

The Great Chesapeake Bay Swim 2007 Kayaking Related Information

Items of Interest for 4.4 Mile Swim

- Kayakers supporting this swim may enter the **Sandy Point State Park** free of charge, courtesy of Chuch Nabitt, Safety Fleet Coordinator.
- **There will be a pre-launch kayakers meeting at 8:45 AM at the Small Craft Launch Site. We will launch at 9:00 AM and be in place to follow the swimmers as they enter the water starting at 9:30 AM.**
- Red flags (on posts) will be available to you if you have a way to hold it on your kayak and wish to do so. It is not a requirement. Although it makes you more visible to the power boaters supporting the event.
- We tentatively plan to use VHF radios on channel 68 to talk between kayaks. This plan will be solidified on race day. Prepare to use your radio on scan for channels 6, 9, 16, 68, & 78.
- Remember that the crossing is a SLOW 4 and a half miles. Plan if you need to cross a second time to return to your car.
- The take out/put in on the Eastern side of the Bay will be at the very end of the channel within the Bay Bridge Marina. CAREFULLY enter the channel to the right of Hemmingways and follow the marina to the right, all the way to the back. There will be two floating wooden docks on either side of a mechanical boat loader. Take you kayak to the grass above the docks.
- You can rest, get some food, and a free t-shirt at the celebration area. Walk from the take out on the Eastern Side of the Bay around the Marina to the Swimmers Beach. Find the 1 Mile Swim Coordinator to receive your t-shirt. Ask the volunteers who are manning the food stations, if you can have any of the food, since you are a support kayaker in the event.
- When returning across the Bay to Sandy Point State Park, PLEASE try to cross in groups. There will be more than normal numbers of motor craft trying to cross the channels after the swim is complete. Good attention and good visibility will prevent any accidents on the open water!
- *We need 4 strong volunteers to position themselves, one at each of the 4 main channel pilings. These volunteers will ward off swimmers from getting too close to the dangerous undercut pilings. Please let Dave & Cyndi know if you are interested in this important volunteer opportunity.*
- *Dave & Cyndi will be the 4.4 Mile Kayak Coordinators. Please give them your CPA waiver when you arrive.*

Items of Interest for 1 Mile Swim

- Kayakers supporting the 1 mile swim, or who wish to park on the Eastern side of the Bay to support the 4.4 mile swim may park in a designated area for kayakers. To enter the Bay Bridge Marina; take Rt. 50 across the Chesapeake Bay Bridge to the first exit (Rt. 8). Turn right on Rt. 8 heading South. Take first right on Pier

One Road. Look for signs directing you to the kayakers parking area, or ask one of the volunteers on station.

- **The will be a pre-launch meeting at the grassy knoll above the floating docks at 8:15am. Unload your boat to this area before the meeting. Be ready to launch by 8:30am.**
- Please find the 1 Mile Swim Coordinator before putting into the water to let them know you are volunteering.
- When paddling out of or into the Bay Bridge Marina, please use caution and give any motorized vessels larger than yourself the right-of-way.
- When watching swimmers, your biggest chore will be to correct their direction so that they follow the triangular course.
- There will be a safety boat in the center of the course, and Boston Whalers outside of the course which can help you if you need to assist a disabled swimmer.
- The water here is often shallow enough that a swimmer can stand and walk back to shore if necessary.
- *If you are paddling out to meet the lead swimmers as they approach the Eastern Shore, after the completion of the 1 Mile Swim, please take note of the following; the lead boat in the race (i.e. the lead surf ski who is the visual cue for the fastest of the swimmers) will be in the center of the race lanes and leading the pack, of course. He needs to be alone and free of any kayaks in his path. Please do not paddle close to him, let him do his thing.*
- *The Coordinator for the 1 Mile Swim is Dan Hoke. Please bring him your CPA waiver when you arrive.*

How to handle a swimmer during a swim support

- Your job as a kayak supporter for swimmers is to watch for their safety. In the Great Chesapeake Bay Swim, there is little chance to help individuals one-on-one for the entire race. Look for swimmers who are showing signs of distress. This may frequent stopping, swimming in irregular directions, not making any headway, etc.
- If a swimmer motions or calls to you, paddle over to them and offer them your bow. Let them hang onto your bow if they wish. Avoid letting them hang onto your cockpit area. This will make you unstable.
- Talk to a swimmer, encourage them. Take an assessment of their cognitive facilities. Casually ask them their name, how they are doing, how much strength they have yet. Encourage them to keep going, but if you are convinced they are beyond their means, very discretely offer them the phrase “*Perhaps today is not your day.*” Most swimmers will tell you when they are done. A few will continue fighting until they have no more to give. It is your job to watch these few so that they do not put themselves into danger.
- You do not have to provide food or water to swimmers. There will be two food and water boats on the course, stationed under the bridge. If you can see the next boat, tell the swimmer where it is.
- The two most asked questions from swimmers will be “Where is the next mile marker?” and “Where is the next food boat?” Try to spot the orange buoy mile

markers and Boston Whaler food boats to have the answers ready for the swimmers.

- *The Bay Crossing can be a challenging open water environment. The kayakers who partake in the Great Chesapeake Bay Swim support effort are essentially self qualifying. Please be aware of the distance you will need to paddle, the potential weather hazards on the open water, the potential navigational traffic hazards in the channels, and the potential need to self or assisted rescues of other kayakers in an open water environment. We are volunteering in this event to assist the swimmers, and need to be sure that we are comfortable with ourselves in the given environment so that we are useful to others. If you question your ability to be useful to swimmers in the 4.4 Mile Swim on the day of the event, please help out with the 1 Mile Swim. More swimmers need help in the 1 Mile Swim on average than the longer swim, since they are beginners.*