

Section 2: POST RACE SCORECARD

Race Organiser _____ Safety Officer: _____

Race Date _____ Race Location _____

Race Score Card	No	Yes	Comments
Safety Plan Submitted (2 weeks before race)	0	20	
Pre-Race Safety Briefings x 2 Mention Mandatory Hat Colours	0	20	Men's Race
		20	Ladies Race
LOS Equipment Collected / Returned Radios – Camera's – De Fib – etc., Kayaks – Finish banner etc.,	0	15	Radio's etc
		10	Kayak's etc
Land Based Tasks > 2 Spotters with Radios	0	20	Spotters, Bag Security, etc.,
Sea Based Tasks Extra Kayaks / Paddle Boarders used to support safety boats	0	< 3 = 20	Club member needed to support Dayle
		> 3 = 40	
Race Finish and Results Taking Finish Banner used and clearly visible to all swimmers.	0	10	The number of people taking names should reflect the number of entrants to each race.
		15	
Prize Value Total for minimum 1 st , 2 nd and 3 rd	Less than €50	Less than €125	Greater than €150
	0	5	10
Post-Race Catering provided	0	10	
Location Clean-up completed	0	10	
TOTAL			Out of 200

COMMENT IF INCIDENT AT RACE: _____

ALL SWIMMERS ACCOUNTED FOR: YES /NO

CONFIRMATION ALL LOS EQUIPMENT RETURNED: YES /NO

SIGNED BY RACE ORGNAISER: _____

SIGNED BY LEINSTER OPEN SEA OFFICIAL: _____

Race Receipt Score Card – Points System Explained

The LOS committee will collect and review all score cards and where results will be recorded. Feedback from swimmers and officials will also be used. The aim of the race score card is to improve safety standards at all races for all clubs on the LOS calendar. If any club race is deemed to be unsafe due to inadequate preparation or disregards good safe practice guidelines, it will be reflected in the score card and LOS reserves the right to exclude that club from the race calendar next year. LOS committee is available to advise and guide any club on how to improve safety and meet safety expectations for your club race.

All swimmers accounted for – It is the responsibility of each Club Safety Officer and Race Organiser to account for all swimmers entering and exiting the water safely.

1. **Safety Plan Submitted** – Submitting this in advance gives Declan Culliton time to review your plans and either agree or advise on any changes needed to make your race as safe as possible.
2. **Pre-Race Safety Briefings** – LOS requires all clubs to hold 2 race safety briefings before Men's and Ladies race.
 - a. The Race organiser must ensure he or she has identified new or first time swimmers to their race so all are fully aware of the cut off times, course direction, established their capability to complete the distance safely, understand how to re-act in an emergency, where to enter and exit the water etc,...and ensure mandatory hat colours are being worn – Pink –Yellow – Green – Orange.
3. **LOS equipment collected and returned** - All clubs must ensure there is adequate car space or clear arrangements made with Dave Keenan beforehand to collect and return Radios – Cameras – DeFib equipment. Camera's will be used improve safety, resolve disputes, identify unsporting behaviour etc,.
 - a. Additional equipment include Buoy's – LOS Orange finish banner/gantry – Kayaks – etc,. Again make arrangements with LOS before or during your race event to manage this equipment.
4. **Land Based Tasks** – All races need a minimum of two responsible adults to operate radios and act as spotters at vantage points around the course. Radio communication between land/sea based tasks is critical at every race – please ensure race starter is supplied with radio also.
 - a. Other tasks include Bag security – crowd control, location clean up etc,. etc,..
5. **Sea based tasks** – In addition to the minimum of 3 motorised safety craft (typically civil defence ribs) LOS will have 3 kayaks for use by each club. Availing of these or your own kayaks or Paddle boarders will add to the safety of every race.
 - a. Kayak's/Paddle boarders used are observers and should contact safety boats for any rescues
 - b. Two observers will carry LOS go pro cameras to monitor swimmers but all must understand how to support a swimmer until help arrives from the safety boats.
6. **Race Finish and Name Taking** – Race finish must be clearly visible to all swimmers returning.
 - a. LOS orange/yellow Banner or Finish flags must be in front of any spectators.
 - b. More people involved in taking swimmers name/number on exiting the water will reduce risk of hyperthermia.
 - c. People taking finish card numbers should be clearly identified by race volunteers so swimmers know which Q to get into first time.
 - d. Think about your race location and how best to get swimmers out quickly and safely.
7. **Prize Value** – Club decision – cheap prizes will not encourage swimmers to your race next year. €150 prize value spent between 1st, 2nd and 3rd place at least is expected for each Men's and ladies race.
8. **Post-Race Catering** – Club decision.
9. **Location clean up** – This reflects our LOS community spirit – please ensure a post-race clean-up is organized after every race.