



GREATSWIM.ORG



EVENT GUIDE

FRIDAY 12 - SUNDAY 14 JUNE 2015, WINDERMERE, LAKE DISTRICT
1/2 MILE, 1 MILE, 2 MILES & 5K



THEFRODOES.COM



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GOOD LUCK MESSAGE FROM GREAT SWIM

It gives us great pleasure to welcome you, one of our 10,000 swimmers taking the plunge across the weekend, to this year's three-day Great North Swim. You are about to take part in the UK's biggest mass participation open water swim, alongside fellow swimmers of all abilities, from first-timers to Olympic heroes.

We are delighted at how far the event has come since its first year in 2008 and that you have chosen to join us here in the picturesque setting of Windermere. Whatever your reason is for taking the plunge, we hope you have a brilliant weekend.

Good luck from everyone at Great Swim!

greatswim.org

ACKNOWLEDGEMENTS

Low Wood Bay Resort Hotel and Marina, Virgin Trains, Aqua Sphere, The Tri Store, Aqua Pura, Daily Mirror, Cumbria Tourism, Lake District National Park, South Lakeland District Council, Windermere Lake Cruises, British Red Cross, North West Ambulance Services, Cumbria Police, The Environment Agency, Hattons Traffic Management, The National Trust, Swim Trek and Stagecoach.

KIT BAG CHECKLIST

YOUR KIT BAG SHOULD CONTAIN:

- Your official Great Swim swimming cap that must be worn on the day; do not decorate.
- Your timing chip should be worn on your ankle. Extra Velcro straps will be available at the Information Point. DO NOT tamper with your timing chip, pass on or exchange it with other swimmers. This is essential in case of a medical emergency.
- Wetsuit
- Goggles
- Towel
- Warm, dry clothes to change into after you have swum.
- Spare swim hat for extra warmth, if required.
- Baggage label, if required.
- This On the Day Guide for vital information about the day.
- Sail Discount Voucher
- Your mobile phone, switched on, in case Great Swim need to send you any last minute information.

KEEP IN TOUCH



GREATSWIM.ORG



@GREAT_SWIM



FACEBOOK.COM/GREATSWIM



GREAT_SWIM

TIMETABLE OF EVENTS

Watch the main elite races with Olympic heroes and open water champions at 16:15 (Elite Women) and 17:30 (Elite Men) on Saturday 13 June. The elite races will be contested over a 5km distance.

FRIDAY 12 JUNE

Time	Swim Hat Colour	
Friday 12:00	Yellow	5k Swim
Friday 14:00	Red	5k Swim
Friday 16:00	Green	2 Mile Swim
Friday 17:00	Pink	2 Mile Swim

SATURDAY 13 JUNE

Time	Swim Hat Colour	
Saturday 9:00	Red	Half Mile Swim
Saturday 9:30	Green	1 mile Swim
Saturday 10:00	Pink	1 mile Swim
Saturday 10:30	Yellow	1 mile Swim
Saturday 11:00	Orange	1 mile Swim
Saturday 11:30	White	1 mile Swim
Saturday 13:05	Green	1 mile Swim
Saturday 13:30	Pink	1 mile Swim
Saturday 14:00	Yellow	1 mile Swim
Saturday 14:30	Orange	1 mile Swim
Saturday 15:00	White	1 mile Swim
Saturday 15:30	Red	1 mile Swim (Challenger Wave)
Saturday 16:15	Elite Women	5K
Saturday 17:30	Elite Men	5K

SUNDAY 14 JUNE

Time	Swim Hat Colour	
Sunday 9:00	Green	Half Mile
Sunday 9:30	Pink	1 mile swim
Sunday 10:00	Yellow	1 mile swim
Sunday 10:30	Orange	1 mile swim
Sunday 11:00	White	2 mile swim
Sunday 12:00	Red	2 mile swim
Sunday 14:00	Green/Yellow/Red	Relay

* All times may be subject to change.

- Check-in opens 30 minutes before your start time and will close 10 minutes prior to your start time.
- Please be aware that we have a strict swimmer/safety boat ratio so we may not be able to move you to another wave if you miss your 'wave start time'.



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THE START

CHANGING AREA

You will be able to make use of a heated changing marquee on the event site. There will be separate male and female changing areas.

BAGGAGE DROP

There will be a baggage drop area for participants in the Swim Village. Please ensure you bring your baggage label on the day of your swim.

CHECK-IN

You DO NOT need to go to the Information Point to check-in. You should be ready to swim, wearing your timing chip and Great Swim swimming cap. You will have to test your timing chip before you can access the start area. Your chip is assigned to you to record your time as well as inform the swim tracking team exactly when you enter and exit the water. It is strictly prohibited to pass on or swap your timing chip with anyone else.



START AREA

When you pass through check-in you will be in the start area. The start will open immediately after the preceding wave has been set off. No spectators will be allowed in this area. Before the start of each wave swimmers will be given a safety briefing. This will include important information about the course and what to do if you get into difficulties.

ACCLIMATISATION ZONE

There will be a marked area, supervised by lifeguards, where swimmers can acclimatise to the water temperature prior to the start of each wave. All swimmers will be called out of the water 10 minutes before their wave gets underway.

WARM UP

Prior to the start of each wave swimmers will have the opportunity to take part in a short warm up session on the start line.

START PROCEDURE

The start is on dry land; when the hooter sounds you will pass under the gantry and cross over the start line. You can run or walk into the water. Your timing chip does not activate until you go under the start gantry; please don't panic if you are not at the front of your wave. If you intend to walk into the water please stand at the rear of your coloured wave.

THE FINISH

WETSUITS

Wetsuits are compulsory for the Great North Swim. A wetsuit will give you extra buoyancy and warmth. To find out more about hiring or buying a wetsuit and accessories visit the Great Swim shop at greatswim.org.

Please ensure your wetsuit fits properly, as ill-fitting wetsuits will not be allowed for safety reasons. No person will be allowed in the water without wearing a wetsuit.

IN THE EVENT OF AN INCIDENT

If you need assistance while in the water do not panic. Tread water and raise one arm in the air. We have plenty of safety craft on the water that will reach you as quickly as possible.

CHECK-OUT

Your swim time will stop when you exit the water and walk over the timing mat. Proceed to the check-out point where you will officially be checked-out and your chip will be collected.

FINISHER'S PACK

Once you have passed through check-out you will be able to claim your Finisher's Pack. Please take the t-shirt size that you requested on your online entry form.

OFFICIAL PHOTOGRAPHERS

Our official photographers will be at the event to capture all of the action. Visit greatswim.org in the days following your event to find your photo.

RESULTS

Your swim time will be available to view at greatswim.org after the event.





TELEVISION COVERAGE

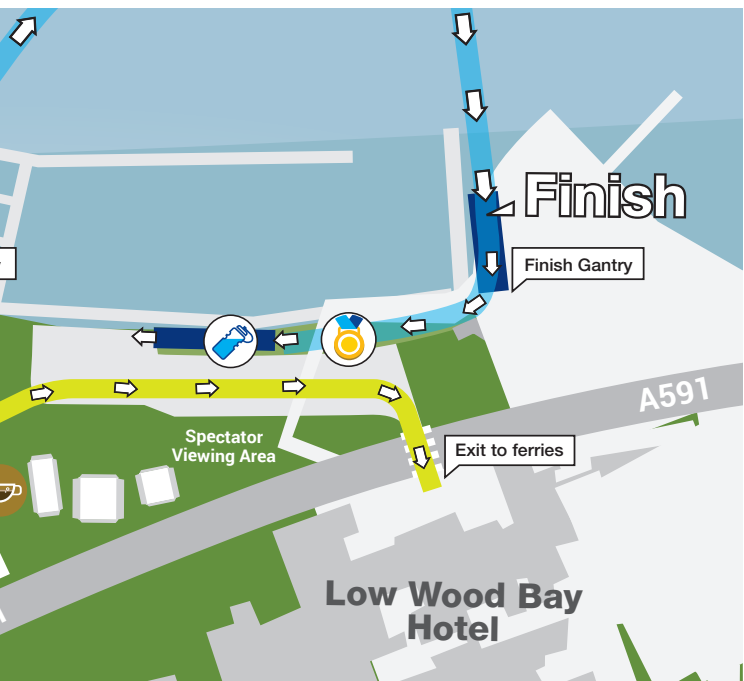
Coverage of the Great North Swim will be shown on Channel 4 later in the year. Full details will be posted online as soon as we can confirm them.











SITE MAP



	Male
	Female
	Swimming
	Toilet



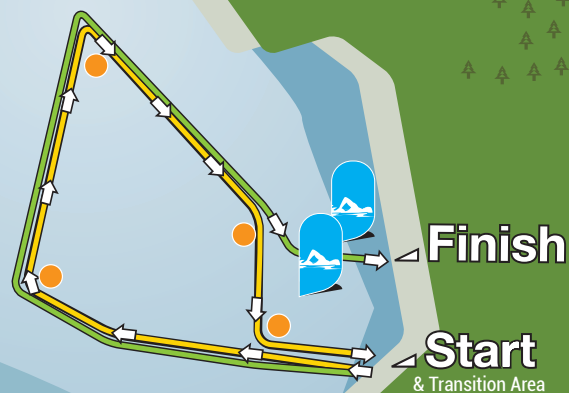
Male Changing		Medical Point		Refreshments
Female Changing		Pedestrian Route		Information Point
Summer's Shower		Finishers' Packs		Water Point
Lockers		Swim Route		Baggage Area

GREAT NORTH SWIM COURSE MAP



GREAT NORTH SWIM TEAM RELAY COURSE MAP

Lap 1 & 2 Lap 3



WEEKEND ACTIVITIES

SWIM VILLAGE

Based on the shores of Windermere at Low Wood Bay Hotel:

- A number of our Great Swim charities will be raising cash for worthy causes.
- Swimwear and swim holiday retailers will be there to satisfy your new appetite for open water swimming.
- Games and entertainment for the younger Great Swim visitors.

LOW WOOD BAY AND GREAT NORTH SWIM – CEILIDH BARN DANCE AND HOG ROAST – AN EVENING WITH THE ELITES AND ADAM WALKER.

SATURDAY, 13TH JUNE 2015, 6 PM – 11.30 PM. LIMITED TO 160 TICKETS ONLY.

Meet the Elites as they take part in a one hour Question and Answer session accompanied by an inspirational presentation by Adam Walker, the first Brit to swim the toughest ocean swims in the world.

Hear Adams inspirational story

Oceans 7 is the marathon swimming equivalent of 7 summits and arguably the hardest endurance challenge on the planet. Adam is the 5th person in the world to complete the feat and is one of only two in the world to do it without any failed attempts!

His incredible story includes being chased by sharks and saved by dolphins (video has 5 million hits on you tube) and stung by a Portuguese man o war not to be missed!

Cumbrian ceilidh band 'Striding Edge' will then get the barn dance started and you will also enjoy a sumptuous Hog Roast supper.

Tickets are available directly from Low Wood Bay Resort reception on 015394 33338 or reception.lowwood@englishlakes.co.uk.

Ticket includes:

1 hour Question and Answer session with the elites

Ceilidh Band

Hog Roast Supper

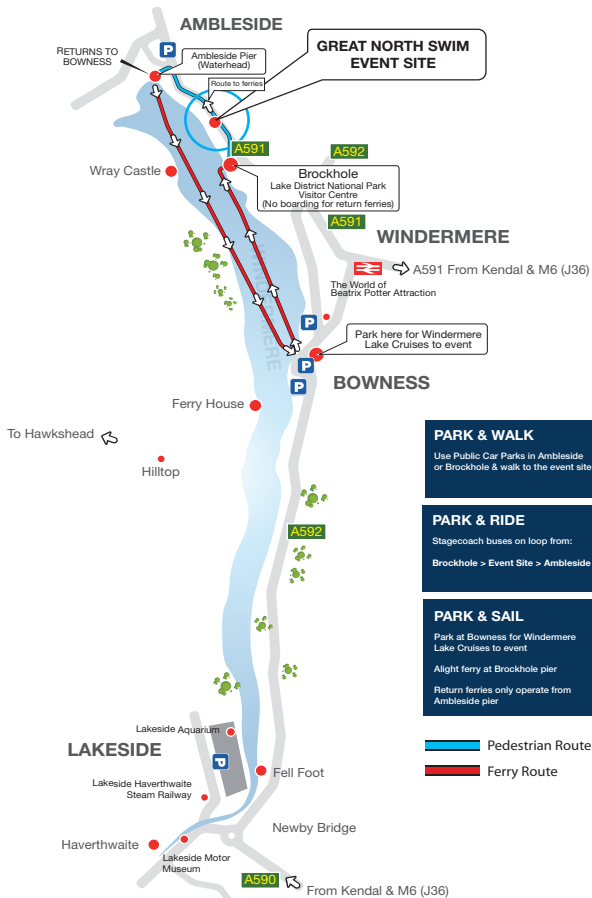
Glass of wine with your meal

Adults: £22

Under 16s: £15



TRAVEL MAP



Please Note: There is an anti-clockwise transport system in operation. All swimmers should head north to Ambleside to catch their return ferry. There will be no boarding at Brockhole.

TRAVEL & ACCOMMODATION

The Great North Swim will take place at the Low Wood Bay Resort Hotel and Marina, Windermere, Cumbria, LA23 1LP. Please refer to greatswim.org to find out more.

HOW TO GET THERE

Due to the number of swimmers and spectators visiting the site, traffic around Windermere and Ambleside will be extremely busy. In order to minimise congestion there will be NO parking or dropping off at the event site.

Travelling from the North = Park in Ambleside

Travelling from the South = Park in Bowness and Windermere.

Please avoid driving past the event site to avoid congestion.

Please allow plenty of time to get to site. All roads leaving the motorway will be much slower than usual. There will be limited Blue Badge Parking at Low Wood Bay, please contact info@greatswim.org if you require a parking pass.

VIRGIN TRAINS

The Official Train Partner of the event is offering you up to 50% off Virgin Trains Advanced fares. Book tickets now at: virgintrains.co.uk/nova.

PARK AND RIDE

Stagecoach will be operating a looped service from Brockhole to the event site and on to Ambleside which will run throughout the event days. Normal fares apply, however all Great Swimmers have been offered a discount by Stagecoach. Simply present your voucher (enclosed within your event pack) to the conductor or driver when paying.

PARK, SAIL AND WALK

You should have received your Sail Discount Voucher in your event pack. This entitles each swimmer to use Windermere Lake Cruises services operating from Bowness to Brockhole and Ambleside to Bowness piers at a discounted rate.

The voucher is valid for:

1. One swimmer/competitor to sail at the discounted rate of £4.00 (return)
2. Up to four persons accompanying the swimmer to sail at the reduced return fares: ADULT: £6, CHILD (5-15) £4.00.

From Brockhole Pier it is just less than a one mile walk to the event site. See back of voucher for more information and sail operating times.

- Please allow one hour travelling time from Bowness to the start area.
- Follow the car parking signs in Bowness.

Take the Windermere Lake Cruises boat from Bowness to Brockhole. Follow the signs at Brockhole and walk to the event site (approximately one mile).

Note, all return departures to Bowness will be from Ambleside Pier only, which is a one mile walk north of the event site.

PARK AND WALK

It is highly recommended that you use the Park and Sail service, however limited parking is available in Ambleside/Waterhead. Follow the event parking signs; it is a one mile walk to the event site.

CYCLE

A bike park will be available but it will not be staffed so we recommend that you bring a suitable lock and do not leave any valuables with your bike.

ACCOMMODATION

The Low Wood Bay Resort Hotel and Marina is proud to host the Great North Swim once again. They look forward to welcoming participants and supporters to the shores of Windermere. To find out more telephone 08458 503 502 or visit their website, englishlakes.co.uk.

RESPECT THE CHALLENGE & SAFETY INFORMATION

Open water swimming is different from swimming at your local indoor pool. The cold water puts additional stress on your body so it is important to check that you are fit to train and compete in this event.

YOUR TRAINING

You must be able to swim more than the distance of the event you have entered, non-stop in a pool by the day of the swim. Go to greatswim.org/blog for training information.



OUTDOOR SWIM TRAINING SAFETY TIPS

- Swim in a brightly-coloured hat – so other water users can see you.
- If you can, swim in a group of swimmers and let people know your plans.
- Don't swim across ferry routes or busy sailing/boating/jet-ski areas or around ferry jetties – boats are often not expecting swimmers in the water and may not see you.

Follow the Swim Safe code at greatswim.org or lakedistrict.gov.uk.

ILLNESS AND TRAINING

If you suffer from illness during your training period do not train again until you have fully recovered. If you are unwell in the days before the event, even if you are raising money for charity, DO NOT swim. Most medical emergencies occur in people who have been unwell but do not wish to miss the event.

KEEP DRINKING

Swimming is no different to other exercise – as you increase your activity level, your body temperature increases and you lose body fluid leading to dehydration and impaired performance. This can be exacerbated when wearing a wetsuit, particularly on hot days. Ensure you drink plenty before and after your swim. Do not drink any alcohol the night before and on the day of the event as it can cause dehydration.

TEMPERATURES ON THE DAY

Some of the main risks associated with open water swimming are related to the effects of prolonged immersion in cold water. If the body's core temperature gets too cold, the individual may suffer from Hypothermia, which can be a very serious condition.

For extra warmth, wear an additional swim hat under your official Great Swim hat, preferably neoprene. Also invest in some neoprene socks and gloves for colder water temperatures. These are available to purchase at greatswim.org/shop.

On a hot day, do not put your wetsuit on fully until just before you go through Check-in to avoid dehydration (if you have a full length wetsuit do not pull it up over the top of your body).

FANCY DRESS

We reserve the right (on safety grounds) to refuse swimmers access to the water, if they are wearing fancy dress that would compromise the safety of either themselves or others.



SWIMMING AIDS

Swimming goggles are recommended. Other aids such as diving masks, snorkels, MP3 players and flippers are NOT allowed.

WATER QUALITY

All of our venues are tested for water quality however swimming in open water does carry a risk of infection. Here are some simple steps you can take to reduce the risk:

- Cover any cuts and abrasions, however minor.
- Try not to swallow water while swimming.
- Wash hands in fresh water before eating after you have swum.
- Take a full shower at the earliest opportunity; if you feel unwell for a period of up to three weeks after your swim, visit your GP and advise them that you have been swimming in open water.
- More information available online at greatswim.org.

IMPORTANT INFORMATION

EVENT CANCELLATION/POSTPONEMENT

WHY WOULD THE EVENT BE AFFECTED?

All participants should be aware that the Great North Swim can be postponed, delayed or cancelled due to a variety of factors at a moment's notice. Such conditions will be beyond our direct control – from poor visibility to poor water quality or choppy water – and affect the swimming conditions and the ability of the safety boats to operate.

The organisers reserve the right to reduce the course distance, change the course or the location in order to stage the event. Any change will be communicated to the participants on, or a few days prior to, the event day. Any decision or advice given by the event organisers is final.

WHAT HAPPENS TO THE WAVES AND THE TIMETABLE IN THE EVENT OF A DELAY?

Once approval is given by the Water Safety team to start the event we will follow the original wave order to the new agreed timetable. Swimmers will not be allowed to alter their wave without permission from the Customer Services team, and only a limited amount of changes to waves will be accommodated.

HOW WILL I KNOW IF THERE IS A CHANGE?

Great Swim will email all participants with final instructions three days prior to the event. Please ensure you read and check your email, it will contain important up-to-date advice regarding your swim. Please also check the website greatswim.org for all last minute advice and information.

HOW WILL GREAT SWIM NOTIFY ME?

In the event of a delay or postponement we will attempt to text you with any changes to the event on the mobile number provided. Please ensure your phone is on, and is readily available during your journey to the event. If you change your number (from the number given when you entered) please contact info@greatswim.org.

CAN I GET A REFUND?

Only if conditions prevent the Great North Swim from being staged safely on Friday 12, Saturday 13 and Sunday 14 June 2015 will we reimburse your entry fee. Refunds will not be entertained in any other eventuality. For full terms and conditions regarding the Great North Swim please visit:

GREATSWIM.ORG