



Hello 2021 Donner Lake Swimmers,

The Donner Lake Open Water Swim is this Saturday, August 14, 2021, at 8:30.

This is a long email but please read through the whole thing!

Air quality:

If the air quality index, AQI PM 2.5, is **above 150** prior to the start of the race on Saturday, August 14, 2021, the race will be cancelled per USMS and Pacific Masters Swimming guidance. This determination will be made to the best of our judgement and will not necessarily rely upon any singular air quality website or data input. ***We defer a decision regarding AQI conditions until Saturday morning.***

In the USMS Liability Waiver you have previously agreed to in order to participate in this swim, we remind you that you acknowledged the inherent risks associated with the sport of swimming. Those risks and dangers, include without limitation, dangers arising from adverse weather conditions (i.e., smoke). Further, you expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that you incur as a result of your participation in any Events, including the Donner Lake Swim. Accordingly, if the Donner Lake Swim occurs you are responsible for making your own decision whether or not to swim considering all known and unknown

conditions that exist or may occur during your swim, including an air quality that may be unhealthy for your personal circumstances.

The AirNow website lists the basics for Ozone and Particle Pollution (attached) at <https://www.airnow.gov/aqi/aqi-basics/>

Race check in mask NEW:

We are asking swimmers to come during a specific time frame to check in based on their last name. This will help us with the number of people in the check-in area. We are asking all swimmers and volunteers to wear a mask in the check-in area. We are asking that spectators to stay out of the check-in area.

A-HA 6:30 – 7am

HE-P 7:00-7:30am

Q-Z 7:30- 8:00am

COVID:

We ask all swimmers to self-screen at home, if you have been exposed to COVID or have symptoms of COVID (cough, fever, shortness of breath etc.) stay home.

As stated above during check in you will be in close proximity to our volunteers and other swimmers, we ask that you wear a mask during this time.

If you ride the shuttle bus, you must wear a mask while in the shuttle.

You may continue to wear a mask until you start swimming, this is not mandatory based on current guidelines in Nevada County or the State of California.

If you wish to wear your mask until you enter the water, please place your mask in your bag that you receive at check-in. We will pick up the bags after the start of the race and bring them to the finish.

When you exit the water at the finish, we will have disposable masks available to swimmers. Please ask our volunteers if you would like a mask.

Please bring your own chairs and blankets so everyone can spread out on the beach and grassy areas of West End Beach.

Finish area NEW:

Our finish area has moved! We do not think you will notice much of a difference until you get close to the finish. In the past the finish was near the pavilion and southwest picnic area. The finish is now at the Northwest Picnic area. We have attached a map of the West End Beach so you can review prior to race day. You can find a map at <http://donnerlakeswim.org/> Scroll to the bottom of the Home Page to see all the maps pertinent to the swim.

Important race day information:

Check in begins at 6:30 AM and ends promptly at 8 AM. See above for you check in time by your last name. (A-HA 6:30 – 7am, HE-P 7:00-7:30am, Q-Z 7:30- 8:00am)

Check-in will take place on the east end (start end) of Donner Lake off of Donner Pass Road. This is between the entrance of Donner Memorial State Park and Tahoe Donner Beach Club (see map at <http://donnerlakeswim.org/>).

Pre-race instructions begin at 8:15 AM at Donner Memorial State Park East End Beach.

Please park in designated parking areas at the start or the finish. At the start of the race, you may park at the Donner Museum parking lot for a fee or on the south side of Donner Pass Road (absolutely NO parking on the north side of Donner Pass Road and Tahoe Donner Beach Club). Tahoe Donner Beach Club is private club, and you are not allowed to park in their lot or walk through the property to get to the start. At the finish, you may park at the West End Beach parking lot. The shuttle will operate

between the start and finish from 6:30 AM-12:00 PM. The first and last shuttle will depart from West End Beach.

You will receive a timing chip to wear around your ankle at check-in. This timing chip will record your official time. At the finish, we will have volunteers that will help you remove your chip. Each swimmer is responsible for their chip and will be charged \$50 for lost or broken chips.

For those of you new to the swim, you will receive a bag at body marking to put your belongings in and we will transport them to the finish for you. Please pack light! Do not put valuables in your bags. We are not responsible for lost items. Before the swim starts, please put your drop bag in the designated area on the East End Beach. You may keep your bag near your start position if you need to place your mask in the bag when you start the swim.

Please hold off putting sunscreen on until after you have been body marked!

There will be a designated warm up area for those swimmers who wish to get in the water before the start of the race. You are only allowed to warm up in this area. The warmup area will be on the north side of the beach and patrolled by 4 volunteer kayakers (they will be in orange/yellow vests) from 7:30 AM to 8:15 AM.

Every swimmer must be on the beach for pre-race instructions at 8:15 AM and must remain out of the water until the start at 8:30 AM. You must be on the beach for the start; you cannot be in the water.

USMS swim wear rules will be observed. For more information go to <https://pacificmasters.org/content/swimwear-open-water>

There is a two- and half-hour time limit. We will be pulling swimmers after the time limit.

Swimmers will be pulled from the event if:

1. they are showing signs of distress,
2. they are demonstrating difficulty navigating the course
3. they are unlikely to finish the swim before the 2 ½ hour limit.
4. A swimmer that falls approximately 100 to 125 yards behind the second-to-last swimmer will be pulled from the race.

Water, hot drinks and snacks will be available for you near the finish area. You are also welcome to bring your own.

Lunch will be available for our volunteers and 2019 swimmers who indicated on their priority registration that they were staying for lunch.

If you ordered apparel, you can pick it up at the finish. If you ordered a shirt or sweatshirt and are unable to swim on Saturday, please ask someone to pick it up for you. We will mail shirts/sweatshirts, but you are responsible for paying for shipping.

Friends and family of registered swimmers will need to pay the West End Beach entry fee. No dogs are allowed at West End Beach.

All entry fees are nonrefundable in the event the swim is cancelled for any reason whatsoever, including but not limited to registered swimmer non participation, cancellation of the event at any time for any reason, or for any other reason not listed.

The following is “Swimmer Responsibilities” from our safety plan. Please read it.

SWIMMER RESPONSIBILITIES

The Donner Lake Swim’s success requires swimmers to accept specific responsibilities. In addition to recognizing the risk inherent to swimming in cold water at significant elevation (e.g., heart attack, hypothermia, and drowning), every participant is expected to abide by the following:

Do not swim in the proximity of motorized boats. They are off course.

Keep an eye out for fellow swimmers. Help them stay on course. If you see another swimmer clearly in distress, please alert a kayaker and stay in contact with the swimmer.

If you decide to abandon the event. Notify a kayaker and they will escort you to a motorized boat. Please provide your name and race number so the Safety Coordinator can account for all swimmers.

If you are tired or injured and need assistance, request help from a kayaker by waving your hand.

When a kayak approaches, clearly explain the nature of your problem. Be accurate when assessing your condition or circumstance. Do not minimize or exaggerate your condition.

If you need a rest or simply want a break, look for a kayak and communicate your need to rest to them.

Listen to the directions provided by the kayaker or motorized boat operator.

If injured or needing medical attention, alert a kayaker who will assist by providing a short-term holding on position while they utilize an orange flag to communicate with a motorized boat to transport you to the West End Beach. An ambulance service is available at the West End Beach.

Swimmers will be pulled from the event if:

1. they are showing signs of distress
2. they are demonstrating difficulty navigating the course
3. they are unlikely to finish the swim before the 2 ½ hour limit.
4. A swimmer that falls approximately 100 to 125 yards behind the second-to-last swimmer will be pulled from the race.

If you are pulled, do not argue with the kayaker or operator of the motorized boat/wave-runner. They are providing safety for all swimmers of the event and not just one swimmer.

If pulled, you will either be picked up directly by a motorized boat or guided by a kayaker who will use an orange flag to communicate with a motorized boat/wave-

runner to pick you up.

If you need further information, please go to

https://www.clubassistant.com/club/meet_information.cfm?c=2209&smid=14008

www.donnerlakeswim.org

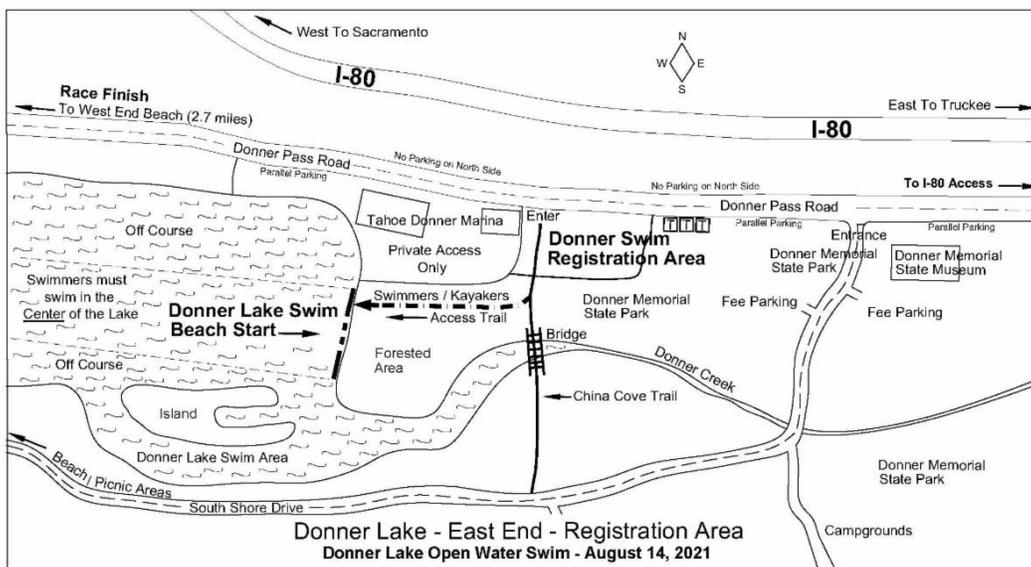
You can also email us with your questions, and we will do our best to get back to you in a timely manner.

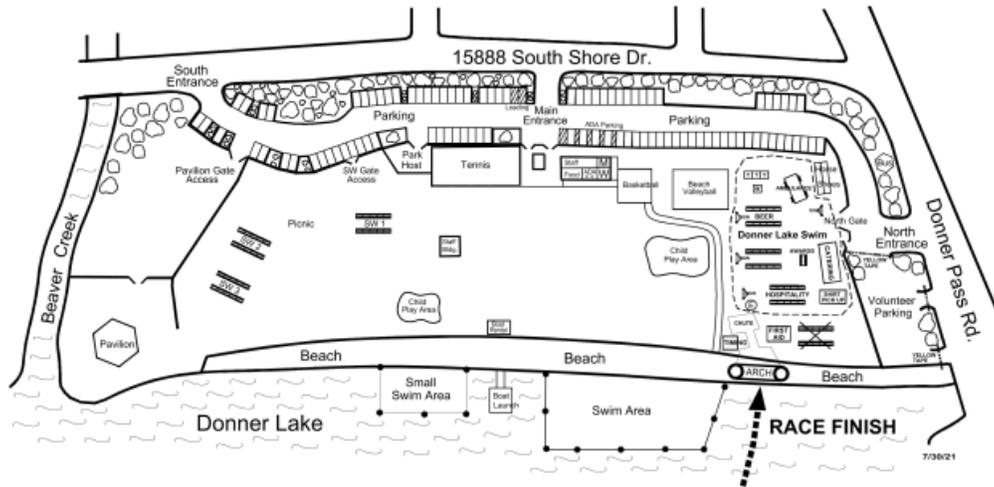
Looking forward to seeing you all tomorrow! Thank you for being a part of this event!

Thank you,

Laura Harsh and the Donner Lake Open Water Swim Committee

donnerlakeswim@gmail.com





Donner Lake - West End Beach
Donner Lake Open Water Swim - August 14, 2021

Daily AQI Color	Levels of Concern	Values of Index	Description of Air Quality
Green	Good	0 to 50	Air quality is satisfactory, and air pollution poses little or no risk.
Yellow	Moderate	51 to 100	Air quality is acceptable. However, there may be a risk for some people, particularly those who are unusually sensitive to air pollution.
Orange	Unhealthy for Sensitive Groups	101 to 150	Members of sensitive groups may experience health effects. The general public is less likely to be affected.
Red	Unhealthy	151 to 200	Some members of the general public may experience health effects; members of sensitive groups may experience more serious health effects.
Purple	Very Unhealthy	201 to 300	Health alert: The risk of health effects is increased for everyone.
Maroon	Hazardous	301 and higher	Health warning of emergency conditions: everyone is more likely to be affected.

Donner Lake Open Water Swim

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