

Strait of Juan de Fuca

Swim Crossing—Andrew Malinak

Local Authority - Permits and Permissions

Border Clearance, VTS, USCG

Definitions

CBSA: Canadian Border Services Agency

CCG: Canadian Coast Guard

Crew: includes swimmer, captain, swim manager, kayaker, and any support crew on the water in any capacity; does not include land-side support.

TSS: Traffic Separation Scheme

US CBP: US Customs and Border Protection

USCG: US Coast Guard

VTS: Vessel Traffic Service

Vessel

Name: LIVING THE DREAM

Type: 26' Glaciar Bay 2685

Max persons: 7

Captain: Charles M [REDACTED]

Call: WDD 4151

State registration: [REDACTED]

Entry into Canada

Everyone must have a valid US Passport. For this swim, all team members are US Citizens.

CANPASS: 1-888-226-7277 (or 1-905-679-2073)

Call between 30 and 240 minutes before reaching Canadian shore and provide required information. All team members must be pre-registered. With CANPASS or NEXUS in advance.

Refer to CANPASS worksheet for more details.

Entry into U.S.

Phone US CBP Port Director Dan H [REDACTED] (360-457-4311) one week ahead of time with expected time of arrival

Phone US CBP Port Director [on-duty officer] (360-457-4311) about 30 minutes prior to arrival to arrange meeting at beach for swimmer and kayaker

Boat and crew will return to Port Angeles and follow standard entry procedures

No tobacco, alcohol, firearms, soil, plants, or animals will be in the possession of crew members at any point throughout the swim.

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Communications

VHF Channels:

Channels 05A and 16 will be monitored by the powered escort craft at all times.

Communication between powered escort and kayak or shore will take place on Ch. 68 and between escort craft and shore assistance.

VHF Channel 69 will be used if Ch. 68 is already in use by another event.

Vessels in the Strait will be hailed on Ch. 05A in Canadian and Ch. 13 in American waters

Powered escort craft and kayak will both have VHF radios at all times.

Cell phones on board:

Main: [REDACTED]

Auxiliary numbers: [REDACTED] | [REDACTED] | [REDACTED]

In event of imminent danger from another vessel:

VHF, air horn, and flares may be used. Any communication by flare will correspond with VHF transmissions on Ch. 05A or Ch. 13, and Ch. 16.

In case of emergency on board:

The swim will stop. USCG will be contacted either on VHF Ch. 16 or by phone at phone number below. See Safety Plan below.

Emergency Phone Numbers

USCG Sector Puget Sound (SAR)

206-217-6002

USCG Vessel Traffic Service Puget Sound

206-217-6152

CCG Marine Communications and Traffic Services Centre Victoria (SAR and VTS)

250-363-6333

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VTS

VTS Seattle (VHF 5A) controls all points south of parallel to Race Rocks. Crew will not contact VTS Victoria (VHF 11) or VTS Tofino (VHF 74) directly unless requested to do so by VTS Seattle CCG, or USCG.

Contacts at VTS Sector Puget Sound:

LCDR Meridena Kauffman: [REDACTED]

Civ. Mark Ashley (Director): [REDACTED] (work) [REDACTED] (cell)

AIS Class A Device:

MMSI: 367575160

FCC call sign: WDG8212

Day-of AIS vessel ID: "Swimmer in Water"

Prior to departure from U.S. port enroute to Bechey Head

Establish communications on channel 05A between VTS Puget Sound and LIVING THE DREAM and verify transmission/receipt of Class A AIS signal at VTS from LIVING THE DREAM.

45 minutes prior to swimmer entering water

Discuss via telephone projected commercial vessel traffic using TSS during swim event and any potential conflicts. Call should be made from LIVING THE DREAM TO VTS Puget Sound (VTS Puget Sound Watch Supervisor 206-217-6152).

15 minutes prior to start of swim

VTS Puget Sound will assist in making go-no go decision based on projected vessel traffic. May need to delay entry into water depending on projected vessel traffic, limited visibility, etc. Go-No Go decision will be coordinated between USCG and Canadian Coast Guard.

During swim

Communications checks with VTS every 30 minutes once swim has begun to report status of swim. A simple "operations normal" is sufficient. If swimmer or LIVING THE DREAM need to stop, alter route, or amend plan in any way, notify VTS on Ch 05A immediately.

Should VTS need to halt the swim due to oncoming traffic, the swimmer will either hold position in the water or, to maintain body temperature, the swimmer may swim in a holding pattern. An example holding pattern would be 500m laps parallel to the TSS until the traffic lane is clear. If a holding pattern is used, VTS will be notified.

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Local Authority - Canada Border Crossing

CANPASS Worksheet

Contact numbers: 1-888-226-7277 (or 1-905-679-2073)

Call at least 30 minutes but not more than 4 hours before arrival on Canadian soil

<u>Persons on board (crew):</u> Andrew Malinak, Charles M [REDACTED] Caitlin R [REDACTED] Meghan R [REDACTED] Steve G [REDACTED]
<u>Estimated time of arrival:</u> Arrive in Canadian waters about t+45min after departure. On shore at t+90min.
<u>Vessel license or registration number and boat name:</u> Name: LIVING THE DREAM State registration: [REDACTED]
<u>Full name, DOB, citizenship and CANPASS membership number of all persons on board:</u> Andrew Malinak [REDACTED] USA [REDACTED] (NEXUS) Charles M [REDACTED] [REDACTED] USA [REDACTED] (NEXUS) Caitlin R [REDACTED] [REDACTED] USA [REDACTED] Meghan R [REDACTED] [REDACTED] USA [REDACTED] Steve G [REDACTED] [REDACTED] USA [REDACTED]
<u>Proposed initial docking site in Canada:</u> No landing will be made by boat. Single swimmer will make physical contact with shore from water and return to US. Reference Agent # 15009: "no need to present to port for this event" -15 April 2013 — Location description: 48N18'50" 123W39'15" at Bechey Head near approx. 2km from 214 Becher Bay Rd, Sooke, BC
<u>Passport and visa information of passengers (including the crew):</u> Andrew Malinak [REDACTED] exp [REDACTED] Charles M [REDACTED] [REDACTED] exp [REDACTED] Caitlin R [REDACTED] [REDACTED] exp [REDACTED] Meghan R [REDACTED] [REDACTED] exp [REDACTED] Steve G [REDACTED] [REDACTED] exp [REDACTED]
<u>Destination, purpose of the trip and length of stay in Canada:</u> 48N18'50" 123W39'15" at Bechey Head near approx. 2km from 214 Becher Bay Rd, Sooke, BC
<u>Length of absence for each passenger who is a returning resident of Canada:</u> Does not apply
<u>Declarations:</u> No goods are being imported, including firearms or weapons No currency and/or monetary instruments totaling CAN\$10,000 or more No goods being left in Canada

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Safety Plan

Definitions

CBSA: Canadian Border Services Agency

CCG: Canadian Coast Guard

Crew: includes swimmer, captain, swim manager, kayaker, and any support crew on the water in any capacity; does not include land-side support.

US CBP: US Customs and Border Protection

USCG: US Coast Guard

VTs: Vessel Traffic Service

Safety Goal

To avoid injury to swimmer or crew, regardless of the swim outcome.

Safety Authority

The Captain has ultimate authority over the swim, and may decide to end the swim at any time should he feel conditions pose a risk to life or property.

All crew members should voice safety concerns to the captain as soon as possible.

Crew Safety Responsibilities

Captain: Charles M [REDACTED]

The Captain shall be responsible for the overall safety of the swimmer and crew for the entire time on the water. The Captain will make the final call in all safety decisions.

Swim Manager: Caitlin R [REDACTED]

The Swim Manager shall be responsible for assisting the Captain in overseeing the safety of the swimmer. The Swim Manager will be a person familiar with the sport of Open Water Swimming. Her duties shall include: radio and phone communication, VTS liaison, monitoring of nearby vessel traffic, and monitoring of weather conditions.

Swim Handler: Meghan R [REDACTED]

The Swim Handler shall be the authority on the health and well-being of the swimmer. The Swim Handler will be familiar with the swimmer's normal mental state and be responsible for determining if the swim is to be ended due to hypothermia.

Kayaker: Steve G [REDACTED]

The Kayaker shall be responsible for the swimmer's immediate safety. The Kayaker will be able to assist the swimmer without putting himself in danger, and will be of sufficient experience to self-rescue in the case of an emergency.

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Safety Plan

Go/No-go Decision

The decision to cancel the swim will be the responsibility of the Swimmer and Captain.

The swim date will be selected from the swim window (see Swim Routes) based on weather, sea state, and other relevant environmental factors. The swim will not be attempted if conditions would put the swimmer or crew in danger.

The swim will not take place if the swimmer is ill. The swim will not take place if any crew member is ill to a degree that jeopardizes the safety of the swim.

The swim may begin if unfavorable weather is forecast, however the Captain and Swim Manager will monitor the weather and shall end the swim with enough time to return the Crew to safety should hazardous conditions materialize.

The go/no-go decision will not depend on marine life, however marine life will be monitored throughout the swim and preparations will be made accordingly.

VTs or USCG may notify the Crew at any point before or during the swim that the swim will be stopped due to safety concerns.

Safety Plan

Injury or illness to swimmer, not life threatening:

Should a non-life threatening injury or illness occur to the swimmer such that the swim must end, the swimmer will be assisted by the Kayaker and taken onto the powered escort craft. The Kayaker will be taken onto the escort craft. First aid will be administered en route to Port Angeles. Medical aid will be arranged on shore with USCG via CH. 16 or (206-217-6002).

Injury or illness to crew, not life threatening:

Should an injury or illness occur to a crew member that jeopardizes the safety of the swimmer, the same steps above will be followed.

Life-threatening injury or illness to swimmer or crew:

The swim will end and the swimmer taken on board the powered escort vessel. The Kayaker will be taken onto the escort craft. USCG will be notified by Ch. 16 or (206-217-6002), and a rescue plan will be discussed based on location and conditions.

Unfavorable conditions (weather or traffic):

Should conditions become such that the swim must end, the swimmer will be taken onto the powered escort craft and taken to a safe location out of the way of oncoming traffic. The kayaker will board the escort craft as soon as it is safe to do so.

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Safety Plan

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Escort Craft Description

Powered Escort Craft

The Powered Escort Craft (PEC) shall comply with all federal requirements for safety equipment for up to seven people. The PEC shall carry a VHF radio and Class A AIS device, as well as at least one cellular phone capable of working in both the US and Canada.

The PEC will carry the Swim Manager and Swim Handler during the swim. The PEC will act as guide for the kayak, and will monitor conditions in the Strait throughout the swim.

The PEC will carry the swimmer, crew, and kayak to the start of the swim. The PEC will have a swim ladder and swim platform to facilitate swimmer entry onto the boat, and will be able to transport the entire crew, including kayak, at any point throughout the swim.

Kayak

The kayak shall be of the kayaker's choosing, and shall be suitably equipped to handle rough seas. The kayak shall be fitted with a small strobe to improve visibility and carry a VHF radio for communication.

The kayak will be the swimmer's guide and will be within 10m of the swimmer at all times throughout the swim. The kayak will transfer food and drink to the swimmer throughout the swim.

In the event of an emergency, the kayaker and kayak will be brought onto the PEC. Under no circumstances will the kayak be towed with the kayaker in the kayak.

Shore Assistance

Shore assistance will be present to assist with post-swim activities, including transport of swimmer, kayaker, and kayak from the end of the swim. From the beginning of swim, shore assistance will be present within 30 minutes of anticipated swim end location.

Shore assistance will be reachable by cell phone and handheld VHF radio.

Once the end location is determined, shore assistance will stage near:

- the boat ramp at the west end of Freshwater Bay off Striped Peak Road
- the RV Park at Crescent Bay off Crescent Beach Road
- Port Angeles harbor, should the swimmer return by boat.

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Swim Rules

Swim Rules

This swim will follow the Santa Barbara Channel Swimming Association (SBCSA) rules v2013-1 for an unassisted marathon swim. The rules will be followed in their entirety, except for Items 1-5 of Section IV Mandatory Pre-swim Requirements concerning SBCSA registration and observers, and rules requiring action by the SBCSA. This swim is not sanctioned by or coordinated with the SBCSA.

The swim manager shall act in the capacity of the swim observer with regards to these rules.

Swim Rules—Relevant Sections

The complete rules are available on the SBCSA website. The relevant sections are unaltered.

I. Swim Categories

- A. Marathon swim: A swim that follows the traditional rules of marathon swimming, which have remained in large part unchanged since 1875, when Capt. Matthew Webb first swam across the English Channel. Swimmers are permitted to wear a standard textile swimsuit, one standard cap, goggles, ear plugs, a nose clip, and grease. Artificial aids – which are considered to be anything that improves speed, buoyancy, or heat retention – are prohibited.
- B. Assisted swim: (NOT APPLICABLE)

II. Swim Rules

These rules will be read aloud by the observer before every swim attempt.

A. General Rules

1. The boat captain has the ultimate authority on the boat. (S)he may call off a swim at any time because (s)he perceives that anyone's safety may be in jeopardy.
2. The observer is in sole charge of interpreting the rules during a swim. (S)he may call off a swim at any time because of failure to comply with the rules or danger to the swimmer. Failure to follow the observer's instructions by the swimmer or any support person will result in disqualification.
3. If the swim is called off by the captain or observer, the swimmer must immediately exit the water.
4. The swimmer is permitted to wear one standard swimsuit, one standard cap, goggles, ear plugs, a nose clip, and may grease their body.
5. The swimmer may not use or be assisted by artificial aids of any kind.
6. The swimmer must be aged 14 years or older on the day of the swim attempt.
7. During the swim, the swimmer may not make supporting contact with any person or object.
8. Paddlers are allowed. Support swimmers are allowed as long as they are not in the water for the entire duration of the swim.

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Swim Rules

9. The swimmer may not intentionally draft off either the escort boat or the support swimmer.
10. The swimmer must start from one natural connecting shore, either standing above the water line or touching a cliff face, and finish on the opposite natural connecting shore, either standing above the water line or touching a cliff face.
11. The timing of the swim starts when the swimmer enters the water or releases contact with the cliff face, and ends when the swimmer clears the water or touches a cliff face on the opposite shore. The observer is in sole charge of timing the swim.
12. No alcoholic beverages may be consumed by anybody associated with the swim or the escort vessel, from dock to dock.
13. A swimmer must not take any drugs that are on the U.S. Olympic Committee's list of prohibited medications.

B. Double/Multiple Crossings: (NOT APPLICABLE)

C. Relays: (NOT APPLICABLE)

D. Circumnavigation swims: (NOT APPLICABLE)

E. Assisted swims: (NOT APPLICABLE)

III. Clarification on Allowed Swimwear and Devices

This section applies only to Category A (marathon) swims.

1. Swimwear / costume:
 - a. For men: One porous swimsuit made from textile materials, which does not extend below the knees or above the navel. Jammer-style suits are permissible.
 - b. For women: One porous swimsuit in one or two pieces, made from textile materials, which does not cover the neck, extend past the shoulder, nor extend below the knees.
 - c. In general, these guidelines are equivalent to those for FINA pool competition.
2. Swim cap: standard-style, constructed from latex or silicone. Not allowed: neoprene caps, multiple caps, caps with chin straps.
3. Any device or apparel that improves speed, buoyancy, or heat retention other than the standard items listed in Section II, Rule 4 is considered to be an artificial aid and is prohibited.
4. If the swimmer is uncertain whether a device or apparel item is allowed under these rules, he or she should seek clarification from the SBCSA well in advance of the swim attempt.

IV. Mandatory Pre-Swim Requirements

~~If any of the following pre-swim requirements are not met, the SBCSA reserves the right to cancel the swim attempt (with refund of fees according to the schedule published in the Swim Application).~~

- ~~1. A complete application package, along with requisite fees, must be received by the SBCSA at least 60 days before the swim attempt (see Forms & Fees).~~
- ~~2. Solo swimmers must demonstrate sufficient open water marathon swimming experience~~

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Swim Rules

- to justify their planned attempt. This information is provided in the “Swim History” section of the Solo Application.
3. It is solely the swimmer’s responsibility to arrange the dates, meeting times and departure times with the escort boat and to communicate this information to the observer and support crew.
 4. Observer assignments. The SBCSA will assign an observer to the swim attempt. Swimmers are not permitted to assign observers. A swimmer may request an observer, or request a change in observers, and the SBCSA may accommodate these requests at its discretion.
 5. Communication with observer. Within three weeks of a Swim Application being accepted by the SBCSA, the swimmer (or relay) will receive an email identifying the assigned observer for the swim. The swimmer and observer(s) are expected to be in communication with each other at least 30 days before the swim attempt (contact information will be provided in the email).
 6. Escort boat and pilot:
 - a. Capacity. The escort boat must be large enough to accommodate the swimmer, observer(s) and support crew. It is the swimmer’s responsibility to determine the boat has sufficient capacity before booking. Keep in mind, the swimmer counts toward this capacity even if he or she is in the water.
 - b. License. The escort boat must be licensed with the U.S. Coast Guard, and a copy of this license must be on file with the SBCSA.
 - c. 12-Hour Rule. According to the USCG “12 Hour Rule,” a commercial boat captain may not work for more than 12 of any 24 hours at sea, except in an emergency when life or property is endangered. If the escort pilot is a commercial captain, and the swim attempt may last more than 12 hours (dock to dock), it is the swimmer’s responsibility to ensure there is a second licensed captain aboard the vessel. Note: If the escort pilot is not a commercial boat captain, this rule does not apply.
 - d. Familiarity with rules. The boat pilot must be familiar with SBCSA rules. If a pilot has not escorted a SBCSA swim before, (s)he must confirm in writing that (s)he has read and understands the rules.
 7. Support crew. It is the swimmer’s responsibility to recruit a support crew capable of handling feedings, paddling, and other needs of the swimmer. The observer’s job is to observe only, not to act in a support capacity. If the support crew is more than two people, it is recommended to designate a crew chief.
 8. Navy permits. If the swim attempt involves San Clemente Island or San Nicolas Island, which are owned and operated by the U.S. Navy, it is the swimmer’s responsibility to secure permission from the Navy to land on the island. Written permission from the Navy must be on file with the SBCSA at least two weeks before the swim attempt. If it is not, the SBCSA will cancel the swim.

V. After the Swim: NOT APPLICABLE

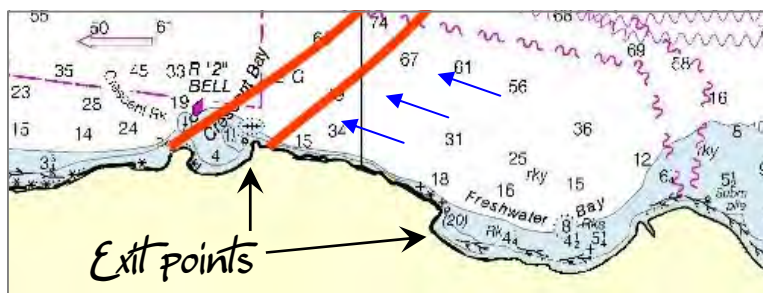
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Overview

Planned Routes

Date	Start	End	Hdg (True)	Rank
26 July 2013	4:30am	10:00am	185	5
	4:30am	10:00am	193	
27 July 2013	6:00am	11:45am	180	4
	7:00am	12:00am	190	
28 July 2013	6:00am	11:20am	185	1
29 July 2013	6:00am	11:15am	195	
	7:00am	12:30pm	185	2
30 July 2013	7:00am	12:00pm	195	
	8:00am	1:30pm	185	3



General notes:

Swims are planned to end at sandy beaches of Crescent Bay and Freshwater Bay noted as exit points above.

Actual course should stay to the upstream side of one or both exit points. In the sample above, the swim ends on a strengthening ebb tide, so a conservative course would head towards Freshwater Bay and finish with a current assisted swim towards the west. Ending the swim outside of these bays is possible, but makes for difficult access due to rocky cliffs.

Dates have been ranked (assuming fair weather) based on several factors including strength of current and available margin of error. If possible, the swim will begin at the following time:

28 July 2013 at 6:00am

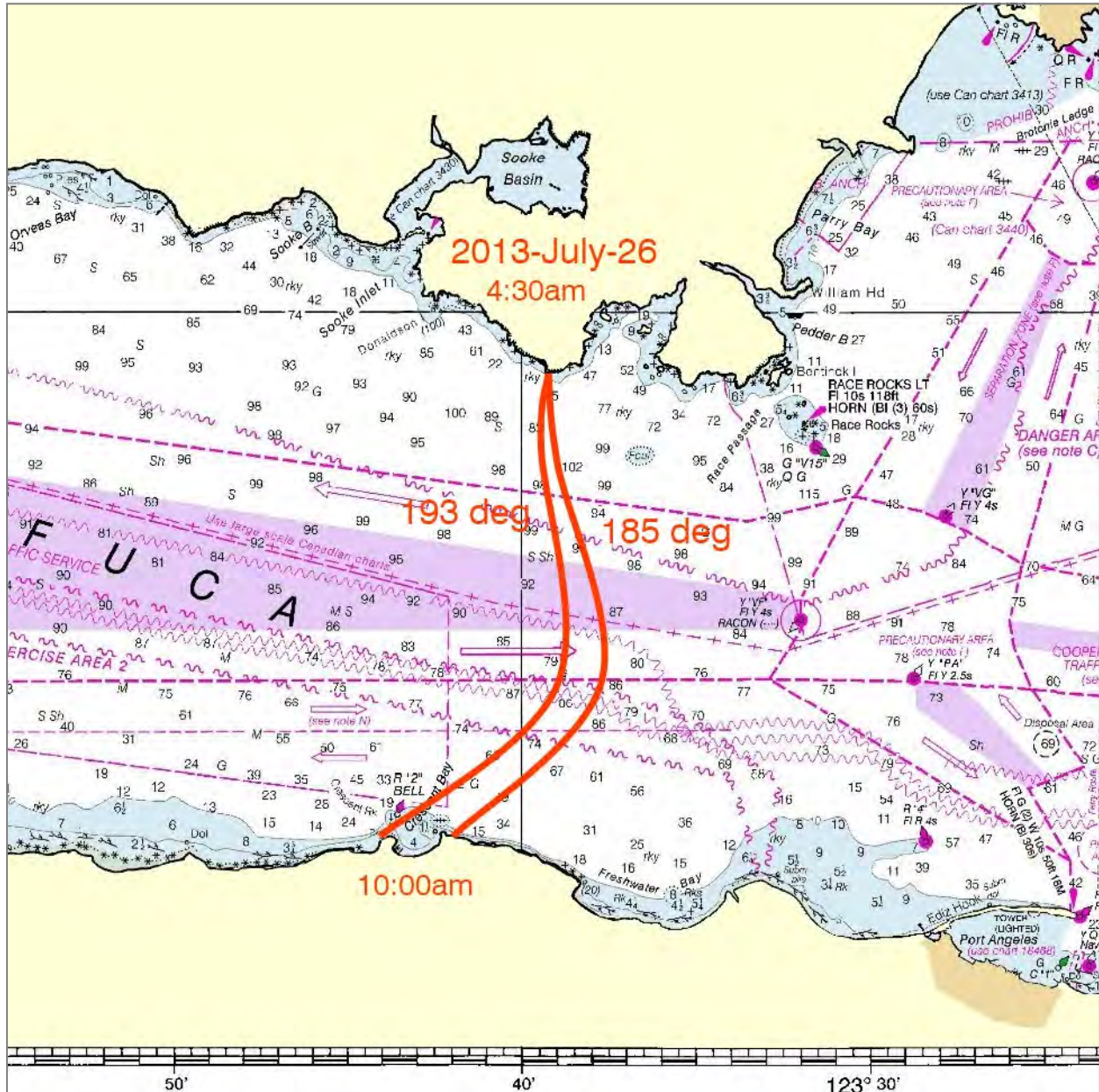
A more detailed look at the proposed course will be available for the selected day as the window nears.

Strait of Juan de Fuca

Swim Crossing—Andrew Malinak

26 July 2013

Planned Routes



Route 1

Start: 4:30am at Beachey Head
Heading: 193 True (210 mag)
End: 10:00am W of Crescent Bay

Route 2

Start: 4:30am at Beachey Head
Heading: 185 True (202 mag)
End: 10:00am E of Crescent Bay

Preferred

Strait of Juan de Fuca

Swim Crossing—Andrew Malinak

26 July 2013

Anticipated Currents

Route 1

Start: 4:30am at Beachey Head

Heading: 193 True (210 mag)

End: 10:00am W of Crescent Bay

Route 2

Start: 4:30am at Beachey Head

Heading: 185 True (202 mag)

End: 10:00am E of Crescent Bay

Time	Current
4:30	F +0.15 kt
5:00	F +0.55 kt
5:30	F +0.75 kt
6:00	F +0.70 kt
6:30	F +0.50 kt
7:00	F +0.25 kt
7:30	E -0.25 kt
8:00	E -0.13 kt
8:30	E -1.70 kt
9:00	E -1.72 kt

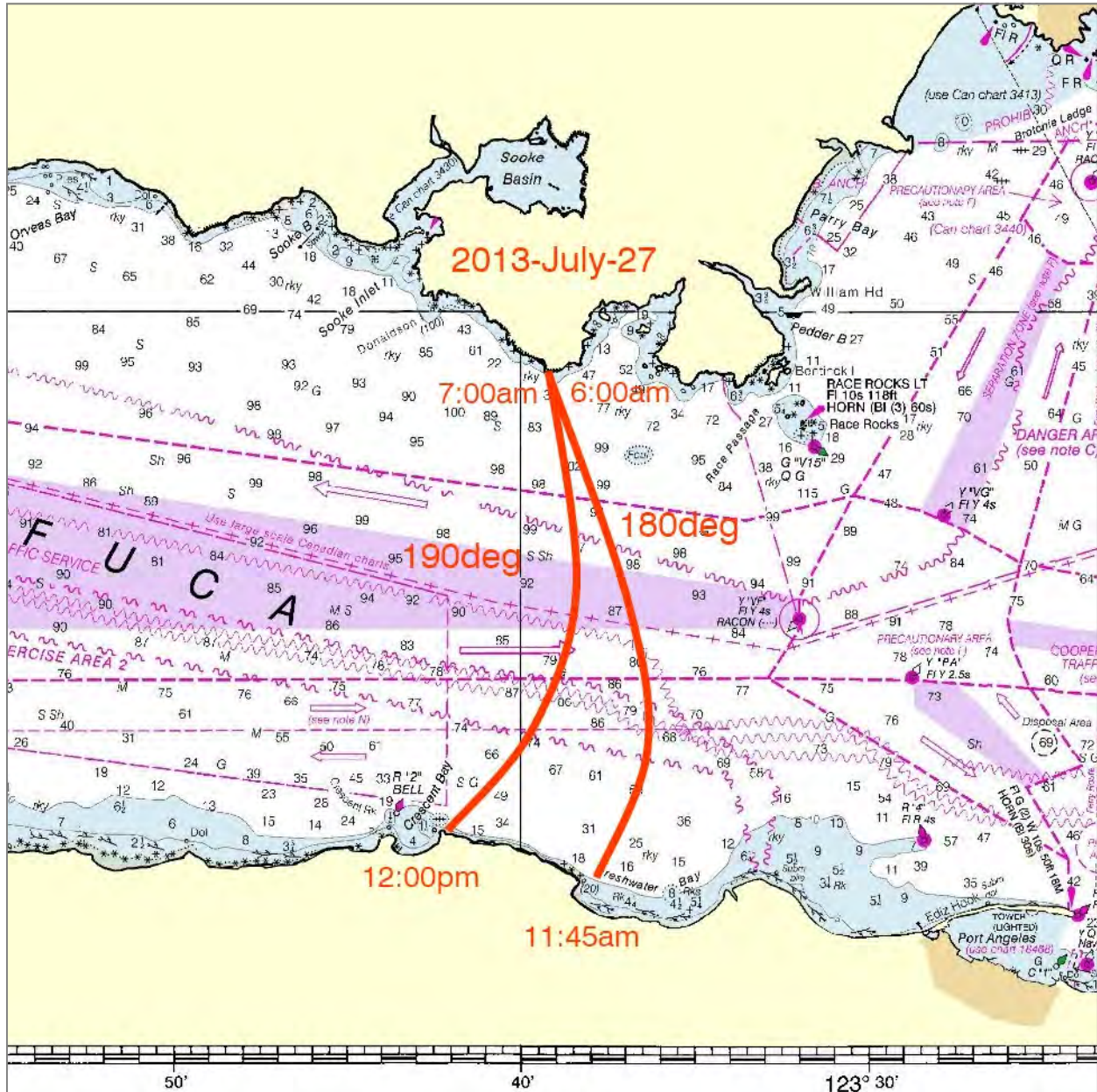
Time	Current
4:30	F +0.20 kt
5:00	F +0.50 kt
5:30	F +0.70 kt
6:00	F +0.65 kt
6:30	F +0.42 kt
7:00	F +0.23 kt
7:30	E -0.23 kt
8:00	E -1.20 kt
8:30	E -1.57 kt
9:00	E -1.76 kt

Strait of Juan de Fuca

Swim Crossing—Andrew Malinak

27 July 2013

Planned Routes



Route 1

Start: 7:00am at Beachey Head

Heading: 190 True (207 mag)

End: 12:00pm E of Crescent Bay

Route 2

Start: 6:00am at Beachey Head

Heading: 180 True (197 mag)

End: 11:45am Freshwater Bay

Preferred

Strait of Juan de Fuca

Swim Crossing—Andrew Malinak

27 July 2013

Anticipated Currents

Route 1

Start: 7:00am at Beachey Head

Heading: 190 True (207 mag)

End: 12:00pm E of Crescent Bay

Time	Current
6:00	F +0.65 kt
6:30	F +0.60 kt
7:00	F +0.45 kt
7:30	F +0.37 kt
8:00	F +0.10 kt
8:30	E -0.10 kt
9:00	E -0.37 kt
9:30	E -0.55 kt
10:00	E -0.79 kt
10:30	E -0.93 kt

Route 2

Start: 6:00am at Beachey Head

Heading: 180 True (197 mag)

End: 11:45am Freshwater Bay

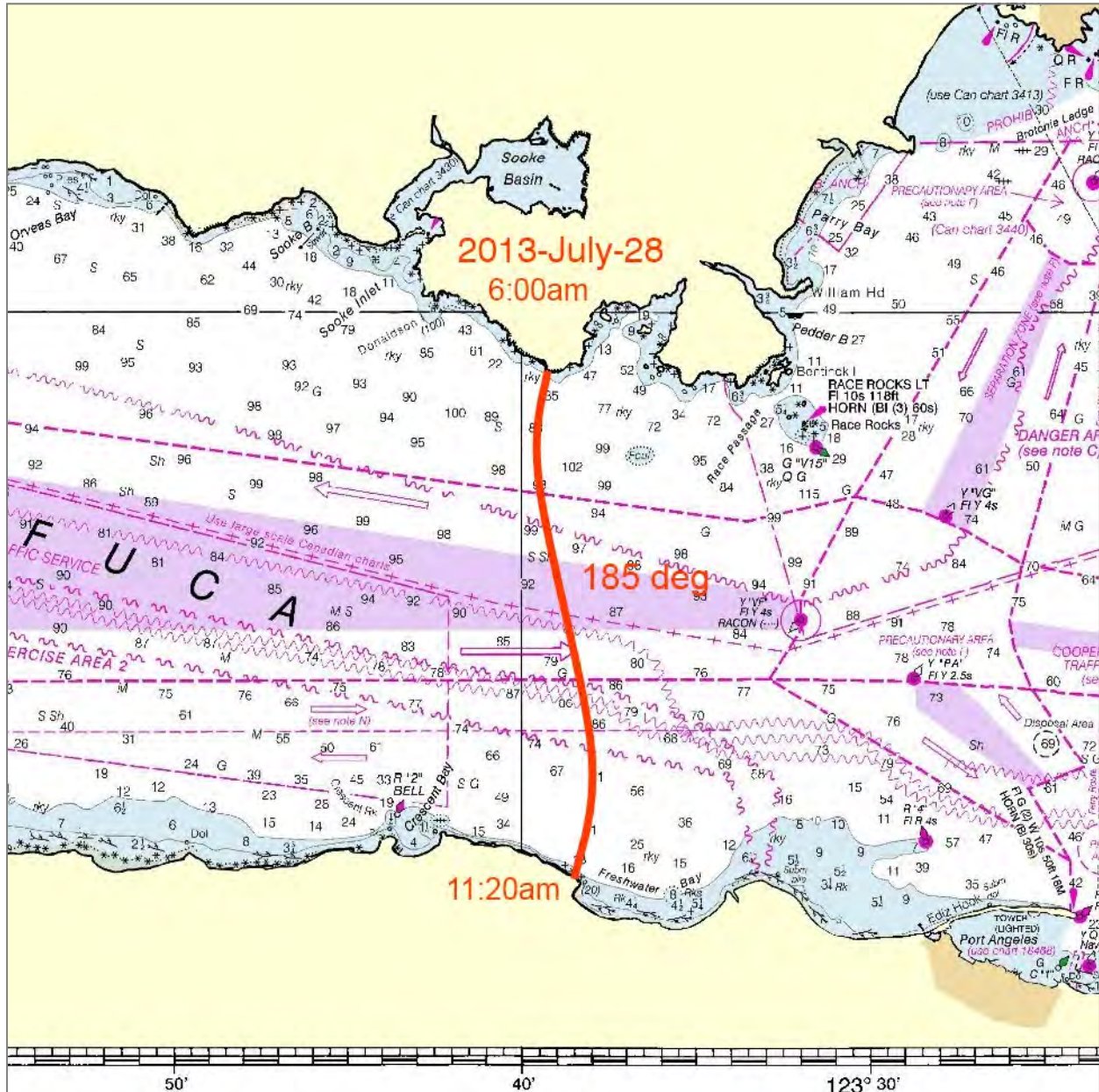
Time	Current
7:00	F +0.55 kt
7:30	F +0.60 kt
8:00	F +0.65 kt
8:30	F +0.60 kt
9:00	F +0.45 kt
9:30	F +0.42 kt
10:00	F +0.10 kt
10:30	E -0.10 kt
11:00	E -0.37 kt
11:30	E -0.55 kt
12:00	E -0.79 kt

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28 July 2013

Planned Routes



Route 1

Start: 6:00am at Beachey Head

Heading: 185 True (202 mag)

End: 11:20am W of Freshwater Bay

Preferred

Route 2

Start:

Heading:

End:

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28 July 2013

Anticipated Currents

Route 1

Start: 6:00am at Beachey Head

Heading: 185 True (202 mag)

End: 11:20am W of Freshwater Bay

Route 2

Start:

Heading:

End:

Time	Current
6:00	E -0.10 kt
6:30	F +0.10 kt
7:00	F +0.32 kt
7:30	F +0.50 kt
8:00	F +0.60 kt
8:30	F +0.55 kt
9:00	F +0.45 kt
9:30	F +0.28 kt
10:00	F +0.14 kt
10:30	F +0.05 kt
11:00	E -0.25 kt

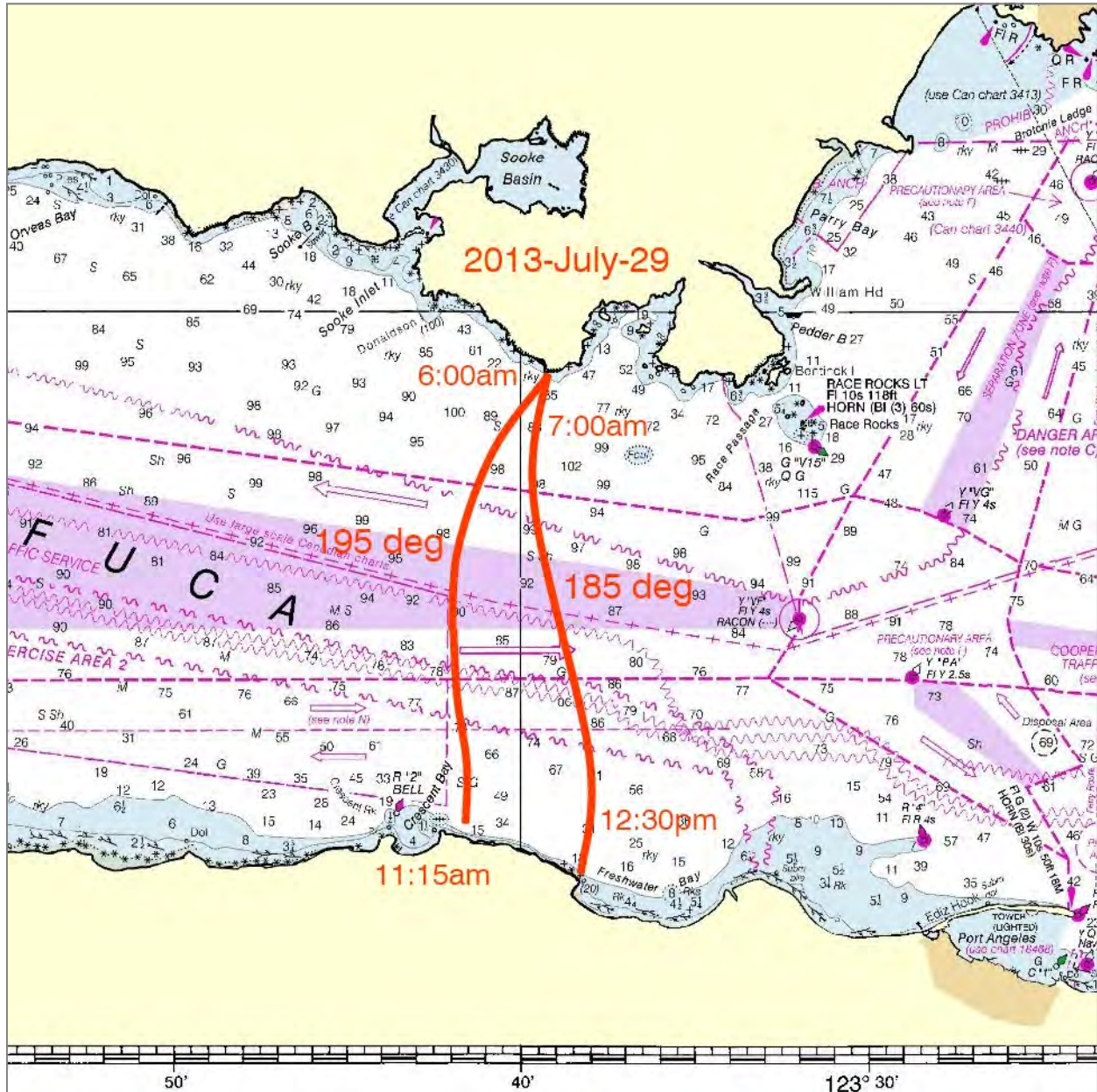
Time	Current
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Strait of Juan de Fuca

Swim Crossing—Andrew Malinak

24 July 2013

Planned Routes



Route 1

Start: 6:00am at Beachey Head

Heading: 195 True (212 mag)

End: 11:15am E of Crescent Bay

Route 2

Start: 7:00am at Beachey Head

Heading: 185 True (202 mag)

End: 12:30am W of Freshwater Bay

Preferred

Strait of Juan de Fuca

Swim Crossing—Andrew Malinak

24 July 2013

Anticipated Currents

Route 1

Start: 6:00am at Beachey Head

Heading: 195 True (212 mag)

End: 11:15am E of Crescent Bay

Time	Current
7:00	E -0.18 kt
7:30	E -0.05 kt
8:00	F +0.25 kt
8:30	F +0.45 kt
9:00	F +0.55 kt
9:30	F +0.60 kt
10:00	F +0.50 kt
10:30	F +0.42 kt
11:00	F +0.23 kt
11:30	F +0.10 kt
12:00	E -0.10 kt

Route 2

Start: 7:00am at Beachey Head

Heading: 185 True (202 mag)

End: 12:30am W of Freshwater Bay

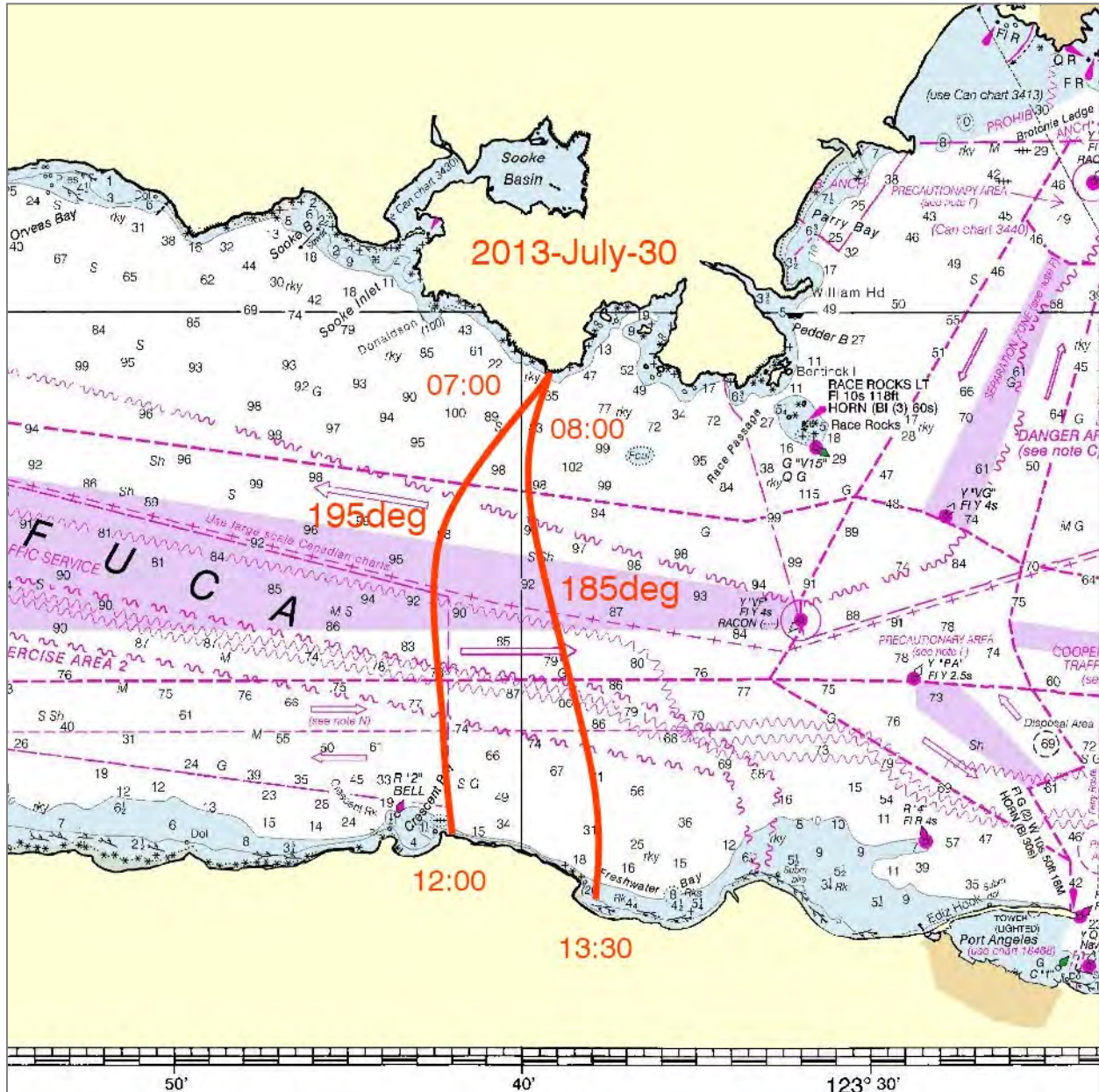
Time	Current
6:00	E -0.78 kt
6:30	E -0.55 kt
7:00	E -0.18 kt
7:30	E -0.05 kt
8:00	F +0.25 kt
8:30	F +0.45 kt
9:00	F +0.55 kt
9:30	F +0.60 kt
10:00	F +0.50 kt
10:30	F +0.42 kt

Strait of Juan de Fuca

Swim Crossing—Andrew Malinak

30 July 2013

Planned Routes



Route 1

Start: 7:00am at Beachey Head
Heading: 195 True (212 mag)
End: 11:00pm E of Crescent Bay

Route 2

Start: 8:00am at Beachey Head
Heading: 185 True (202 mag)
End: 1:30pm Freshwater Bay

Preferred

Strait of Juan de Fuca

Swim Crossing—Andrew Malinak

30 July 2013

Anticipated Currents

Route 1

Start: 7:00am at Beachey Head

Heading: 195 True (212 mag)

End: 12:00pm E of Crescent Bay

Time	Current
8:00	E -1.00 kt
8:30	E -0.75 kt
9:00	E -0.40 kt
9:30	F +0.10 kt
10:00	F +0.40 kt
10:30	F +0.60 kt
11:00	F +0.65 kt
11:30	F +0.70 kt
12:00	F +0.50 kt
12:30	F +0.00 kt

Route 2

Start: 8:00am at Beachey Head

Heading: 185 True (202 mag)

End: 1:30pm Freshwater Bay

Time	Current
7:00	E -0.40 kt
7:30	E -0.10 kt
8:00	F +0.40 kt
8:30	F +0.40 kt
9:00	F +0.60 kt
9:30	F +0.65 kt
10:00	F +0.70 kt
10:30	F +0.55 kt
11:00	F +0.30 kt
11:30	F +0.20 kt
12:00	E -0.05 kt

CREW FOR ANDREW MALINAK

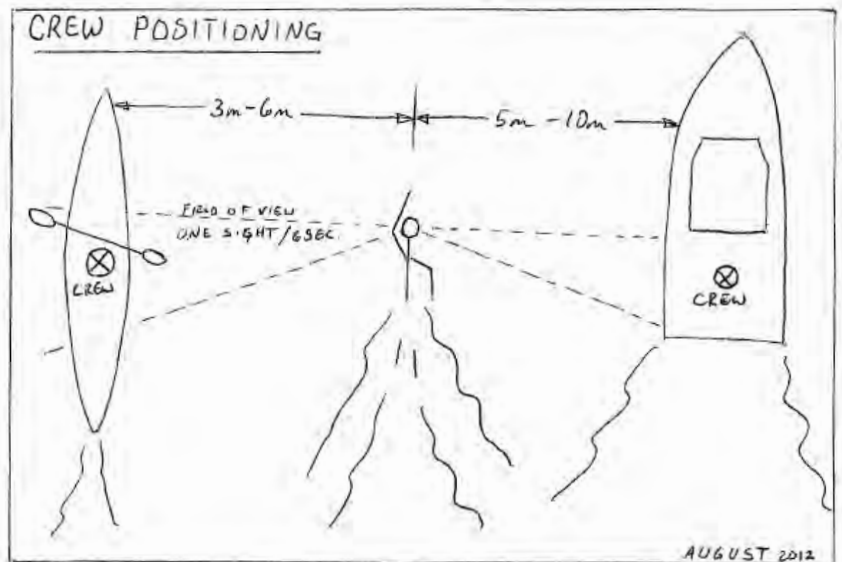
Solo swims are not a solo endeavor. No long swim can be completed without the assistance of a dedicated and knowledgeable crew. At the beginning of a swim, there should be no questions of what to expect, either from the day, the course, the weather, or from me.

This document outlines, in general terms, what to expect from me and what I expect from my crew. By the start of the swim, this should be reviewed in conjunction with a swim-specific plan, and all questions should be answered.

Navigation

Make sure you've done your hair, because I'm going to be staring at you for the entire swim. My only job during the swim is to follow you. You will be in charge of setting the course and pointing your boat in the right direction, and I will set the pace and do my best to stay near you. Remember, I'm placing my full faith in you to guide me. 100% trust. All of it.

The ideal spacing between us is 2m to 4m if you are in a kayak and 5m to 10m if you are in a larger boat. If I am getting too close or too far, hold your course and let me correct mine.



Communication

When I breathe (one breath every three strokes), my field of view is to the side and slightly back. A boat or crew member should be in that field of view. When you want to get my attention, a distinct silhouette catches my eye the best. It is safe to assume that my goggles have fogged up and my eyes are slightly crossed, so make it clear. A two-arm overhead wave will probably work. Avoid using audible signals except in an emergency.

General mental state

Don't be surprised if I'm not very chatty while I swim. It takes me a few minutes to get my focus, and once I have it I try to keep it. If something hurts, I'll tell you. I'm set to swim, eat, swim, eat for hours.

Unless I ask, I do not need to know time or location. For swims involving other swimmers (a "race"), we will discuss in advance my anticipated completion time and I will ask that you let me know when we pass the $\frac{1}{3}$ and $\frac{2}{3}$ time intervals. Keep an eye out for other swimmers as well; nothing motivates me to swim faster better than the opportunity to pass someone.



Food

This is the basic plan for a typical swim. From the container of mystery powder, add five heaping spoonfuls to a bottle top off with water. The bottle will be affixed to the end of a rope tossed to me every 20 minutes (or thereabouts). After mixing the powder, please shake vigorously and let it sit for a while to avoid clumps. Avoid letting it get too warm or cold - sea temp is usually perfect, I'll leave it up to you to figure out how to achieve that.

Every two hours or so (depending on swim duration), I will ask for some solid food such as a sandwich. For these feedings, I will swim closer to the boat than for other feedings and you can toss a Tupperware container to me. During the swim, feel free to eat, discuss, cook, Pinterest, or otherwise enjoy any food you would like. I won't get nauseous or jealous.

Should I need to poop during the swim I will, without much detail, ask that you give me some space for a short period of time. If we are in a field of other swimmers, I will ask that you guide me to the down-current side of the course before giving me some space.

Into the third hour, I'll probably ask for an Advil. I'll give you a heads up to prepare one crushed tablet and mix it in a small bottle with about one inch of water. Unless otherwise specified, use only one tablet (e.g. "Advil" should be heard as "One Advil, please").

Skin: Chafing & Jellyfish

Throughout the swim, you may see me thrashing about as I encounter jellyfish. If you see this happen, please be ready to throw me a soup container half-filled with 5% acetic acid (no additional dilution required). The container should contain a sponge and enough air to make it float visibly in the water. No strings should be attached to this container. Please keep at least two containers filled throughout the swim if jellyfish are suspected.

On long, salt water swims, reapplication of Vaseline will be needed every few hours. You'll have some advanced notice, but keep the tub handy just in case. Just hand me the tub when I ask for it, probably at a feeding.

Swim logging

Aside from some photographs, you do not need to keep a log. However, I will provide you with a notebook, pen, and thermometer. If you are able to keep a log, please do. Note any of the following: time, distance, coordinates, wind, sea conditions, stroke count, water temperature, noteworthy events. My stroke rate typically remains between 59 and 63.

Hypothermia

Sarcastic, snarky remarks DO NOT mean I'm conscious (just ask the guy who removed my wisdom teeth). The best way to determine my level of consciousness is to give me a 3-digit by 2-digit multiplication problem and let me ponder it for a few minutes. If my stroke rate is consistent and I look ok in the water, I'm probably alright. This is the biggest judgment call you will have as a crew member. Consequently, on cold swims I will try to have at least one person who knows me very well to make such a call.

That's it! Now you are an expert! Remember: ask questions! Thanks again for being my crew. I couldn't do it without you. Fingers crossed for light winds and clear skies.

This is a supplement to the General Guide for Crew specific to Strait of Juan de Fuca (July 2013). This supplement covers only changes to the General Guide for Crew, and does not address Logistical Requirements and Regulations for the swim.

General

The swim will begin from Vancouver Island and end once a point is reached in mainland Washington. This swim will follow Santa Barbara Channel Swimming Association rules.

The swimmer must start from one natural connecting shore, either standing above the water line or touching a cliff face, and finish on the opposite natural connecting shore, either standing above the water line or touching a cliff face.

No drafting is permitted either off another swimmer or the guide vessel.

All crew and observers on the boat must bring a valid passport and obey USCBP and CBSA requirements for crossing the US-Canada border.

Navigation

For this swim, navigation is extremely important. The plan is to arrive on a sandy beach at Freshwater Bay or Crescent Bay and avoid the jagged rocks between the two. To reach there, I've planned a route using a constant heading that should account for the currents on the day of the swim. With luck, we will not have to deviate from the planned heading. As we near shore, the swim manager will assess the actual conditions and make adjustments needed.

It is better to err on the up-current side of the target beach. If all else fails, any point on the Washington coast is acceptable

Communication

-no change-

General mental state

-no change

Food

Feedings will be spaced at 15 minute intervals.

Water bottles should be kept between 70F and 80F.

At 1 hour intervals, a vitamin capsule and chewable multivitamin will be given with liquid.

Skin: Chafing & Jellyfish

-no change-

Swim logging

The swim manager will see that location and time are logged and plotted throughout the swim to compare with anticipated route and to assist with future swim planning.

Hypothermia

Anticipated water temperatures indicate that hypothermia will be a consideration.