

JAPAN INTERNATIONAL OPEN WATER SWIMMING ASSOCIATION, a corporation aggregate, shapes and carries out the following safety policy based on the fundamental idea: "Safety should be the first consideration."

INTRODUCTION

This safety policy should be officially authorized by JIOWSA and should be applied to all swim races supported by JIOWSA. According to this policy, safety security staff members, and all other members related with the race, should act with the fundamental strategy of "risk management in and by the water*." To be more specific, all staff members should act to recognize risk in the swim race at all times, should assume that "an accident can happen at any time," and should understand

1. how to prevent accidents beforehand
2. how to act in case of an emergency
3. how we should act after an accident arises and what we should do to prevent recurrences

*Definition of risk management in/by the water:

In a narrow sense, it is interpreted as "preventing accidents."

However, we should interpret and manage it in a wide sense as "comprehension and management of the possibility of latent risk and/or financial expenditure."

CHAPTER ONE - TO PREVENT ACCIDENTS BEFOREHAND

Article 1) Setting up of the Safety Committee

During the planning stages of the race, a Safety Committee should be set up on the basis of "Safety First" and in each race, the Safety Committee should be formed within the executive committee in cooperation with the other organizations related with the race.

Article 2) Accident anticipation and causes

Article 3) Operation of the event

1. Race start times

Competition time between 9:00 AM and 1:00 PM is preferable, due to comparatively mild wind and wave conditions..

2. Events (race distances)

From the point of view of promoting Open Water Swimming (OWS), it is better to set up race distances where ordinary OWS swimmers can complete the race. The names and distances of the races held by JIOWSA are as follows:

Name	Distance
Short Distance Race	Less than 1 km

Middle Distance Race
Long Distance Race
Marathon Swimming

More than 1km and less than 3km
More than 3km and less than 5km
More than 5km and less than 10km

3. Notification of danger

Every participant should be aware of the race's risk and danger. It is important to put a cautionary phrase at the top of the entry application for each race, notifying all participants that "OWS is a sport accompanied by risk and danger." Such an announcement should also be made on the day of the race, and also before/after the race. In addition, the official should reconfirm to the swimmers the risks and possibility of danger.

3-1, Risk of the race held in the natural environment

3-2, Conditions of the sea on race day (air temperature, water temperature, current, obstacles, target, etc.)

3-3, Outline of the course (location and distance of buoys, start and finish line, etc.)

3-4, Dropping out of the race (signal of drop-out by swimmer, notification of a drop-out, etc.)

3-5, Communication signals by lifeguards (actual signals for communication)

3-6, Method of life-saving (swimmer's will to withdraw, judgment, rescue, transport, etc.)

3-7, Letting all swimmers understand that completion of the race is the final goal. Do NOT encourage dangerous over-competitiveness in the swimmers (finish safely and withdraw when in danger).

4. Swimmer's responsibility for risks and dangers

All participants should recognize that OWS is a sport accompanied by risk and danger, and that entry is the swimmer's decision. In addition, the participant should not have any health problems, should have adequately trained and practiced for the race, and should be aware if he/she is in good condition for the race.

Participant should write down his/her swimming history, as well as training record on the entry form. Participant should also agree to a disclaimer renouncing his/her right to pursue (or, claim) indemnity from any organization related with the race. Participant should confirm his/her health condition on race day by filling out the questionnaire. Participant's signature is mandatory on all relevant documents.

5. Instructions/recommendations for race day preparation/readiness

It is necessary for the participant to know the place and the date/time of the race as early as possible, so that the participant can prepare his/her physical condition. It is recommended to encourage the participant to stay overnight in town, in advance of the race date, so that the participant can prepare his/her physical condition.

It is a good idea to instruct participants keep themselves aware of their health condition and recommend them to take medical examinations regularly. It is especially important to instruct them avoid exhaustion, shortage of sleep, or heavy drinking. On sunny days, recommend participants to drink enough water before the race starts.

Article 4) Operation of the race

1. Wave Start

The "Wave Star" system will often be adopted for races held by JIOWSA in order to avoid confusion upon the start of the race.

Basically, each heat will be limited to one hundred swimmers maximum. The interval between two heats will be one to two minutes, sometimes five minutes, depending on lifeguard arrangement. For individual races, it is recommended to have separate heats for males and females, to avoid rough contact with each other. However, when the number of total participants is less than one hundred, it may be easier to have one start together.

2. Setting up "standard time"

As mentioned, Safety is the first consideration for all races held by JIOWSA. For this purpose, JIOWSA sets up a "standard time" in which participants can complete their swimming. This should be called "Standard Time" and not "Limited Time."

<u>Individual Race</u>			
Event	Standard Time	Event	Standard Time
400 meter	20 minutes	Half mile	40 minutes
1 km	50 minutes	1 mile	60 minutes
2 km	70 minutes	2 miles	90 minutes
3 km	90 minutes	5 km	120 minutes

Group Race (Relay)

4 x 200 meter = 800 meter 30 minutes

4 x 400 meter = 1600 meter 50 minutes

4 x 500 meter = 2000 meter 60 minutes

* Swimmers can continue the race at the race director's discretion, with director's confirmation of the time and safety. However, unless the swimmer passes the buoy at the final corner when the standard time has passed, they will be forced to withdraw.

Article 5) Decision of Race Execution

For each race, a committee to decide race execution, consisting of the tournament chairman, race director, safety director, etc., should be set up and this committee should be convened one hour prior to the start and should decide execution, change of event, or suspension of the race.

Article 6) Standard for race suspension

For all races held by JIOWSA, the race must be called off when:

1. the beach for the race obtains "No Swimming" status because of weather conditions
2. it is judged as "dangerous" because of earthquake, Tsunami or any other natural disaster

3. the water temperature of the sea is lower than eighteen degree centigrade (61 F), or wind speed is more than fifteen meters per hour.
4. the harbor master instructs the race to be called off
5. a serious accident occurs during the race, and taking measure for it is necessary
6. the weather does not allow the race – visibility should be more than 1 kilometer, waves should be lower than 1 meter in height.

Article 7) 2/3 Minutes Rule

For all races recognized by JIOWSA, safety, security, and rescue activities must be performed complying with the “2/3 minutes rule”.

*[2/3 minutes rule]

The security area should be classified by zones and each lifeguard should be able to scan each zone completely within TWO MINUTES to confirm safety or identify the occurrence of an accident. In case of any accident or emergency, a lifeguard should be ready to rescue and be able to reach the drowning person (the person in accident) within THREE MINUTES.

Article 8) Rescue and safety check arrangements

For all swim races recognized by JIOWSA, the PWC RESCUE SYSTEM must be firmly established.

*[PWC RESCUE SYSTEM]

This system allows a lifeguard on a rescue board to watch, lead, and rescue. Additional consideration should be given to a PWC (personal watercraft) with lifesled attachment, which provides engine-propelled power all over the course, based on the drawing of the swim course on race day, and natural conditions such as weather, water temperature and/or the water current of the day.

The PWC should be stationed within the perimeter of the race course near the center for quick access to the swimmers. When a lifeguard on a rescue board rescues a swimmer, the swimmer shall be relayed to a PWC with lifesled and be transported. The swimmer should then be directly transported to the shore or to a larger boat (such as a fishing boat) with outside-engine and transferred to a location at a prearranged spot. This kind of safety –security watch system on the water is called the PWC Rescue System.

CHAPTER TWO - WHAT YOU SHOULD DO IN CASE OF EMERGENCY

Article 9) Invocation of EAS (Emergency Action System)

In case of emergency, the race should be suspended immediately and EAS must be implemented. The first discoverer of the emergency should report the accident and its situation to race headquarters adequately and promptly, based on NITS BRIEFING, and ask for instructions from headquarters. The personnel responsible for each emergency duty should be located at their respective emergency locations, in order to fulfill responsibilities. The responsible personnel in headquarters should report, based on the

organization chart, the occurrence of the accident to the police/fire department and/or any related agency to request assistance, advice and instruction.

Article 10) Actions of EAP (Emergency Action Plan)

EAP is the plan of activities taken by emergency personell respectively as follows;

1. After unifying various rescue systems after an accident occurs, each takes action conjointly.
2. Take measures to prevent a second disaster. (announcing interruption or suspension of the race)
3. In case of earthquake or other natural disaster, take action following the evacuation manuals prepared by each municipality.

Article 11) Use of Automated External Defibrillator (AED)

CHAPTER THREE - WHAT WE SHOULD DO AFTER AN ACCIDENT
AND PREVENT RECURRENCE

Article 12) Set up the Counter-plan Committee of the Accident

Article 13) Unification of Information

Article 14) Application of Insurance