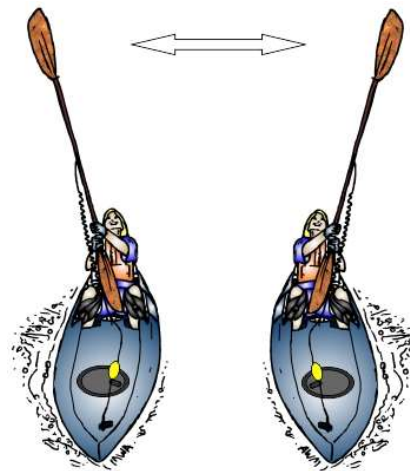


Safety Instructions for Kayak and Paddleboard Escorts

Keep your swimmer in sight at all times. Maintain a position in sight of your swimmer such that they can easily reach the vessel if needed, but not so close that you might impede their swimming. We recommend touching base with your swimmer frequently throughout the swim via a simple hand signal. Please be aware of other swimmers around you and keep a central lane open for unescorted swimmers. **Always yield to passing swimmers – they can't see you, and they have the right of way.**

A tired swimmer should signal their kayaker and hold on to the BOW of the kayak. DO NOT allow the swimmer to hang onto the side of your kayak – it will capsize!

If your swimmer is in distress, or emergency assistance is needed, give the extra PDF to your swimmer, blow your whistle, raise your paddle over your head vertically, and a rescue boat will assist you. If your swimmer is tired and wants to leave the race, this is also the way to get the attention of a safety boat.



In the case of a medical emergency, the Massachusetts Environmental Police will coordinate the rescue and stabilization of the swimmer. If you capsize, clear yourself from your vessel and hang onto it. A safety vessel will assist you.

It is very important that you **DO NOT CROSS THE FINISH LINE** with your swimmer. Please paddle off to the right of the finish boat, *Baykeeper*, and then haul your boat onto the beach.

Escort boats should not return to the water except to paddle back to the Start Line. No boating is allowed from the Fort Phoenix beach. The ability to escort swimmers during this event is an exception, so please respect the Fort Phoenix rules and regulations.

Remove vessels from the beach as soon as possible and **no later than 10:30am**. We highly recommend taking the free shuttle back to retrieve your car, then return for your vessel. A volunteer will wait with all vessels. After 9:30am, the channel is open and paddling back can be very dangerous.

If you insist on paddling back, **paddlers must return together in a group, per MEP direction**. Returning kayakers will depart the beach no later than at 9:45am, escorted by M/V *Baykeeper*.

In the event of a sudden storm or emergency, follow the instructions from the Safety Agencies.

If you have questions please ask a member of our Safety Team.