



**2025 Annapolis Frogman Swim  
to Benefit The Navy SEAL Foundation**

**April 27, 2025**

**Bay Ridge Pool Association - Community Beach  
2 Herndon Ave, Annapolis, MD**

CERTIFIED EVENT ORGANIZER	EVENT ORGANIZER
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**ANNAPOLIS FROGMAN SWIM EVENT PLAN, SWIM PLAN, SAFETY PLAN,  
RULES AND EMERGENCY ACTION PLAN**

**EVENT SITE**

Open beach area on the Chesapeake Bay owned and operated by the Bay Ridge Pool Association, 2 Herndon Avenue, Annapolis, Maryland. Public parking is available. Volunteers will direct parking.

**SWIM PLAN**

The Annapolis Frogman Swim is a fundraising open water 5K swim to benefit the Navy SEAL Foundation and Gold Star families of fallen Navy Seals. It will be held in the Chesapeake Bay with the Start and Finish Lines at the beach of the Bay Ridge Pool Association. Swimmers and kayakers will start and finish at the same location. Safety is the number one priority for all swimmers and kayakers. **All swimmers must have cold water experience for a duration two (2) to three (3) hours. The water temperature will be in the 50's. Wetsuits are mandatory unless excused in writing signed by the Event Organizers. Swim buoys worn by swimmers are allowed and recommended for this cold water swim.**

The Swim Course will be marked by large yellow Turn Buoy Markers and some smaller orange guide buoys; including out of and back into the Start-Finish Line. Freddie the Frog green inflatables mark the halfway point and the Finish Area (make a mental note at the Start). Any changes in buoy colors will be explained at the pre-race safety briefing.

**SWIMMER START/FINISH:** Swimmers will proceed from the beach through the stone break water (approximately 20 yards) and immediately turn right to pick up their kayak escort and then together head toward the first Turn Buoy Marker. **NO SWIMMER CAN START UNLESS THEY ARE PAIRED WITH A REGISTERED KAYAKER.** Swimmers will round each Turn Buoy Marker on their left shoulder. At the Finish all swimmers will turn right at the Turn Buoy Marker and green Freddie the Frog inflatable toward the beach by proceeding back through the stone break water to the beach.

**KAYAKER START/FINISH;** Kayakers will enter the water from the beach to the right of the swimmers and proceed through the stone break water to the right of the swimmers and then pick up their swimmer for the entire duration of the swim around the Course. Kayakers will upload the RaceJoy tracker app. on their phones so we can track their position on the course throughout the swim. At the Finish, each kayaker shall yell their swimmers' number (same as the kayaker's number) to the Finish Line Event Volunteers.

**Each swimmer must provide their own kayak escort with a kayak, paddle and personal flotation device (PFD). The Event Organizers will not provide swimmer kayakers, kayak paddle or PFD. In the event a kayaker needs a kayak, paddle and PDF, Capital SUP of Annapolis will deliver and pick a kayak, paddle and PFD provided kayakers sign up and pay Capital SUP \$50 at least thirty (30) days prior to the Event Date – see KAYAK RESERVATION LINK UNDER PARTICIPANT INFO > KAYAK RENTALS on the Annapolis Frogman Swim website. In the event a swimmer needs a kayak escort, the request must be made to the Event Organizers **no later than March 28, 2025, but the swimmer shall be required to pay for the kayak if provided by Capital SUP. The Event Organizers do not guarantee being able to provide a kayak escort for swimmer(s).**** Kayakers should dress warm and be prepared to get wet. All kayakers must have open water kayak experience in cold water conditions for a duration of two (2) to three (3) hours.

A kayaker will lead the First Wave of swimmers and their kayakers around the Course and back to the Finish Line. Also, a designated last kayaker(s) will follow the last swimmer and their kayak escort around the Course and back to the Finish Line. Safety boat(s) and jet skis will be on the Course along with an Anne Arundel County Fire/Rescue boat with EMT's. At each Turn Buoy Marker there may be a kayaker stationed. In such event, these buoy stationed kayakers will join the designated last kayaker(s) following the last swimmer to the Finish Line.

Due to the short swim distance, there will not be any feeding or hydration stations in the water along the Course for swimmers or kayakers. Swimmers should give any fluids or food to their kayaker.

**SEE ATTACHED COURSE DIAGRAM. ANY QUESTIONS PLEASE ASK DURING THE PRE-SWIM Q & A. EVERYONE BENEFITS FROM QUESTIONS.**

## EVENT DATES & TIMES

See the Annapolis Frogman Swim website ([annapolisfrogman.com](http://annapolisfrogman.com)) for the detailed Event Schedule and any updates.

Registration Opens: November 11, 2024

Swimmer/Kayaker Check In: April 26, 27, 2025.

Event Swim Date: April 27, 2025

**\*Times are subject to change based on weather conditions. Check website starting on Friday April 25, 2025 for any updates.**

**\*\* There is not an alternate Event Date. In the event the swim part is cancelled due to weather conditions, the Welcome Ceremony and After Party will occur together starting at the time scheduled for the After Party above unless an alternate time is published on the Website.**

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## SAFETY

### SAFETY IS PRIORITY ONE FOR ALL SWIMMERS AND KAYAKERS.

Each swimmer is required to provide and register their own kayaker escort supporting them during their swim. Kayakers will be with the swimmer throughout the Course. As noted in the Swim Plan above, safety boat(s), jet skis, Anne Arundel County Fire/Rescue Boat with EMTs, and stationed or roving kayakers shall be around the Course prepared to summon or administer aid to a swimmer or kayaker, as the case may be, should the need arise. In the event a swimmer is pulled from the Course, their kayak escort shall proceed directly to the Finish Line and announce to the personnel at the Finish Line that their swimmer (by number) has been pulled from the Course and is on a Jet Ski, Safety or County boat. Bright colored swim caps will be provided and must be worn by all swimmers. Double caps are recommended with the Event Cap on the outside. All swimmers shall wear wetsuits unless excused in writing signed by the Event Organizers. Swim buoys worn by swimmers (recommended) and fins are allowed.

Kayakers must keep "eyes on swimmer" and periodically communicate with their swimmer and receive a verbal "ok" or a pre-swim agreed upon "ok" sign throughout the swim (midway between and at each Turn Buoy Marker is a minimum recommendation). Remember, the kayaker serves to keep the swimmer on course from Start to Finish, and is the "first responder" to assist the swimmer and to summon assistance (wave paddle and blow whistle with three short blasts). The kayaker is also the buffer between the swimmer and any watercraft or

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floating debris. At the Finish Line, the kayaker shall announce the swimmer number to the Finish Line Personnel. The RaceJoy tracking app will be used to track kayakers on the course.

Safety boats, jet skis and roving kayaks are to remain well inside or just outside the Course and on alert to assist all swimmers and kayakers. All safety boats, jet skis and roving kayakers shall remain on the Course until the last swimmer has passed through the Finish Line or been pulled from the Course. The kayaker stationed at each Turn Buoy Marker (if any) shall join the designated last kayaker behind the last swimmer through to the Finish line. The designated last kayaker shall announce to the Finish Line personnel that the last swimmer has passed through to the Finish Line or has been pulled from the Course. As each swimmer passes through to the Finish line, or in the event any swimmer is pulled from the Course, their kayak escort shall announce to the Finish Line personnel the swimmer number and that the swimmer is "finishing" or "has been pulled from the Course" and is on a safety boat or the County Fire/Rescue boat. Prior to the safety boat, roving kayakers and the leading and designated last kayaker leaving the Course, these operators shall receive confirmation from the Finish Line personnel that all swimmers have been accounted for.

## RULES

1. The Swim Plan shall be followed by all swimmers, kayakers and volunteers.
2. The Safety provisions above shall be followed by all swimmers, kayakers and volunteers.
3. The Emergency Action Plan shall be followed by all swimmers, kayakers and volunteers.
4. These Rules shall be followed by all swimmers, kayakers and volunteers.
5. Wetsuits are mandatory unless expressly excused in writing signed by the Event Organizers.
6. All swimmers must provide and register a supporting kayaker escort. Swimmers cannot share a kayaker. No swimmer shall start unless paired with a kayaker. Swimmers can request assistance in getting a kayaker escort to the Event Organizers in writing **no later than March 28, 2025, but the swimmer shall be required to pay for the kayak if provided by Capital SUP. The Event Organizers do not guarantee being able to provide a kayak escort for swimmer(s).**
7. All swimmers shall be given a number to be marked on a "swim stick" given to each swimmer, their cap and arm or hands. Swimmers will also be given timing bands to wear during the event. Timing bands and "swim sticks" are needed to enter the start corral prior to each wave of swimmers.
8. All kayakers shall have their swimmer's number marked on their hands and arms.
9. Swimmers and kayakers need to have an emergency Contact Phone number for the Day of the Event.
10. All Waivers (found when registering online) must be completed, signed upon registration.
11. Swimmers shall place their post swim clothing and jackets in a trash bag (to be provided) and make certain that their swimmer number is marked on the bag. Each swimmer shall leave their clothing bag in the designated area next to the Warming Tent located near the beach entrance before the Start Area. Swimmers should expect that they will be able to put on their jackets and sweatpants over their bathing suit at the Warming Tent, but that complete changing with privacy may not be possible except in the locker rooms at the pool house which will be available to swimmers and kayakers. There are no lockers for personal possessions or valuables. The Event Organizers are not responsible for any lost or stolen personal possessions.
12. All swimmers and kayakers need to advise attending spouses, family, partners, and friends that only swimmers, kayakers, Start/Finish Personnel and designated Event Officials and Volunteers are allowed on the beach after 8am through 11:45am. All spectators shall remain on the lawn and rocks above the beach or behind the fence surrounding the pool deck.
13. Any swimmer or kayaker with a disability (or bringing a personal assistant or service animal) is required to notify the Event Organizers in writing no later than March 27, 2025. Such written notice shall fully describe the disability (and/or reason for and name of the personal assistant and service animal) and what measures the swimmer and/or kayaker are using without any expectation for any accommodation or assistance from any Annapolis Frogman Swim personnel, including but not limited to the Event Organizers, Volunteers or other Event related providers. The notice shall also state who will be in charge of the service animal while the swimmer and kayaker are participating in the swim and whether the service animal needs to be brought to the beach area upon the Start and Finish. After reviewing the foregoing swimmer/kayaker request, the Event Organizers reserve the right in their sole determination to accept or deny either or both the swimmer and/or kayaker from participating in the Event.
14. This is a fundraising swim on a specific date, and as such there is no alternate date, and there are no refunds in the event of a partial or full cancellation.
15. The Annapolis Frogman Swim is more than just a swim and is not a race. There are no awards for any order of finish placement. All swimmers that finish will be given a Challenge Coin Medallion. Swimmers that are using the Annapolis Frogman Swim as a qualifier for the Chesapeake Bay Bridge Swim must request no later than at the Swimmer Check In on Saturday April 26, 2025 that their swim time be posted on the Annapolis Frogman Swim website.

16. Swimmers and their kayaker that arrive after the last Wave has left the Start Line shall not be allowed to participate in the swim. In such event there is no refund.
17. A determination by the safety boat or by the County Fire/Rescue boat that the swimmer is to discontinue and withdraw from the swim is final and cannot be refused by the swimmer or kayaker. The swimmer shall board the boat and their kayaker shall proceed directly to the Finish Line and announce to the Finish Line personnel that their swimmer (by number) has been pulled from the swim and is on a boat.
- 18. Once the swimmer has completed the swim they will be led to the warming tent where they will be evaluated. Once it is determined they have no lingering effects from the cold water swim the swimmer may exit the warming tent.**
19. After the swim is completed all timing bands need to be returned. Swimmers are responsible for their timing bands and may be charged if they are not returned.

**WEATHER DELAY OR CANCELLATION** Inclement weather (and water quality after any weather event) shall be taken into consideration by the Event Organizers.

If inclement weather causes a delay, a notice will be posted on the Annapolis Frogman Swim website and at the Event Site along with the adjusted delayed start time. If there appears there will be no break in the weather, the swim will be canceled entirely. In the event of cancellation of the swim due to weather, the Welcome Ceremony and After Swim Party and food shall occur together starting at 11:45 am unless otherwise stated on the Annapolis Frogman Swim website.

## **EMERGENCY ACTION PLAN**

### **HOW TO RESPOND TO A SWIMMER IN DISTRESS**

Swimmers will be briefed prior to the start on how to alert a kayaker that they need assistance. They will also be instructed on how to bounce up and down off the bottom, or float. When a swimmer swallows water, or is stung by a sea nettle, or becomes cold, however, panic may set in, so all kayakers are instructed to remain alert and to move to assist their swimmer or to summon assistance as soon as there is any sign of trouble. It is better for the swimmer to turn down assistance and state that they are alright than for the kayaker escort to move to provide or to summon assistance too late. If a swimmer decides to hold onto a kayaker and withdraw from the swim, the kayaker will hold up their paddle overhead and blow three whistle blasts so a jet ski or safety boat knows to pick up the swimmer once all other swimmers are out of the way. If a swimmer appears to be in distress, is cold with slurred speech, and refuses assistance, the kayaker may hold up the paddle and blow three whistle blasts to have the jet ski, safety boat or the County Fire/Rescue boat determine if the swimmer should be pulled out of the swim. All swimmers agree that determination of the swimmer discontinuing the swim by the safety boat or by the County Fire/Rescue boat is final and cannot be refused by the swimmer or kayaker.

### **SWIMMER EVACUATION FOR MEDICAL ASSISTANCE**

In the event that a swimmer needs medical attention on the water, professionally trained paramedics and/or EMTs will be on the Course and can start treatment as they transport the swimmer to land and, if necessary, transfer them to the ambulance. This allows for an immediate response to any incident. The EMTs can then determine the best method of transporting the individual to a medical center if required. There will be a Warming Tent on or adjacent to the beach for swimmers and kayakers to enter upon completion of their swim. There will be a physical therapy tent and personnel on the Event Site for swimmers and kayakers to utilize before and after the swim.

### **MISSING SWIMMER/KAYAKER PROCEDURE**

- A. All swimmers will be required to provide a personal cell phone contact and their kayaker escort cell phone contact at registration, and confirmed at the Check In.
- B. If a swimmer is reported missing by their kayaker raising the paddle and blowing three whistle blasts, and last seen in the water: a search and recovery protocol will be activated with the County Fire/Rescue boat. Concurrently, the Event Organizers will attempt contact with the swimmer, the swimmer's kayaker and with the swimmer's emergency contact via cell phone. The Event Organizers shall also meet with the Start/Finish personnel to review the Start List, Withdrawal List, Finish List and also meet with the swimmer's kayaker, to confirm the swimmer actually started the swim, and either was pulled from the swim or finished the swim, or is in fact missing. All swimmers and kayakers are reminded before the swim start that they must report to the Start/Finish personnel directly (by number) if they withdraw from the swim. The swimmer and kayaker upon returning to the Finish line shall announce to the Finish Line personnel that their swimmer (by number) has withdrawn from the swim and is being transported back by boat. All swimmers who depart from the water will be identified by their swim number. The foregoing procedure applies to a missing kayaker by interchanging "swimmer" with "kayaker".

## ACCOUNTING FOR SWIMMERS

Swimmers will be assigned a number, “swim sticks” with their number and a timing band at Check In the morning of the swim. The swimmer number will be marked on their “swim sticks”, swim caps, and arms and hands. The swimmer number shall also be marked on the hands of the swimmer’s kayaker. Prior to each Wave starting, the number of swimmers starting in the Wave will be counted and their “swim sticks” collected. **Each wave of swimmers will have to enter the swimmer start corral 5 minutes before the start of their wave.** As they enter the corral the timing chip on their timing band will record their entrance. **ONCE THE SWIMMER HAS ENTERED THE START CORRAL THEY MAY NOT LEAVE IT.** As swimmers and kayakers enter the start area, they will be checked to confirm that both are marked with the swimmer’s number. If the number of swimmers in the Wave is different from Check In, a roll call will be made to determine the missing swimmer or the swimmer who did not hand in their “swim stick.”

Once the swimmers start, the kayak or boat stationed at each Turn Buoy Marker will also attempt to count the number of swimmers and to check off the number of the swimmers as they round the Turn Buoy Marker. Each mark boat will radio into the Start/Finish personnel when all swimmers have rounded their Turn Buoy Marker. If any swimmers are picked up during the swim, their number will be called into the Start/Finish personnel. During the swim we will also use the RaceJoy tracking app to track swimmers as they travel around the course. The RaceJoy tracking app provides live time tracking of the kayaker escorting each swimmer.

Each kayaker and swimmer shall announce their number as they come out of the water at the Finish line, and the swimmers’ numbers will be recorded at the Finish line by the Start/Finish line personnel, and each swimmer will be photographed as they cross the Finish line. The total number of swimmers will also be counted at the Finish line by the Start/Finish personnel and compared with the total number of swimmers that started and turned in a “swim stick”. The swimmers finish and finish time will also be recorded as they enter the finish chute at the completion of the swim.

The finish chute will lead the swimmer to the warming tent. Personnel will be available to assist them if needed. Once in the warming tent, the swimmer will be evaluated and then allowed to leave the tent when it is determined they have no lingering effects from the cold water swim.

## PARAMETERS FOR ABANDONING THE SWIM AFTER A START

1. The Event Organizers are empowered to order the swim abandoned due to unsafe course or other conditions.
2. If the swim is to be abandoned, the Event Organizers will relay via radio (or other signal) to all safety boats, jet skis and County Fire/Rescue boat and kayakers to signal abandonment.
3. The abandonment signals will be:
  - i. From the Event Organizers – 5 short blasts followed by one long blast.
  - ii. Then from the boats and kayakers – 5 short blasts of the whistle followed by one long blast.

Upon hearing the Swim Abandonment signals, the kayaker and swimmer actions are as follows:

- i. Discontinue swimming and proceed to kayaker to be redirected to shore, the Start/Finish line or to a safety or County Fire/Rescue boat.
- ii. Look for directions from the Annapolis Frogman Swim Officials, kayakers, jet ski and safety boat operators, or other water safety personnel.
- iii. If unsure where to proceed, the kayaker shall direct the swimmer on a course that is the shortest distance to the shore (be wary of rocky shores) and then either to proceed along the shore to the Finish Line, or get on shore and walk to the Event Site (secure the kayak as best as possible), proceed to the Finish Line, and announce to the Finish line personnel by swimmer number that both the paired swimmer and kayaker have returned.
- iv. If assistance is required by the swimmer or kayaker, the kayaker shall signal the jet skis, safety boat or County Fire/Rescue boat by waving a raised paddle and blowing three whistle blasts.
- v. Once safe on the shore, **BOTH** the swimmer and their kayaker shall proceed directly to the Start/Finish area and announce the swimmer number to the Start/Finish personnel.

## CONTINGENCY PLAN

1. Course changes. If the course needs to be shortened or changed for any reason, at the pre-swim Swimmer Briefing, the Event Organizers shall explain the Course change to all swimmers, kayakers, jet ski and safety boat operators, in addition to the County EMT boat and land personnel.
2. If weather conditions require, the directions of swim and/or the length of the swim may be changed.
3. If the race is abandoned, it will be abandoned for the entire day.
4. If a Turn Buoy Marker breaks loose, the stationed kayaker, if any, or safety boat can attempt to retrieve the

Turn Buoy Marker while swimmers' kayakers direct their swimmers to the next Turn Buoy Marker (if the first Turn Buoy Marker breaks loose) or to the Finish line Marker Buoy (if the second Turn Buoy Marker breaks loose), as the case may be. The kayaker or safety boat can attempt to resecure the Turn Buoy Marker, or if it is not possible to roughly maintain position and direct kayakers and their swimmers to the next Turn/Finish Line Marker Buoy. **UNDER NO CIRCUMSTANCE SHALL A SWIMMER'S KAYAKER ABANDON THEIR SWIMMER TO CHASE A TURN BUOY MARKER THAT BREAKS LOOSE.**

For diagrams of the Swim Course and the Event Site, see the Event Info Tab on the <https://annapolisfrogman.com> site.