

SWIM PLAN NADINE BENNETT – WILLOUGHBY 4 WAY
WINDOW: SEPTEMBER 15-18, 2025

Swimmer and Crew Contact Information

	Participant	Emergency Contact
Swimmer		
Crew chief		
Crew member #1		

Swim Schedule

Crew and swimmer arrive at boat dock	
Load boat, get swimmer ready to start, board boat	
Swim begins	
Approximate swim finish	

Signals for Catching the Swimmer's Attention or Requiring Emergency Exit from Water

Catching the swimmer's attention:

- Daytime = face swimmer and raise right arm straight up in the air palm facing out
- Nighttime = red light pointed directly at the swimmer
use the red-light function on the headlamp or a red adventure light

Emergency exit from water:

- Use the airhorn – swimmer exits water immediately, questions about why to be answered after exit only

Swimmer Notes

- **Turns** Nadine does NOT want to stop on the beach unless necessary.
Crew might be asked to swim out with zinc oxide or chafe product and gloves in a tow float.
- **Communication** Be positive and encouraging but keep chit chat to a minimum, it's likely to be cold and Nadine wants to focus on moving forward and she wears earplugs so she won't hear well without taking one out, use the whiteboard wherever possible instead of talking, write in big print.
- **Stroke rate** 48 – 52 per minute, depends how tired, possibly less if cold.
- **Urination** Every hour or two at least, no known issues.
- **Vomiting** Has never vomited on a swim! Waves might make me queasy though.
- **Goggle change** Clear at night, dark mirrored during day (Nadine will let you know when to change).
- **Feed stop timing** Nadine will take the time she needs, no pressure please unless there's a safety issue
- **Support swimming** Nadine will let you know if it's needed, would likely be in last 4-6 hours
- **Motivation**
 - Post the halfway mark of each lap on the whiteboard
 - Positive messages on the whiteboard would be nice
 - Give her a number to count to on repeat, 10, 20, 30, 40, 50
 - Tell her the name of someone in her circle to focus good thoughts and memories on

- **Easy questions**
 - ✓ *What is your cat's name? = Noodle*
 - ✓ *What body of water do you live on? = Northumberland Strait*
 - ✓ *How many ice miles have you done = 3*
 - ✓ *What's 5+7?*
 - ✓ *Touch your left hand to your right knee.*
 - ✓ *Any other question that should be easy for Nadine to answer...*
- **Social media** Crew can run a whatsapp and post from Nadine's facebook 5-6 times max but know that cell coverage on the lake is very limited and it's possible nothing at all posts until later.
- **Exit from water** Prioritize Nadine's well-being, then call her emergency contact if an emergency or whatsapp if not emergency, neutral message on social media. Cell coverage might prevent messages from posting right away, prioritize checking that emergency contact know she's out of the water.

Feed Plan

EVERY FEED / 30 MINS	130-150 calories	23 gr carbs	200 mg sodium	55 mg potassium
1/5 HBCD mix	130	23 gr	190 mg	5 mg
1/5 flavouring add-ins	?	?	?	?
7 oz water	0	0	0	0
OTHER FOODS / DRINK				
Low carb bag: crackers, baked treats, Barbara's cheezies, blackberries, protein shakes				
"Add sugars!" bag: chocolate milk, cookies, crackers, brownies				

Feeding notes:

- Feed mix = see illustrated insert in feed bin
- Likely to be all warm feeds: 50-55C is ideal (1 thermos = 5 feeds)
- Start feeds after 1 hour has passed, feed every 30 minutes unless it needs to be shortened due to an issue
- If Nadine is close to the turn at the beach when a feed should be given, give the feed before or after the turn
- Don't offer other foods unless there's an issue, Nadine will ask for what she needs
- "Richer feed" = same liquid vol, add more carb powder "Thinner feed" = same liquid vol, less carb powder
- "Add sugars!" = start providing things from add sugars bag

Issues/changes:

- Nadine will provide verbal instruction to crew if adjustments are needed, 1 feed ahead where possible.
- At some point, she will stop drinking her full feed because she's likely just feeling very full.
- If she drinks less than 4oz feed, crew should toss bottle back to her or offer other foods, water, salt tabs instead.
- Permit skipping only 1 feed here and there for water, but she MUST get cals, electrolytes, and fluids the feed after.
- Caffeine is a last resort for Nadine and should be avoided, and crew must ask first if she agrees to take some.

Medication Plan

Painkillers and other		
Acetaminophen (Tylenol) 4,000 mg max daily	640 mg x 6 doses	Before start, hour 4, 8, 12, 16, 20
Ibuprofen (Advil) 3200 mg max daily	500 mg x 6 doses	Hour 2, 6, 10, 14, 18, 22
Ginger 20 mg / 6 pills max daily	40 mg x 3 doses	Before start, then as needed
Zofran 8 mg / 2 pills max daily	8 mg x 2 doses	If needed
Personal medications		
Rabeprazole (non-essential)	X 2 doses	Once in evening, once in morning

Medication notes:

- All medications are already measured per individual dose
- If Nadine needs a higher dose, re-calculate the remaining allowable to not exceed max dosage

Issues/changes:

- Zofran or ginger pills can be given if nauseas