

**ANNAPOLIS FROGMAN
SWIM
SWIMMER AND KAYAKER
SAFETY BRIEFING**

Date of Event: April 25, 2027

KAYAKER'S PURPOSE



SAFETY FIRST



GUIDE



COMMUNICATE

SWIMMER PREPARATION

Swimmers and kayakers need to be prepared for the conditions:

- Expect the swim to last 1.5 – 3 hours in 55°F to 60°F water temperature
- Swimmers need to wear 5-7mm wetsuits designed for open water swimming
- Swimmers should wear two caps or a neoprene hood
- Goggles should be worn/Give your kayaker an extra pair
- Swimmers may wear fins and a swim buoy
- Know the course you will be swimming

KAYAKER PREPARATION

- Kayaks will be inspected for seaworthiness in open water
- Kayaker needs to be dressed for conditions
 - Wind resistant clothing
 - Wetsuit or drysuit if possible
 - Dress for temperature and wind conditions – remember the water will cool the air more than on land
 - Sunglasses and sunscreen
- Lifejacket must be worn
- Pin Swimmer/Kayaker number on back so it is visible.
- It is suggested that the kayaker tow a lifeguard belt or swim buoy
- Expect to be on the water for 1.5 – 3 hours
- Bring water for hydration and energy bars for nourishment
- We suggest using the restroom before going out on the water

SWIMMER/KAYAKER PREP

Know the Primary Swim Course and the Alternative Swim Course that may be used.

- **Preview on the website – www.annapolisfrogman.com**
- **Read the Event Summary (also on the website)**
- **Check charts posted at the event site on the day of the event**
 - **At registration**
 - **On the beach**

SAFETY – OBSERVE YOUR SWIMMER

- Observe your swimmer and pay attention to stroke and breathing rate.
- Observe if you are on the correct side and position for the swimmer to see you (This should have been discussed pre-swim with the swimmer)
 - Are there any changes in stroke or breathing that may indicate they are struggling?
 - Hyperventilating or gasping
 - Not breathing regularly
 - Stopping often
 - Not making headway.
 - Incoherent when speaking
 - Know the signs of Hypothermia

SIGNS OF HYPOTHERMIA

- Shivering /extreme goosebumps/bluish lips are the first sign.
- Slurred speech or trouble talking
 - Kayakers and buddies will help determine this.
 - The person might think they are fine when they are NOT
- Fumbling hands. Claw hand where the fingers curl and lock on their own
- Difficulty putting fingers together
- Confusion/disorientation/feeling woozy
 - Someone can't stay on course.
- Exhaustion or feeling very tired or drowsy.
- Memory loss/brain fog
- A feeling of panic or anxiety
- Swimming continuously without taking a breath

**If the kayaker notices their swimmer is exhibiting the above signs of hypothermia, the kayaker shall advise the swimmer and signal for a Jet Ski guard to bring the swimmer to the Fire-Rescue boat. Fire-Rescue can then evaluate the swimmer. Fire-Rescue will make the final determination of the swimmer's ability to continue or if he should be removed from the swim.

REMEMBER – KAYAKERS CAN BECOME HYPOTHERMIC ALSO!

Pay attention to your own condition and that of kayakers around you

- **Prepare for wind**
- **Prepare for cold**
- **Prepare to get wet**
- **Along with water you may want to bring a thermos of a hot drink**

DISTRESS SIGNAL

Paddle held up over the kayaker's head and blow three short blasts on the whistle.

This signals the nearest Fire-Rescue Personnel and jet ski operator that you need assistance. A jet ski operator will then move in to pick up your swimmer.

If in doubt advise the swimmer that you are signaling Fire-Rescue Personnel. Keep the swimmer calm until Fire-Recue arrives to evaluate the swimmer.

Nearby kayakers should also hold their paddles overhead to make distress signal more visible.

Whistle blasts can be repeated periodically if necessary.

GUIDE

Turn buoys are large tetrahedron buoys.

- Pass the turn buoy with it on your right shoulder

Smaller orange and yellow round or cylindrical buoys are guides leading to the next turn buoy.

- Can pass guide buoys on either side.
- Can hang on guide buoys if necessary

Freddie the Frog Buoys signal the turn to the finish

Know the Swim Course – Triangle, 3.1 miles. Will swim in a clockwise direction.

By the kayaker staying on course the swimmer does not have to sight.

TETRAHEDRON TURN BUOY





CYLINDRICAL GUIDE BUOY



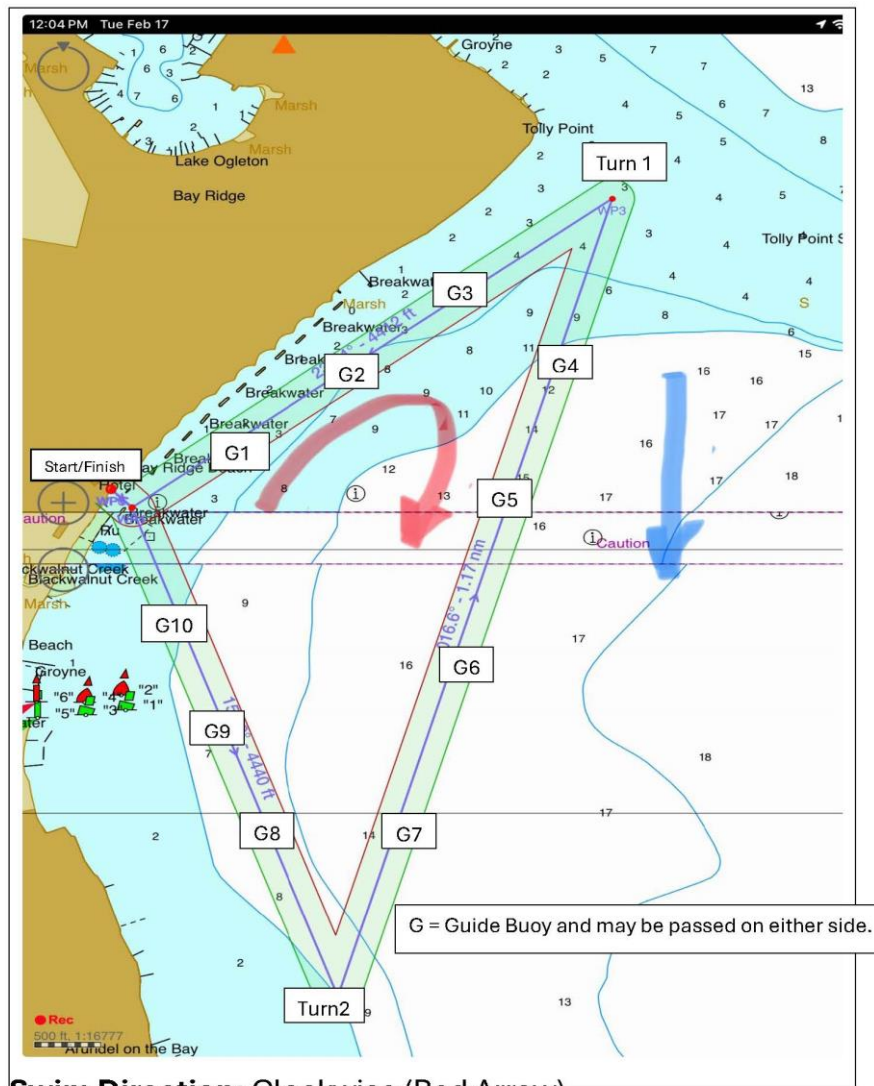
ROUND GUIDE BUOY



PRIMARY SWIM COURSE

**DIRECTION:
CLOCKWISE
(RED
ARROW)**

**CURRENT
DIRECTION:
LEFT TO
RIGHT (BLUE
ARROW)**



Swim Direction: Clockwise (Red Arrow)

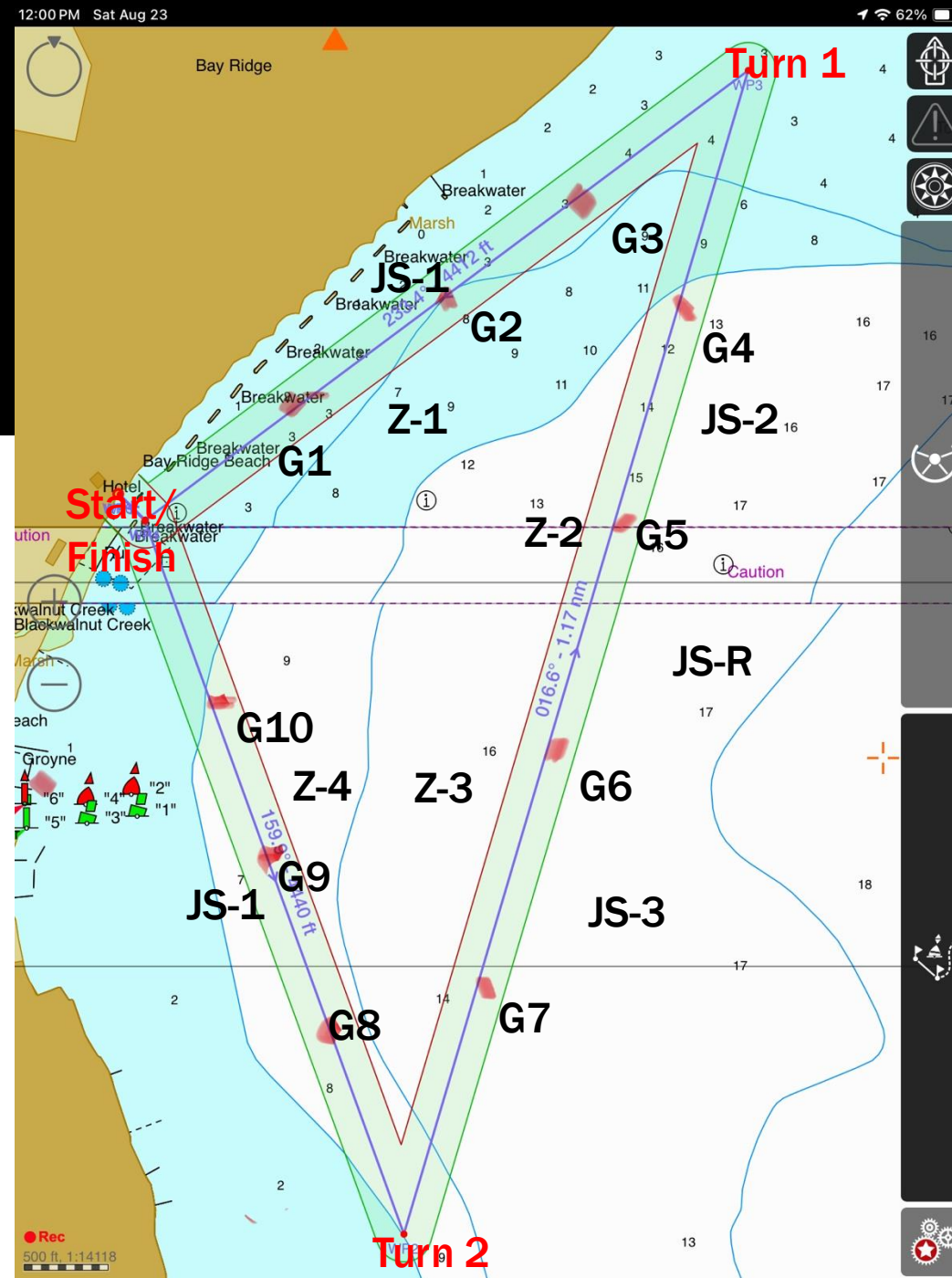
Current Direction: Left to Right from Beach (Blue Arrow)

PRIMARY SWIM COURSE WITH GUIDE BUOYS

TURN BUOYS: TETRAHEDRONS

GUIDE BUOYS: ROUND OR CYLINDER

Guide buoys are labeled with a G and may be passed on either side. Turn buoys have to be rounded to the outside of the course.



JS = Jet Ski
JS-R – Roams with the FD
JS-R will pick up Rescue swimmer if needed.
JS-1 will start in Zone 1 and move to Zone 4 once Zone 1 is clear.

All Jet Skis remain on outside perimeter unless a swimmer is in distress.

COMMUNICATE

- **Communicate Before the Swim**
 - Where does the swimmer want the kayaker positioned –slightly ahead, along side, which side, etc.
 - What kind of hand signals does the swimmer want the kayaker to communicate with.
- **Talk to your swimmer if he stops.**
 - Check if he is alright.
 - Ask him what day it is.
 - Ask him why he is swimming.
 - Ask him his number.
- **At each turn buoy tell the turn boat your swimmer's number.**
- **Know the on the water signals.**
 - Paddle over the head with 3 short whistle blasts – Distress.
 - 5 short blasts of the whistle followed by one long blast – Stop swimming/return to shore.
 - 1 or 2 whistles – Getting the swimmers attention.
- **When your swimmer comes to the finish announce his number to the volunteers on shore.**
 - Guide the swimmer to shore

BOATS ON COURSE

Fire-Rescue Personnel Boats

- Professionally trained career EMTs and Paramedics trained for marine rescue
- Respond to swimmers in need and removal from course if necessary
- Medical attention – Will handle on shore and off-shore communications with first responders

Jet Skis – Ocean Lifeguard trained for ocean rescue. Jet skis do not have a prop and can be used to get close to swimmers if necessary.

Volunteer Motorboats –

- Anchored at turn buoys for recording the number of each swimmer rounding the turn buoy.
- During the swim they will remain anchored inside the triangular course and watch for kayaker/swimmer distress signals.
- Responsible to watch for kayaker distress signals and alert Fire-Rescue over the radio when you see or hear a distress signal.
- Present to set up and dismantle the Swim Course.

COMMUNICATION ON THE WATER

Fire-Rescue will assign a channel for motorboat operators to monitor. All volunteer boat operators will be advised of the channel when walkie talkies are handed out. The channel will also be posted on the Support Boat/Jet Ski GroupMe (The GroupMe is only for safety boat and jet ski personnel)

Motorboat operators shall radio Fire-Rescue upon seeing or hearing kayaker distress signals.

Fire-Rescue will facilitate any communication with on shore and off-shore first responders.

Kayakers will communicate with hand/paddle signals and whistles blasts.

Communication between the Event Organizers shall be by VHF radio and long-range walkie-talkies.

Back-up system: Cell Phones

Walkie-Talkies: Monitoring channel to be provided when walkie talkies are handed out.

- Fire-Rescue: TBD
- Chris Swensen: 410-693-2500 (Main In-Water Event Coordinator)
- Dave Priddy: 240-508-4629 (Back-Up)
- Frank Larkin 443-852-2390 (Safety Director)

COMMUNICATION CHECK

Communication Check at 8:20 AM between Frank Larkin (at the start/finish), each of the volunteer motorboats, jet skis and Fire-Rescue Personnel.



ADDITIONAL INFORMATION

Water and air Temperature on the day of the swim.

- **Water expected to be 57 – 60 Degrees F.**
- **Air expected to be 40 – 80 Degrees F.**

The tide will be rising less than 1 foot during the swim.

- **High at 8:33 AM and 9:03 PM**
- **Low at 1:44 AM and 3:43 PM**
- **Tide Height Difference approximately 11 inches**
- **Tide change may be influenced by wind strength and direction.**

Sunrise: 6:16 AM

Moonset: 9:10 AM