to be seen in the water.
6. **Have Situational Awareness** at all times! While you will have support crafts and safety boats in the lead and along side you, watch out for all watercraft, submerged obstacles, friendly ocean wildlife, and kelp.
7. Abide by all instructions from the safety crafts and support boat people. They are here for your safety and can see what you can’t.
8. **If you need help or need to get out of the water** during the swim get the attention of a kayaker or SUP nearest you. **They will contact a support boat to get you out of the water. These folks have horns and some have radios. If you fall way behind the main group** or are way off course, you may be picked up from the water – at the decision and discretion of the safety support crew – and dropped back in to swim or stay in the boat.
9. Never drink alcohol or use recreational drugs before a swim.
10. **FINISH:** Look for Captain Allyn’s Committee Boat at the finish (tied up at Sam’s dock). Climb up on the boat’s swim ladder or just hoist yourself out on the dock. **MAKE SURE YOU ARE CHECKED IN and proceed out of the public dock to the ferry platform to get your bags. There will be people there to assist you.**
11. **Times will be posted near the ferry platform. Please don’t ask timers for your time or they may get behind in counting.**

Thank you for your cooperation!

*Chief Forrest Craig ~
Safety Officer*