

Around Bainbridge Island Swim

Bainbridge Island, WA – 25.5 miles

Swim coordination plan

&

Swim safety plan

8 or 9 August 2015

Swimmer: Andrew M [REDACTED]

Emergency Phone Numbers

USCG Sector Puget Sound (SAR)

206-217-6001

USCG Vessel Traffic Service Puget Sound

206-217-6152



Swim coordination plan

Definitions

Crew: includes swimmer, captain, swim manager, kayaker, and any support crew on the water in any capacity; does not include land-side support

Swimmer: Andrew M [REDACTED]

TSS: Traffic Separation Scheme

USCG: US Coast Guard

VTS: Vessel Traffic Service

Escort vessels

Primary escort

Name:	S/V VIVACE (“vih-VAH-chee”)	Captain:	Joseph M [REDACTED]
Type:	36’ Beneteau	Max cap:	12 person
State reg:	WN [REDACTED]		

Secondary escort

Name:	TUESDAY	Captain:	rotating position
Type:	13’ Achillies RIB	Max cap:	5 person
State reg:	WN [REDACTED]		

Swim schedule

The swim start will occur at one of the following times, based on forecasted weather conditions:

- 8 August 2015 (Saturday) at 6:20am (first preference)
- 9 August 2015 (Sunday) at 7:20am (second preference)

The swim is expected to last 11 to 12 hours. This duration will be affected by current speed and direction, wind speed and direction, vessel traffic, and other factors.

Swim route

The swim will begin at the small dock on Skiff Point, continue clockwise around Bainbridge Island, and end just south of the starting point. See Figure 1 for approximate route.

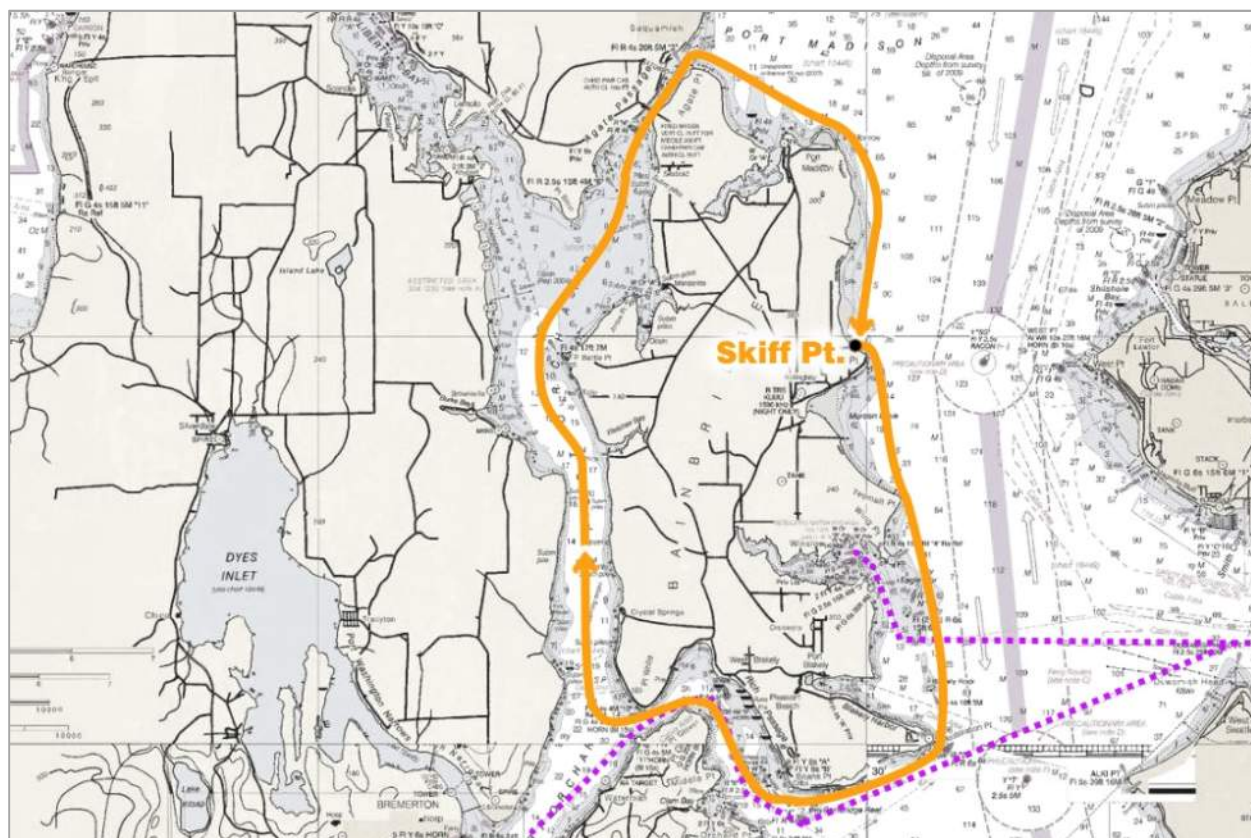


Figure 1: Approximate route around Bainbridge Island

The swim will begin with the swimmer entering the water from the beach just north of the private pier on Skiff Point at low tide (about +0.2 MLLW). The swimmer will head south against the slackening ebb tide seeking favorable eddies until the flood begins (see *Currents*). The route will roughly follow the 30-fathom contour, and will remain west of the TSS.

At Wing Point, the swimmer will continue south to Restoration Point, passing Blakely Island on the east side, remaining in water 20 to 30 fathoms deep. The swim will cross the Seattle-Bainbridge ferry route in this stretch (see *VTS – Ferry Crossing 1*).

After passing Restoration Point, the route will continue west along the 20 and 30 fathom lines, passing buoys RED 4 and 6 to the north, outside of the channel. The swimmer

will enter the channel near buoy RED 8 (see *VTS – Ferry Crossing 2*). With guidance from VTS, the swimmer will proceed through Rich Passage on the RED side of the channel past RED 10 and then turning north to head into Port Orchard (see *Currents*). See Figure 2 for approximate route.

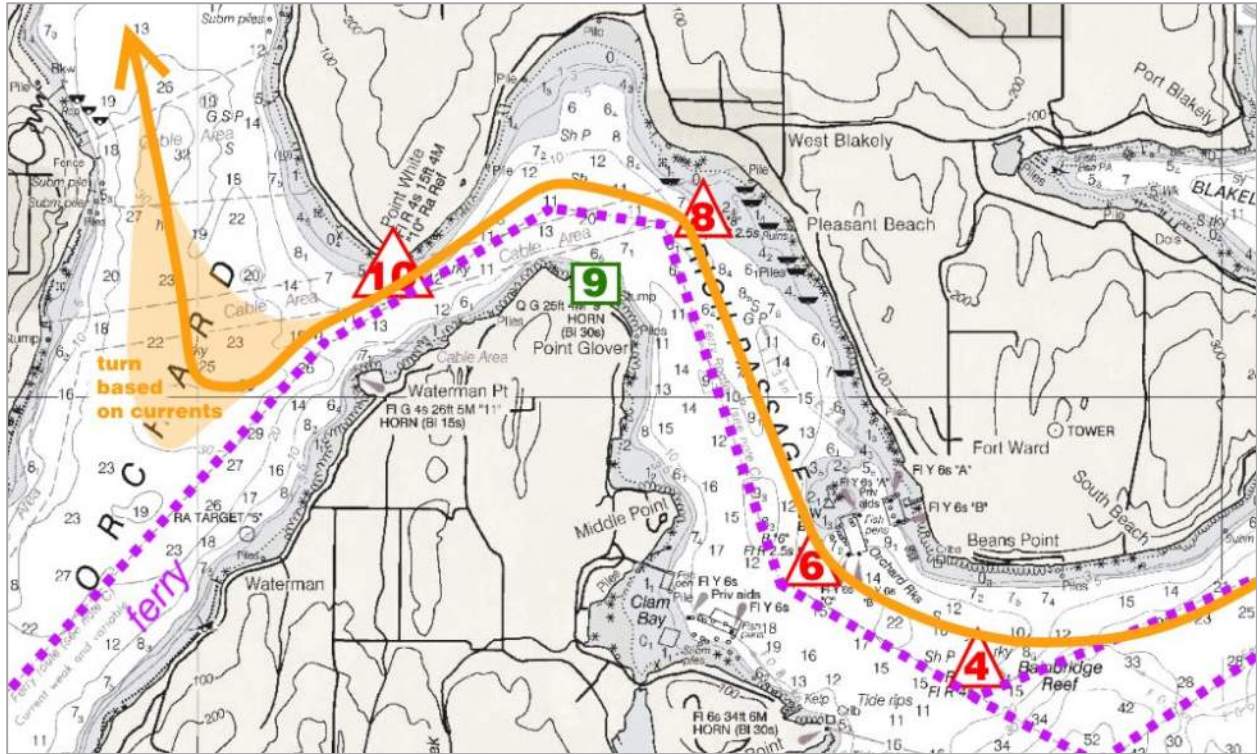


Figure 2: Anticipated swim route at Rich Passage, including ferries and navigation buoys

Once in Port Orchard Pass, the route will follow the most favorable currents, which are typically mid-channel.

At the north end of Bainbridge, the swimmer will head through Agate Pass and turn right, seeking the most favorable currents. Minimal commercial traffic is expected in this area.

The swim will end when the swimmer returns to the starting point and exits the water on the south side of the small dock on Skiff Point.

Communications

VHF Channels:

Channels 14 and 16 will be monitored by the primary escort vessel at all times.

Communication between primary escort and secondary escort(s) and kayak will take place on Ch. 68. VHF Ch. 69 will be used if Ch. 68 cannot be used for any reason.

Vessels not associated with the event will be hailed on Ch. 14 or 16.

Powered escort vessels and kayak will have VHF radios available at all times.

Cell phones on board:

Main: 206-██████████

Auxiliary number: 206-██████████ & 206-██████████

In event of imminent danger from another vessel:

VHF, air horn, and flares may be used. Any communication by flare will correspond with VHF transmissions on Ch. 14 and Ch. 16.

In case of emergency on board:

The swim will stop. USCG will be contacted either on VHF Ch. 16 or by phone at phone number below. See Safety Plan for more information.

Communication with Washington State Ferries

WSF will communicate swim plan to port captains and ferry captains in advance of the swim. Ferry captains will monitor Ch. 14 and Ch. 16. Communication with ferries and swim crew will be via VTS. If necessary, WSF Port Operations Center can be reached at 206-515-3456.

VTS – Vessel Traffic Service

VTS Seattle (Ch. 14) controls traffic in the Traffic Separation Scheme (TSS) along the east side of Bainbridge Island, as well as ferry traffic in Rich Passage. Traffic in Port Orchard Pass, Agate Pass, Rich Passage, and Port Madison is outside of the TSS and VTS radar coverage.

Contacts at VTS Sector Puget Sound:

LCDR M [REDACTED]: 206-[REDACTED]

Director L [REDACTED]: 206-[REDACTED] (work) 206-[REDACTED] (cell)

AIS Class A Device:

MMSI: 367575160

Day-of AIS vessel ID: "Swimmer in Water"

FCC call sign: WDG8212

2 hours prior to swimmer entering water

Establish communications on Ch.14 between VTS Puget Sound and S/V VIVACE and verify transmission/receipt of Class A AIS signal at VTS from S/V VIVACE.

30 minutes prior to swimmer entering water

Discuss via telephone projected commercial vessel traffic using TSS during swim event and any potential conflicts. Call should be made from S/V XIPHIUS to VTS Puget Sound (VTS Puget Sound Watch Supervisor 206-[REDACTED]).

15 minutes prior to swimmer entering water

VTS Puget Sound will assist in making go/no-go decision based on projected vessel traffic. May need to delay entry into water depending on projected vessel traffic, limited visibility, etc. Go/no-go decision will be responsibility of Crew unless safety of navigation is involved.

During swim

Communications checks with VTS every 30 minutes once swim has begun to report status of swim. A simple "operations normal" is sufficient. If swimmer or S/V VIVACE need to stop, alter route, or amend plan in any way, notify VTS on Ch. 14 immediately.

Ferry Crossing 1 (Seattle – Bainbridge)

At 1 mile from the Wing Point (approximately at Yeomalt Point), VTS will be notified with estimated time until swimmer crosses the ferry route (estimated 45 to 60 minutes depending on current velocity), and again at Wing Point, about 15 minutes before crossing ferry lane. VTS will advise of traffic conflicts. Tide will be about +1.0 MLLW at this time.

Ferry Crossing 2 (Rich Passage)

The swimmer will be in Rich Passage between about 11:00am and 12:00pm on Saturday, and 12:00pm and 1:00pm on Sunday.

At 1 mile from passing buoy Red 6 (just east of Red 4 at the east end of Rich Pass), VTS will be notified with estimated time until swimmer enters the ferry route (anticipated 20 to 30 minutes depending on conditions), and again when swimmer reaches Red 6. VTS will advise of traffic conditions, and may direct crew to use red or green side of channel at that time.

As Rich Passage is outside of VTS radar coverage, AIS operation is critical in this area. Crew will confirm AIS operation before entering Rich Passage. Proper AIS operation will affect VTS Go-No-Go decision.

TSS crossing

This swim will not cross the TSS. Crew will make every effort to remain west of TSS, and will notify VTS immediately if TSS is entered.

Should VTS need to halt the swim due to oncoming traffic, the swimmer will either hold position in the water or, to maintain body temperature, the swimmer may swim in a holding pattern. An example holding pattern would be 200m laps outside the TSS until the traffic lane is clear. If a holding pattern is used, VTS will be notified.

Currents

This swim is timed with consideration given to the strong currents in Rich Passage and Agate Pass. Currents at four relevant locations have been taken from the NOAA Current Predictions to time passage through the two critical points. *Tide Prints* (1977) was used to fill in gaps between.

The start of the swim will begin against ebb's end. For the first two hours, the crew will seek favorable eddies along Bainbridge Island. See Figure 3 for more information.

Upon reaching Port Orchard Pass, currents along the Bainbridge shore may vary. The route may extend to the west side of Port Orchard depending on currents. See Figure 4 for more information.

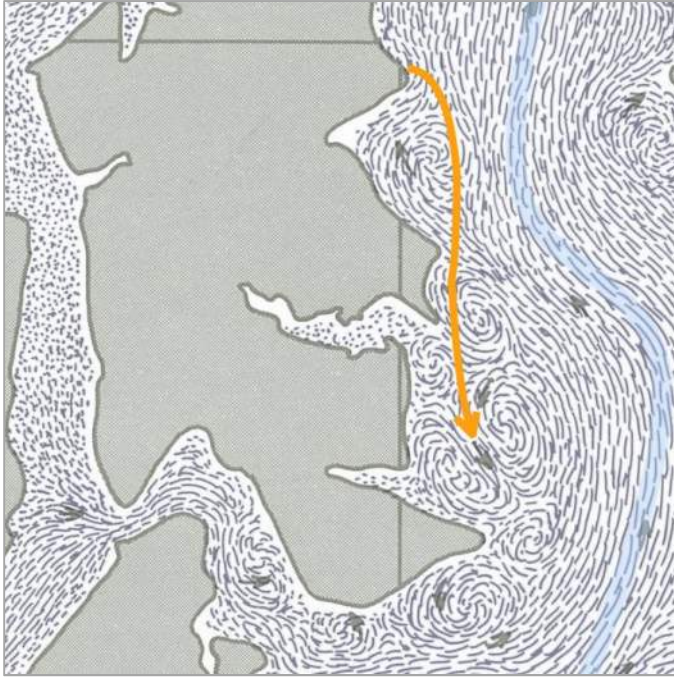


Figure 3: Currents from 0 to 2 hours against end of ebb tide

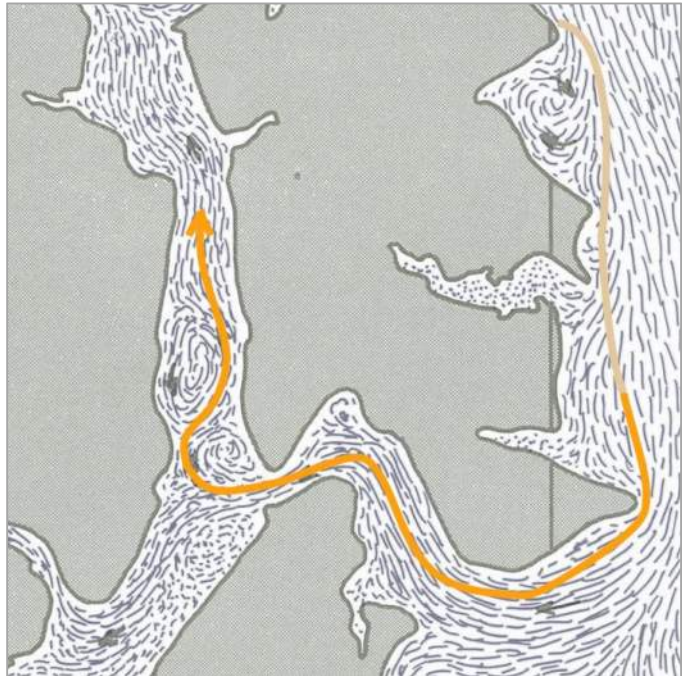


Figure 4: Eddies in Port Orchard Pass may require changes to the route.

Additional information

The Swim Safety Plan follows this section.

Complete swim rules are presented in Appendix A.

A ferry route schedule for Summer 2015 is attached in Appendix B.

Swim safety plan

Definitions

Crew: includes swimmer, captain, swim manager, kayaker, and any support crew on the water in any capacity; does not include land-side support

TSS: Traffic Separation Scheme

USCG: US Coast Guard

VTS: Vessel Traffic Service

Safety goal

To avoid injury to swimmer or crew, regardless of the swim outcome.

Safety authority

The Captain has ultimate authority over the swim, and may decide to end the swim at any time should he feel conditions pose a risk to life or property.

All crew members are encouraged to voice safety concerns to the captain.

Crew safety responsibilities

Captain: Joseph M [REDACTED]

The Captain shall be responsible for the overall safety of the swimmer and crew for the entire time on the water. The Captain will make the final call in all safety decisions.

Swim Manager: Jerome L [REDACTED]

The Swim Manager shall be responsible for assisting the Captain in overseeing the safety of the swimmer. The Swim Manager will be a person familiar with the sport of Open Water Swimming. Her duties shall include: radio and phone communication, VTS liaison, monitoring of nearby vessel traffic, and monitoring of weather conditions.

Swim Handler: Erika N [REDACTED]

The Swim Handler shall be the authority on the health and well-being of the swimmer. The Swim Handler will be familiar with the swimmer's normal mental state and be responsible for determining if the swim is to be ended due to hypothermia.

Official Observer: Scott L [REDACTED]

The Official Observer is responsible for ensuring that the swim is conducted safely and in adherence to the specified rules, in accordance with the spirit of marathon swimming. The Official Observer, along with the Captain, as the authority to end the swim due to safety or technical violations.

Kayaker and RIB pilot: rotating position

The Kayaker and/or RIB pilot will be the closest person to the swimmer for most of the swim, and shall be responsible for the swimmer's immediate safety. The Kayaker and/or RIB pilot will be able to assist the swimmer without putting himself in danger, and will be of sufficient experience to self-rescue in the case of an emergency.

Additional kayaks or support boats that provide additional support will be briefed by the Swim Manager, shall not interfere with the swim, and will not be covered by this document.

Go/No-go Decision

The decision to cancel the swim will be the responsibility of the Swimmer and Captain.

The swim date will be selected from the swim window (see Coordination Plan) based on weather, sea state, and other relevant environmental factors. The swim will not be attempted if conditions would put the swimmer or crew in danger.

The swim will not take place if the swimmer is ill. The swim will not take place if any crew member is ill to a degree that jeopardizes the safety of the swim.

The swim may begin if unfavorable weather is forecast, however the Captain and Swim Manager will monitor the weather and shall end the swim with enough time to return the Crew to safety should hazardous conditions materialize.

The go/no-go decision will not account for marine life, however marine life will be monitored throughout the swim and alterations will be made accordingly.

VTS or USCG may notify the Crew at any point before or during the swim that the swim will be stopped due to safety concerns.

Evacuation locations

Primary evacuation locations will be:

- [Start/end] - 11103 Rolling Bay Walk NE, Bainbridge Island, WA 98110
- Waterfront Park, 301 Shannon Dr SE, Bainbridge Island, WA 98110
- Illahee Dock, Bremerton, WA 98311
- Suquamish Dock, 18415 NE Pkwy, Suquamish, WA 98392

Evacuation procedures

Injury or illness to swimmer, not life threatening:

Should a non-life threatening injury or illness occur to the swimmer such that the swim must end, the swimmer will be assisted by secondary support craft and taken onto the primary escort craft. First aid will be administered en route to evacuation point. Medical aid will be arranged on shore with USCG via CH. 16 or (206-217-6001). The Kayaker shall be taken onto an escort craft.

Injury or illness to crew, not life threatening:

Should an injury or illness occur to a crew member that jeopardizes the safety of the swimmer, the same steps above will be followed.

Life-threatening injury or illness to swimmer or crew:

The swim will end and the swimmer taken on board the primary or secondary escort vessel. USCG will be notified by Ch. 16 or (206-217-6001), and a rescue plan will be discussed based on location and conditions. Alternate evacuation points, such as ferry terminals and beaches will be considered. The Kayaker shall be taken onto an escort craft. Secondary support craft will assist as necessary.

Unfavorable conditions (weather or traffic):

Should conditions become such that the swim must end, the swimmer will be taken onto an escort craft and taken to a safe location out of the way of vessel traffic. The kayaker will board an escort craft as soon as it is safe to do so.

Escort Craft Description

Primary Escort Craft

The Primary Escort Craft (PEC) shall comply with all federal requirements for safety equipment for up to twelve people. The PEC shall carry a VHF radio and Class A AIS device, as well as at least one cellular phone and charger.

The PEC will carry the Swim Manager and Swim Handler during the swim. The PEC will act as guide for the kayak, and will monitor weather and sea conditions throughout the swim.

The PEC will have a swim ladder and swim platform to facilitate swimmer entry onto the boat, and will be able to transport the entire crew, including kayak, at any point throughout the swim.

Secondary support craft

Secondary Support Craft (SSC) shall comply with all federal requirements for safety equipment for up to five people. SSC may include rigid-inflatables dedicated to the swim, as well as additional motor vessels pre-arranged to accompany all or part of the swim. SSC shall carry a VHF radio, as well as at least one cellular phone. Dedicated SSC may fill the role of the kayak.

Kayak

The kayak shall be of the kayaker's choosing, and shall be suitably equipped to handle rough seas. The kayak may be fitted with a small strobe to improve visibility and carry a VHF radio for communication.

The kayak, in conjunction with SSC, will act as the swimmer's guide and will remain within 10m of the swimmer at all times throughout the swim. The kayak will transfer food and drink to the swimmer throughout the swim.

In the event of an emergency, the kayaker and kayak will be brought onto the PEC. Under no circumstances will the kayak be towed with the kayaker in the kayak.

Shore Assistance

Given the proximity of this swim route to the start/end, additional shore support will not be provided.

Appendix A

Swim rules

Marathon Swimming Federation

This swim will follow all rules established by the Marathon Swimming Federation as published at marathonswimmers.org at the time of the swim with no exceptions.

The Spirit of Marathon Swimming

MSF Rules are guided by the traditions and spirit of unassisted marathon swimming.

Marathon swimmers embrace the challenge of crossing wild, open bodies of water with minimal assistance beyond their own physical strength and mental fortitude. There are ways to make the sport easier, but marathon swimmers consciously eschew them.

Marathon swimmers take pride that their achievements can be meaningfully compared to the achievements of previous generations, because the standard equipment of the sport has not changed significantly since 1875.

Definitions

Marathon Swim: A nonstop open-water swim, undertaken according to standardized rules, and requiring at least several hours of sustained effort to complete. Ten kilometers without significant assistance from currents is the minimum distance considered to be a marathon swim.

Nonstop: Remaining in the water for the entire duration of the swim from start to finish without intentional physical contact with escort vessels, support personnel, or other objects (fixed or floating).

Unassisted: Without artificial assistance to performance, other than the “standard equipment” of the sport. Any swim that benefits from assistance - in the form of nonstandard performance-enhancing equipment, supportive contact with the swimmer,

or other violation of the spirit of unassisted marathon swimming - is considered an Assisted Swim.

Standard Equipment of Marathon Swimming

One swimsuit made of porous, textile material. For males, the suit must not extend below the knee or above the waist. For females it must not extend below the knee, onto the neck, or beyond the shoulder.

- One bathing cap made of latex or silicone.
- Goggles, earplugs, and nose clips.
- Sunscreen and grease.
- Safety lights for night visibility.
- Simple timekeeping device (chronometer).
- Escort boat, pilot, and crew.
- Nutrition, and equipment to transport it between the boat and swimmer. The swimmer may not be supported or towed by the feed equipment.
- Paddler(s) and support swimmer(s).
- Observer(s).

The swimmer does not need to declare the use of standard equipment (i.e., it is assumed).

Any equipment not specifically listed here is considered nonstandard equipment.

Varieties of Nonstandard Equipment

Nonstandard equipment is anything not specifically included in the list of standard equipment. While it is impossible to exhaustively list all potential nonstandard equipment, we can categorize them as either (1) performance-enhancing, or (2) non-performance enhancing.

Regardless of the performance benefit, swimmers must always declare use of nonstandard equipment in their swim rules and documentation.

Performance-Enhancing Equipment

Performance-enhancing equipment is defined as nonstandard equipment that benefits

the swimmer's speed, buoyancy, heat retention, or endurance. Swims using such equipment cannot be considered unassisted.

Examples of performance-enhancing equipment include:

- Equipment that may retain or increase warmth – e.g., wetsuits, neoprene caps, booties, gloves.
- Equipment that may increase speed – e.g., flippers, paddles, shark cages.
- Equipment that may increase buoyancy - e.g., pull buoys, wetsuits.
- Auditory pacing aids - e.g., music players, metronomes.
- Wearable electronic devices that transmit information to the swimmer beyond the time of day and elapsed time.
- Underwater streamers.
- Performance-enhancing drugs on the World Anti-Doping Agency List of Prohibited Substances.

Non-Performance-Enhancing Equipment

Non-performance-enhancing equipment provides no obvious benefit to performance, but nonetheless is not considered part of the standard equipment of marathon swimming. Swims using such equipment may still qualify as unassisted, but the equipment must be specifically declared in the swim rules and documentation.

Examples of non-performance-enhancing equipment include:

- Swimwear with increased coverage - e.g., stinger suits, rash guards.
- Wildlife deterrents - e.g., shark shields, shark divers, jellyfish sweepers. Note: harming marine wildlife violates the spirit of marathon swimming.
- Wearable electronic devices that log data but do not transmit it to the swimmer.

Observers

The swim observer documents the facts of a swim and verifies the swim's adherence to the declared rules. Documentation produced by a qualified observer is the single most important source material for authenticating a swim claim.

Qualifications

The primary qualifications of an observer are:

Independence: The observer must be capable of dispassionately evaluating the swim and its adherence to the declared rules. If the observer is acquainted with the swimmer, (s)he must be able to separate the personal relationship from his or

her duties to observe, document, and verify.

Expertise: The observer must be knowledgeable about the rules, traditions, and spirit of marathon swimming, and with the responsibilities of observing a marathon swim.

The MSF maintains a global “network” of qualified, willing observers. Local observer networks and official trainings are offered by following organizations:

- Channel Swimming & Piloting Federation
- Channel Swimming Association
- Catalina Channel Swimming Federation
- Santa Barbara Channel Swimming Association
- NYC Swim

Observers who have not attended an official training may also demonstrate expertise through their personal history in the sport - as a swimmer, crew-member, or administrator.

Special Considerations

Very Long Swims: If a single observer is not able to maintain alertness for the entire duration of the swim, an additional observer is necessary. The MSF recommends two observers for swims anticipated to last longer than 18 hours, and three observers for swims anticipated to last longer than 30 hours. Overnight swims in the 10-18 hour range may also require a second observer.

On swims with multiple observers, a lead observer should be designated to coordinate the observer team and documentation procedures.

High-Profile or Unprecedented Swims: Swims of unusual magnitude or notoriety - especially unprecedented swims - demand a stricter standard for observer qualifications and reputation. In such cases, it is essential that the observers are trusted by the broader community of marathon swimmers.

The MSF recommends a minimum of two highly qualified, reputable observers for high-profile swims, to reinforce their credibility.

“Golden Rules” of Marathon Swimming

Transparency of Swim Conduct

The intended conduct of the swim - including Swim Rules and any nonstandard equipment to be used - must be communicated fully and clearly before the swim begins, to everyone involved in the swim attempt, and in all public promotion. The declared rules and equipment may not be changed once the swim has begun.

Independent Observation

Independent and knowledgeable observers must document the facts of the swim and verify the swimmer’s adherence to the Swim Rules.

Swim Rules

This section defines standard MSF Swim Rules for a one-way solo swim (Point A to Point B). Standard rules for multi-leg swims, circumnavigation swims, relay swims, and stage swims are defined in the Special Swim Types supplement.

Individual swimmers or local governing bodies may adopt MSF Swim Rules in full, as shorthand for “standard conduct.” Or, they may adapt the rules to local circumstances, as long as two conditions are met:

- Any modifications of standard swim conduct are declared.
- The modifications do not violate the “spirit” of unassisted marathon swimming.

The declared Swim Rules must be read aloud by the observer in the presence of the swimmer and all support personnel before the swim begins.

Start & Finish

The swim begins when the swimmer enters the water from a natural shore. If geographic obstacles (e.g., cliffs) prevent the swimmer from clearing the water at the start, the swimmer may begin the swim by touching and releasing from part of the natural shore (e.g., cliff face).

The swim finishes when the swimmer clears the water on a natural shore, beyond which there is no navigable water. If geographic obstacles prevent the swimmer from clearing the water at the finish, the swimmer may finish by touching part of the natural shore.

Physical Contact

The swimmer may not make intentional supportive contact with any vessel, object, or support personnel at any time during the swim.

Standard Equipment

The swimmer may wear a single textile swimsuit with standard coverage, one latex or silicone cap, goggles, ear plugs, nose clips, and may grease the body. The swimmer may not use any additional equipment that benefits speed, buoyancy, endurance, or heat retention.

Drafting

The swimmer may not intentionally draft behind any escort vessel or support swimmer. The swimmer may swim alongside an escort vessel, but may not intentionally position him or herself inside the vessel's bow and displacement waves, except while feeding.

Support Swimmers

A support swimmer (or swimmers) may accompany the solo swimmer for a limited duration. Multiple support swims are allowed, but should not occur consecutively. The MSF recommends a maximum of one hour per support swim and a minimum of one hour between support swims.

The support swimmer may not intentionally touch the solo swimmer and must position him or herself at least slightly behind the solo swimmer.

Authority on the Escort Vessel

The observer is responsible for documenting the facts of the swim, interpreting the swim rules, and keeping the official time.

The pilot of the escort vessel (or lead pilot, if there are multiple vessels) is the ultimate authority in all other matters. The pilot may cancel the swim at any time, for any reason, including, but not limited to, concerns for the safety of the swimmer or support personnel. The pilot is responsible for following all relevant local maritime regulations.

Responsible Environmental Stewardship

Everyone involved in the swim attempt - swimmer, observer, support personnel, and escort boat personnel - must treat the environment respectfully and prevent avoidable harm to marine wildlife and ecosystems.

Continuance of the Spirit of Marathon Swimming

Around Bainbridge Island Swim
Appendix A: Swim Rules

If any issue regarding swim conduct arises that the Swim Rules do not clearly address, the swimmer should act - and the observer should judge - in accordance with the “spirit” of unassisted marathon swimming.

Appendix B

Ferry schedule – Summer 2015

Notes

Arrival times are estimated based on average crossing times.

SSH = Saturday, Sunday, Holiday routes

SatH = Saturday and Holiday routes

MF = Monday through Friday routes

Around Bainbridge Island Swim
Appendix B: Ferry schedule – Summer 2015

Seattle to Bremerton

Seattle	Arrive	Bremerton	Arrive	
6:00	7:00	4:50	5:50	M- Sa
7:35	8:35	6:20	7:20	
8:30	9:30	7:20	8:20	
10:00	11:00	8:45	9:45	
11:10	12:10	9:45	10:45	
12:35	13:35	11:10	12:10	
13:30	14:30	12:20	13:20	
15:00	16:00	13:45	14:45	
16:20	17:20	15:00	16:00	
17:35	18:35	16:20	17:20	
18:45	19:45	17:30	18:30	
19:55	20:55	18:45	19:45	
21:05	22:05	19:55	20:55	
22:30	23:30	21:05	22:05	
0:50	1:50	23:40	0:40	

Around Bainbridge Island Swim
Appendix B: Ferry schedule – Summer 2015

Seattle to Bainbridge

M-F	Arrive	Sat-Sun	Arrive
		6:10	6:45
		7:55	8:30
		8:45	9:20
		9:35	10:10
		10:35	11:10
		11:25	12:00
		12:20	12:55
		13:10	13:45
		14:05	14:40
		15:00	15:35
		15:45	16:20
		16:40	17:15
		17:30	18:05
		18:20	18:55
		19:20	19:55
		20:10	20:45
		21:00	21:35
		21:45	22:20
		22:40	23:15
		23:15	23:50
		0:45	1:20
		2:10	2:45

Bainbridge to Seattle

M-F	Arrive	Sat-Sun	Arrive
		5:20	5:55
		7:05	7:40
		7:55	8:30
		8:45	9:20
		9:35	10:10
		10:25	11:00
		11:30	12:05
		12:20	12:55
		13:10	13:45
		14:05	14:40
		14:55	15:30
		15:30	16:05
		16:35	17:10
		17:30	18:05
		18:30	19:05
		19:10	19:45
		20:10	20:45
		20:55	21:30
		21:45	22:20
		22:30	23:05
		0:00	0:35
		1:25	2:00

SatH