



## **Crew Description, Outline and Rules**

### **Crew Members**

Matt Richardson – Crew Chief and Lead Pilot

Brian Patterson

Keith Metzger - Lead Navigator

Lynn Kubasek – Lead Observer

Asha Allen

Janet Manning

Breanne Melconian

Morgan Christian – Lead Technical

Jen Schumacher

Jim Patrick - Shore Chief

## **Crew Duties and Description**

**Crew Chief** – The crew chief will ultimately be in charge of all aspects of the swim. It will be their responsibility to make final decisions based on safety and the ultimate success of the swim. The crew chief will help coordinate different aspects of the swim event and will be required to receive input from all members of the team.

**Pilot** – The lead pilot shall be responsible for driving the boat and maintain the pre-designed course. They will work with the navigator to make course changes due to wind, waves, and current. The pilot is responsible for safety of the boat and the swimmer, as they will need to know where the swimmer is at all times. In addition, the pilot will be aware of emergency circumstances such as man-over-board, which will require their immediate action. The pilot will call out with a loud voice and make sure the boat's course is clear if they need to change direction, reverse direction, avoid traffic or an obstacle, or assist with a man-over-board. The pilot will do a verbal update of the course and swimmers status with the new pilot when there is a shift change.

**Observer** – The lead observer will be tasked with observing all aspects of the swim. They will oversee the entire crew as they too will document and record the swim from the first stroke to the final steps up the beach. Each crew member will rotate into the duty of observing. The lead observer shall oversee this responsibility. **MOST importantly, the Lead Observer or Observer at the time, will NEED to enter swimmer data for EACH FEED STOP.** There is an Observer's Log that will be provided. This job is incredibly important as the documentation shall be used to verify the validity of the swim. The entire crew shall know and understand the rules of Marathon Swimming. If a rule is broken, it is the responsibility of the crew member observing to report the incident to the Lead Observer. Each crew member shall sign an Observer Responsibility Form (ORF) stating they understand the rules and shall objectively record and document the event. Upon completion of the swim, each crew member shall sign the official observer report stating the swim was done following the rules outlined by the Marathon Swimming Federation. Please see attached rules, ORF and Observer Report.

**Navigator** – The Lead Navigator shall be responsible for following the route designated for the swim. They shall work with the pilot to make required adjustments to stay as close to the lay line as possible. They shall also be responsible for reporting GPS locations to the Lead Observer, as well as discussing this information with the technical and social media leads. It will be their job to lead the rest of the crew and verify data throughout the swim.

There are a couple of places where the boat may need to alter course away from the swimmer: two areas that maybe too shallow for the boat to proceed safely. The navigator and pilot will be in constant communication and will avoid certain areas for safety purposes. This information will also need to be communicated to the Nutrition lead and Kayak lead, as this may mean separation from the boat for a period of time.

**Nutrition** – The Lead Nutrition Member shall be responsible for all aspects of swimmers nutrition and to follow pre-designed plan. It will be their responsibility to oversee other crew members as they rotate into this position. They will need to make sure food is prepared and ready for each 30 minute feeding cycle. They will provide swimmer intake data to the observer to be recorded in the Official Report. Feeding windows at every 30 minutes will add up over the course of the swim. The crew should know that the Nutrition Lead will need a lot of extra hands as to avoid fatigue.

**Cook** – The Lead Cook will be responsible for all crew meals. They will be in charge of keeping crew feel through a well-balanced diet. All crew member will assist in preparation of meals. It would be great to volunteer to help so the cook doesn't have to always ask :). Menu shall be pre designed.

**Kayakers** – The entire crew shall be responsible for kayaking. Most kayaking duties shall occur at night with one kayak in the water. No crew member shall kayak more than 2 hours at a time. They will be responsible for guiding swimmer, providing moral support, communicating with the boat crew about the swimmer's status, and assist at feed times. The kayakers must remember not to assist the swimmer for flotation or forward movement. The kayaker is in the water for complete support ☺

**Support Swimmers** – Support Swimmers shall be available when swimmer needs them. Support swimmers shall never swim in front of swimmer and must maintain a distance far enough away as to not create a draft. At no time shall a support swimmer touch the swimmer unless in an emergency situation upon swim is cancelled. In addition, the support swimmers should not swim faster than the main swimmer and force the swimmer to go faster than his adopted speed, as this could add to physical and mental stress during the swim.

**Social Media** – The lead social media crew member shall be responsible for telling our story. It is important that it told accurately and as it happens. It is important that this person shows all aspects of the adventure. This is much more than a swim.

**Technical Lead** – The technical lead will be responsible for coordinating computer / internet / satellite aspects of the swim. This will include coordinating content with the social media lead before uploading information to the internet via satellite. The

technical lead, navigator, observer, and social media lead will communicate and verify location and distance of the swimmer.

**Overview** - The most important aspect for the crew is that they are there to support the swimmer during the event while not take unnecessary risks after the swim has started. The swimmer is deeply grateful for your assistance because this swim event would not be possible without you, seriously. ☺ In addition, the crew must have fun during this event in the Bahamas or may be subject to open-ocean pirate-sanctioned reprimandation as dictated by the code, set forth by Captain Jack Sparrow.

## **Below are the rules outlined by the Marathon Swimming Federation.**

### **The Spirit of Marathon Swimming**

MSF Rules are guided by the traditions and spirit of unassisted marathon swimming.

Marathon swimmers embrace the challenge of crossing wild, open bodies of water with minimal assistance beyond their own physical strength and mental fortitude. There are ways to make the sport easier, but marathon swimmers consciously eschew them.

Marathon swimmers take pride that their achievements can be meaningfully compared to the achievements of previous generations, because the standard equipment of the sport has not changed significantly since 1875.

### **Definitions**

#### **Marathon Swim**

A nonstop open-water swim, undertaken according to standardized rules, and requiring at least several hours of sustained effort to complete. Ten kilometers without significant assistance from currents is the minimum distance considered to be a marathon swim.

#### **Nonstop**

Remaining in the water for the entire duration of the swim from start to finish without intentional physical contact with escort vessels, support personnel, or other objects (fixed or floating).

#### **Unassisted**

Without artificial assistance to performance, other than the [standard equipment](#) of the sport. Any swim that benefits from assistance - in the form of nonstandard performance-enhancing equipment, supportive contact with the swimmer, or other violation of the spirit of unassisted marathon swimming - is considered an Assisted Swim.

- One swimsuit made of porous, textile material. For males, the suit must not extend below the knee or above the waist. For females it must not extend below the knee, onto the neck, or beyond the shoulder.
- One bathing cap made of latex or silicone.
- Goggles, earplugs, and nose clips.
- Sunscreen and grease.
- Safety lights for night visibility.
- Simple timekeeping device (chronometer).
- Escort boat, pilot, and crew.
- Nutrition, and equipment to transport it between the boat and swimmer. The swimmer may not be supported or towed by the feed equipment.
- Paddler(s) and support swimmer(s).
- [Observer\(s\)](#).

### **Varieties of Nonstandard Equipment**

Nonstandard equipment is anything not specifically included in the list of [standard equipment](#). While it is impossible to exhaustively list all potential nonstandard equipment, we can categorize them as either (1) performance-enhancing, or (2) non-performance enhancing.

Regardless of the performance benefit, swimmers must always declare use of nonstandard equipment in their swim rules and documentation.

### **Performance-Enhancing Equipment**

Performance-enhancing equipment is defined as nonstandard equipment that benefits the swimmer's speed, buoyancy, heat retention, or endurance. Swims using such equipment cannot be considered [unassisted](#).

Examples of performance-enhancing equipment include:

- Equipment that may retain or increase warmth – e.g., wetsuits, neoprene caps, booties, gloves.
- Equipment that may increase speed – e.g., flippers, paddles, shark cages.
- Equipment that may increase buoyancy - e.g., pull buoys, wetsuits.
- Auditory pacing aids - e.g., music players, metronomes.
- Wearable electronic devices that transmit information to the swimmer beyond the time of day and elapsed time.
- Underwater streamers.
- Performance-enhancing drugs on the [World Anti-Doping Agency List of Prohibited Substances](#).

### **Non-Performance-Enhancing Equipment**

Non-performance-enhancing equipment provides no obvious benefit to performance, but nonetheless is not considered part of the [standard equipment](#) of marathon

swimming. Swims using such equipment may still qualify as [unassisted](#), but the equipment must be specifically declared in the swim rules and documentation.

Examples of non-performance-enhancing equipment include:

- Swimwear with increased coverage - e.g., stinger suits, rash guards.
- Wildlife deterrents - e.g., shark shields, shark divers, jellyfish sweepers. Note: harming marine wildlife violates the [spirit](#) of marathon swimming.
- Wearable electronic devices that log data but do not transmit it to the swimmer.

The swim observer documents the facts of a swim and verifies the swim's adherence to the declared rules. Documentation produced by a qualified observer is the single most important source material for authenticating a swim claim.

## **Qualifications**

The primary qualifications of an observer are:

### **Independence**

The observer must be capable of dispassionately evaluating the swim and its adherence to the declared rules. If the observer is acquainted with the swimmer, (s)he must be able to separate the personal relationship from his or her duties to observe, document, and verify.

### **Expertise**

The observer must be knowledgeable about the rules, traditions, and spirit of marathon swimming, and with the responsibilities of observing a marathon swim.

The MSF maintains a global [network](#) of qualified, willing observers. Local observer networks and official trainings are offered by following organizations:

- [Channel Swimming & Piloting Federation](#)
- [Channel Swimming Association](#)
- [Catalina Channel Swimming Federation](#)
- [Santa Barbara Channel Swimming Association](#)
- [NYC Swim](#)

Observers who have not attended an official training may also demonstrate expertise through their personal history in the sport - as a swimmer, crew-member, or administrator.

## **Special Considerations**

### **Very Long Swims**

If a single observer is not able to maintain alertness for the entire duration of the swim, an additional observer is necessary. The MSF recommends two observers for swims anticipated to last longer than 18 hours, and three observers for swims anticipated to

last longer than 30 hours. Overnight swims in the 10-18 hour range may also require a second observer.

On swims with multiple observers, a lead observer should be designated to coordinate the observer team and documentation procedures.

### **High-Profile or Unprecedented Swims**

Swims of unusual magnitude or notoriety - especially unprecedented swims - demand a stricter standard for observer qualifications and reputation. In such cases, it is essential that the observers are trusted by the broader community of marathon swimmers.

The MSF recommends a minimum of two highly qualified, reputable observers for high-profile swims, to reinforce their credibility.

## **“Golden Rules” of Marathon Swimming**

### **Transparency of Swim Conduct**

The intended conduct of the swim - including Swim Rules and any nonstandard equipment to be used - must be communicated fully and clearly before the swim begins, to everyone involved in the swim attempt, and in all public promotion. The declared rules and equipment may not be changed once the swim has begun.

### **Independent Observation**

Independent and knowledgeable observers must document the facts of the swim and verify the swimmer’s adherence to the Swim Rules.

### **Swim Rules**

This section defines standard MSF Swim Rules for a one-way solo swim (Point A to Point B). Standard rules for multi-leg swims, circumnavigation swims, relay swims, and stage swims are defined in the [Special Swim Types](#) supplement.

Individual swimmers or local governing bodies may adopt MSF Swim Rules in full, as shorthand for “standard conduct.” Or, they may adapt the rules to local circumstances, as long as two conditions are met:

1. Any modifications of standard swim conduct are declared.
2. The modifications do not violate the [spirit](#) of unassisted marathon swimming.

The declared Swim Rules must be read aloud by the observer in the presence of the swimmer and all support personnel before the swim begins.

### **Start & Finish**

The swim begins when the swimmer enters the water from a natural shore. If geographic obstacles (e.g., cliffs) prevent the swimmer from clearing the water at the start, the

swimmer may begin the swim by touching and releasing from part of the natural shore (e.g., cliff face).

The swim finishes when the swimmer clears the water on a natural shore, beyond which there is no navigable water. If geographic obstacles prevent the swimmer from clearing the water at the finish, the swimmer may finish by touching part of the natural shore.

### **Physical Contact**

The swimmer may not make intentional supportive contact with any vessel, object, or support personnel at any time during the swim.

### **Standard Equipment**

The swimmer may wear a single textile swimsuit with standard coverage, one latex or silicone cap, goggles, ear plugs, nose clips, and may grease the body. The swimmer may not use any additional equipment that benefits speed, buoyancy, endurance, or heat retention.

### **Drafting**

The swimmer may not intentionally draft behind any escort vessel or support swimmer. The swimmer may swim alongside an escort vessel, but may not intentionally position him or herself inside the vessel's bow and displacement waves, except while feeding.

### **Support Swimmers**

A support swimmer (or swimmers) may accompany the solo swimmer for a limited duration. Multiple support swims are allowed, but should not occur consecutively. The MSF recommends a maximum of one hour per support swim and a minimum of one hour between support swims.

The support swimmer may not intentionally touch the solo swimmer and must position him or herself at least slightly behind the solo swimmer.

### **Authority on the Escort Vessel**

The observer is responsible for documenting the facts of the swim, interpreting the swim rules, and keeping the official time.

The pilot of the escort vessel (or lead pilot, if there are multiple vessels) is the ultimate authority in all other matters. The pilot may cancel the swim at any time, for any reason, including, but not limited to, concerns for the safety of the swimmer or support personnel. The pilot is responsible for following all relevant local maritime regulations.

### **Responsible Environmental Stewardship**

Everyone involved in the swim attempt - swimmer, observer, support personnel, and escort boat personnel - must treat the environment respectfully and prevent avoidable harm to marine wildlife and ecosystems.

### **Continuance of the Spirit of Marathon Swimming**



If any issue regarding swim conduct arises that the Swim Rules do not clearly address, the swimmer should act - and the observer should judge - in accordance with the [spirit](#) of unassisted marathon swimming.

### **Jamie's Rules for the Swim**

1. I will enter the water on dry land under my own power.
2. I will wear 1 porous jammer suit.
3. I will wear 1 cap.
4. I will wear 1 pair of goggles.
5. I will have 1 kayak in the water with me.
6. I will have one Lead Observer who will be responsible for overseeing all aspects of documenting the swim. All crew members shall rotate into the role of observing. Each crew member shall know and understand the rules of Marathon Swimming. They shall abide by the rules set forward by Jamie and the MSF. They will have the authority to call the swim if any infraction to the rules is done. During their shift it is their sole responsibility is to observe. Each crew member shall sign an Observer Responsibility Form.
7. I will allow support swimmers throughout my swim. These support swimmers must swim abeam or behind me.
8. No person may purposely touch me for the entire swim.
9. I will not hold on to any support boat or apparatus attached to support boats from start to finish.
10. I will not utilize any un-natural forward motion including drafting off any support vessel (behind or on bow wake).
11. I will allow the support team to hand me any requested items in a method that does not aid in resting or forward progress. This includes nutrition, sun block and lube. I will apply these items myself.
12. At no time will I nor my crew purposely litter. If accidental littering occurs we will make every effort to remedy the situation.
13. In the event animals are present they shall be treated with respect.
14. GPS tracking will be available online including data points.
15. Live updates shall be made available when possible.
16. The decision to end the swim shall come from me, the crew chief or my wife.

17. At the end of the swim I will exit the water under my own power and shall pass the farthest water line.
18. The official length of the swim shall be the closes straight line to the finish, not the distance swim.
19. The official time of the swim shall stop upon fully clearing the water.

## **Observer Responsibility Form (ORF)**

Due to the nature and length of Jamie Patrick's The Long Swim, each crew member shall rotate into the job of Observing.

By signing this Observer Responsibility Form (ORC) you have read and understood the rules outlined by the Marathon Swimming Federation as well as specific rules outlined by Jamie Patrick's swim rules.

1. You agree to follow the rules set out by the Marathon Swimming Federation impartially and independently of any relationship you have with swimmer.
2. You understand that there shall be one lead observer who will oversee the documentation and record keeping of the swim.
3. You understand that each crew member will rotate into the responsibility of observing.
4. You understand that this is a record attempt and that proper and accurate documentation is required and necessary.
5. You understand that it is your responsibility to understand the objectives and goals outlined and follow them unbiased and with integrity.
6. You understand that it is your duty to record events as you see them.
7. You understand that if any rule is broken it is your responsibility to document it and notify lead Observer of the infraction.
8. You understand that all data shall be recorded as it happens in non-erasable pen and shall not be changed unless a mistake has been made.
9. You understand that the final report with all data shall be submitted to the Marathon Swimming Federation for Ratification
10. You understand that if any data is falsified or purposefully recorded incorrectly that the swim shall become null and void.
11. You understand that this swim must be done with honesty and integrity and it is the job of the observer to hold true the rules set out by the swimmer and the Marathon Swimming Federation.

12. You understand that upon completion of a successful swim each crew member shall sign the final Observer Report only if swim was completed following MSF rules.

If you agree to the above statements, please sign and date.

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Crew Member - Full Name

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Date