



FAT SALMON OPEN WATER SWIM

KAYAK VOLUNTEER INFORMATION

REQUIREMENTS

- Experienced kayakers should come equipped for up to two hours of slow paddling.
- You must be adept at maneuvering your boat in crowded water with great attention to your surroundings.
- Your kayak must be seaworthy and life jackets are required. We are not provide either to volunteers.
- We'd also like you to bring the following *if possible*:
 - Extra life jacket
 - Cell phone
 - Red or orange flag

YOUR ROLE

1. Keep swimmers on course,
2. Watch for swimmers in distress, and
3. Help transport or enable swimmers withdrawing or needing rescue to hold on to your kayak while awaiting transport to a power boat.

NOTE: You WILL NOT escort a single swimmer and you WILL NOT provide anyone with food or drink.

PRE-RACE MEETING

All kayaks *must be at the Day Street Boat Ramp* (1400 Lakeside Ave S) by 7:30 am for a mandatory meeting to review procedures for the event.

PADDLING

- After the meeting, you'll be (back) in the water by 8:00. The race starts at 8:15.
- Kayaks will be divided into two groups; one will patrol the east edge of the course, the other the west edge – essentially forming a channel for the swimmers.
- As the race proceeds, the kayaks spread out into a very long column along the length of the swimmers.
- On the east (Bellevue) side, kayaks should be *between* the swimmers and the anchored motor boats.
- One boat will be designated to lead and another to bring up the rear.
- You'll be paddling very slowly.

COURSE POLICING

- Use your flag, paddle or shout to get the attention of swimmers heading off course.
- Do not be shy about herding swimmers back on course, but do no harm in your attempt to redirect them!
- Avoid following swimmers off course *unless* necessary to redirect them *back* on course. Don't keep moving out just because they are. Swimmers will follow you, right or wrong. Be a good guidepost!
- If someone wants to abandon the race, ask them to hold on to your boat and escort them to a motor boat for pick up. Do not allow anyone to swim to shore. *If they insist*, get their name and race number and relay that to a motor boat, so that we don't think they drowned when they don't cross the finish line.

PULLING SWIMMERS

- WHEN to have a swimmer pulled from the race:
 - If they demand you paddle next to them.
 - If they are incapable of staying on course and you are corralling them full time.
- HOW to pull a swimmer:
 - Tell, don't ask. Don't argue. Clearly explain your decision.
 - Direct the swimmer to follow you outside of the course to the nearest power boat.
 - If a jet-ski or lifeguard is nearby, transfer swimmer to them. They'll shuttle to a motor boat.
- Dealing with TIRED swimmers:
 - A rest is different than needing help. Ask the swimmer if they need a rest or need *help*.
 - Allow swimmers to hang onto the bow (preferably) or stern (but not the sides) if a short rest is needed. If you find yourself doing this more than a couple times for the same individual, they probably need to be pulled and you should signal a lifeguard or escort them to a power boat.

SWIMMER RESCUE

- If a swimmer is panicking or appears in trouble, signal a lifeguard and paddleboard.
 - Lifeguards are intended to be the first response to rescues if they are available.
 - Volunteer motor boats will wait for a rescue at the east edge of the course.
 - Harbor Patrol is there to pick up and transport medical emergencies.
- If a lifeguard is unable to reach the swimmer, quickly approach the swimmer, toss a life jacket if available or allow the swimmer to hold on.
- Use caution, a panicked swimmer can dump a kayak easily and quickly. Get them to the stern and tow them to the east edge of the course and transfer them to a power boat.
- If a swimmer was rescued (meaning NOT pulled or withdrew voluntarily), please contact the Race Director/Safety Officer at the end of the race. It may be necessary to fill out an incident report.

GETTING TO THE RACE

Plan accordingly with regard to parking and paddle time prior to the meeting. Options to put in boats:

- Mt. Baker Park at 2521 Lake Park Dr S, about ½ mile south of I-90.
- Madison Park (registration and finish), about 3 ¼ miles north of I-90.
- Denny Blaine Park at 200 Lake Washington Blvd E, approximately 2 miles north of I-90.
- Madrona Beach at 853 Lake Washington Blvd E. approximately 1½ mile north of I-90.
- If you wish to put in at Day Street Boat Ramp, be sure to arrive very EARLY, due to the lack of parking. It may be best if you have someone drop you off so that parking is not an issue.

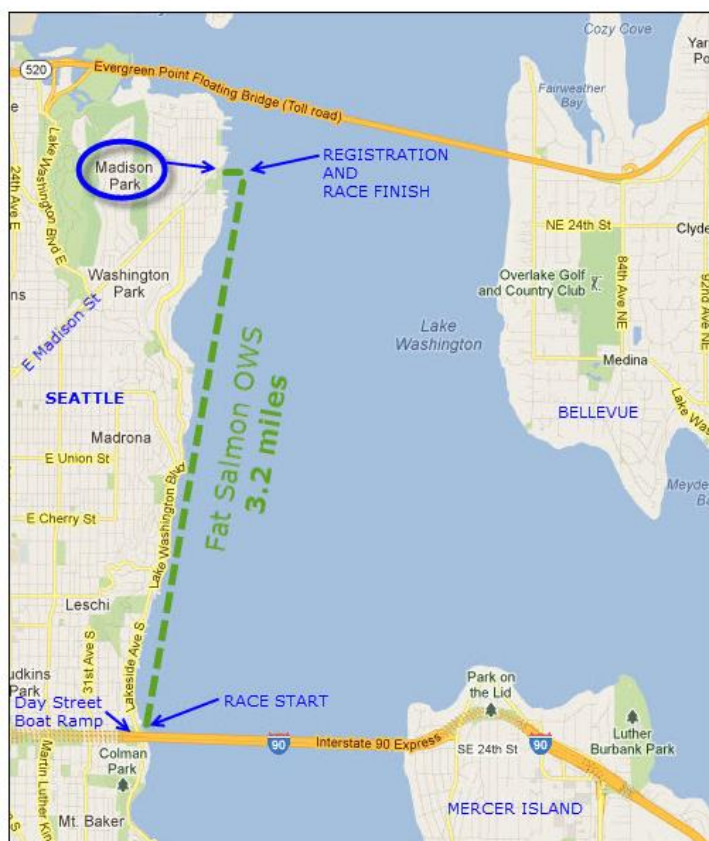
AFTER THE RACE

- Head to Madison Park. Food, drink, praise and happy swimmers await you.
- You will also receive a highly coveted Fat Salmon t-shirt.

QUESTIONS?

- Call John West at 206-271-2839
- Or email volunteer@fatsalmonswim.com

MAP



THANK YOU, in advance, for your important support of this exciting event. We've had a lot of positive feedback from volunteers in the past and I hope that your experience is a good one this year. Without you, and the other volunteers, this event would not take place so you are to be commended for your willingness to participate.

Liz Rosen, Race Director