



## 2026 Montclair Swim Festival:

The pre-race instructional briefing (technical meeting) will contain the following:

1. Course Layout
2. Rules of the swim (Officiating – Yellow/Red Flag)
3. Water conditions
4. Marine Life
5. Weather Conditions
6. The Safety Plan
7. Emergency Conditions

The additional information will be specified to the lifeguards, officials, and volunteer kayakers by the Safety Officer & Medical Officer.

8. The Safety Communication Plan
9. The Evacuation Plan for clearing the race course (abandonment)
10. Safety Craft & Safety Personnel (lifeguards, paddle-boarders, kayakers)
11. On-site EMTs & ambulance – Oxford Fire Department EMTs
12. Emergency Phone Numbers (police, emergency room, etc.)
13. Closest Medical Facilities:
  - **Sentara Northern Virginia Medical Center**, Hospital/ER  
3.9 mi 2300 Opitz Blvd, Woodbridge, VA 22191 Open 24 hours (703) 523-1000
  - Fairfax Hospital Trauma Svcs (for Trauma situations)  
Gallows Rd, Falls Church, VA 22042