



GREATSWIM.ORG



EVENT GUIDE

SATURDAY 18 JULY 2015, ROYAL VICTORIA DOCK, LONDON

1/2 MILE, & 1 MILE



The Official Club



CONTENTS

KITBAG CHECKLIST	03
TIMETABLE OF EVENTS	04
THE START	05
THE FINISH	06
SITE MAP	07
COURSE MAP	08
TRAVEL & ACCOMMODATION	09
RESPECT THE CHALLENGE	10
IMPORTANT INFORMATION	12

GOOD LUCK MESSAGE FROM LONDON BOROUGH OF NEWHAM

Whether it's the 1 mile or half mile swim that you have entered for, I hope that you will enjoy this fantastic opportunity to experience open water swimming in the heart of the vibrant East End. It's fascinating to watch the swimmers as the dock is transformed into a giant swimming pool.

I hope you enjoy your visit to Newham, one of the most exciting and vibrant places of our capital city.

Sir Robin Wales
Mayor of Newham

ACKNOWLEDGEMENTS

Aqua Sphere, The Tri Store, Aqua Pura, Daily Mirror, H2Open Magazine, Newham Volunteers, British Red Cross, Royal Lifesaving Society UK, Royal Docks, London Borough of Newham and Newham Sea Cadets.



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.
- 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



#GREATLONDONSWIM

GREATSWIMTV

TIMETABLE OF EVENTS

SATURDAY 18 JULY 2015

Time	Swim Hat Colour	
09:30	Red	1/2 Mile Family Wave (12 yrs +)
10:00	Green	1 Mile Swim
10:30	Pink	1 Mile Swim
11:00	Yellow	1 Mile Swim
11:30	Orange	1 Mile Swim
12:00	White	1 Mile Swim
12:30	Red	1 Mile Swim
13:00	Green	1 Mile Swim
13:30	Pink	1 Mile Swim
14:00	Yellow	1 Mile Swim
14:30	Orange	1 Mile Swim
15:00	White	1 Mile Swim



THE START

There is a new start area for the 2015 Great Newham London Swim. This will now be located next to the Emirates Air Line and opposite the Crown Plaza Hotel. This area is closer to the finish area and swim village and means swimmers and spectators do not have to walk as far between start and finish.

Changing & baggage area

Swimmers can find the changing and baggage area at the finish area and Swim Village. Please ensure you get changed and leave your baggage at the designated area before heading to the start (approx. 5 mins walk away).

Check-in

When you reach the start area and are ready to check-in, please ensure you are wearing your numbered swim cap and timing chip.

Your timing chip will be tested before you swim

Your timing chip, which should be worn on your ankle, will be scanned at the check in area. Your timing chip is assigned to you and records your exact swim time as well as informing the swim tracking team exactly when you enter and exit the water. As a result it is prohibited to pass on or swap your chip with any other swimmers. For your safety, checks will be made at the start area and you will not be allowed to enter the water if you are wearing another person's chip.



Start area

Having passed through Check-in you will be in the Start area. The Start area 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 should acclimatise to the water temperature prior to each wave start. All swimmers will be called out of the water 10 minutes before each wave starts.

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 but please take care on the pontoon. Your race time does not start until you go under the start gantry so 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.

Swim Village

The Swim Village is located next to ExCel London. It will include the changing and baggage area, toilets, food concessions as well as various charities and retailers. There will also be an information point located here if you have any questions on the day.

THE FINISH

WETSUITS

Wetsuits are compulsory for the Great Newham London 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 no ill-fitting wetsuits will be allowed for safety reasons. No person will be allowed in the water without a wetsuit on.

IN THE EVENT OF AN INCIDENT

If you need assistance whilst 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 personal 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.

OFFICIAL PHOTOGRAPHERS

Our official photographers will be at the event to capture all of the action. Visit greatswim.org in the days following the event to see if they have got any pictures of you.

RESULTS

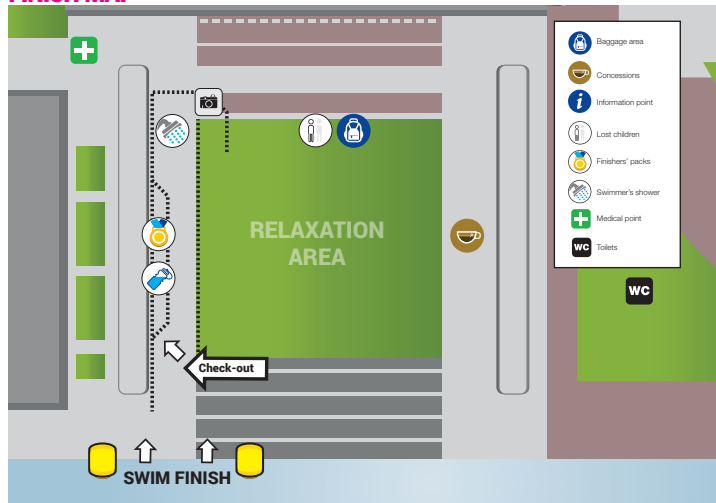
Your swim time will be available to view at greatswim.org after the event.



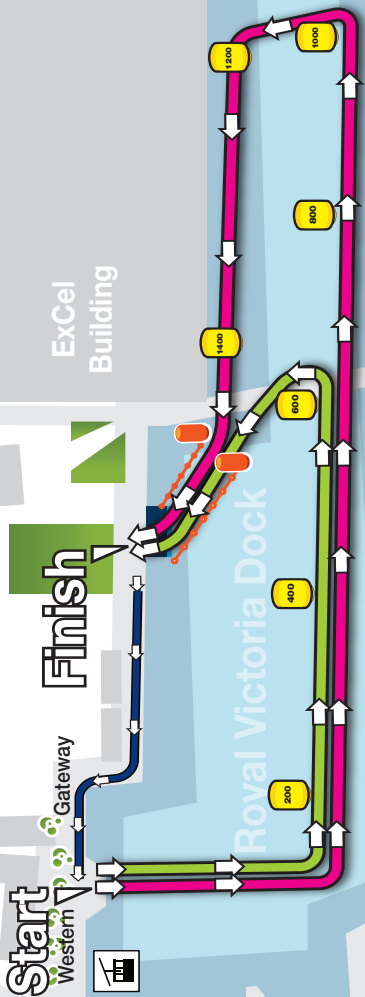
START MAP



FINISH MAP



COURSE MAP



- 1 mile course
- 1/2 mile course
- Pedestrian route between start & finish
- Emirates Air Line
- DLR

Royal Victoria
DLR

Custom House
for Excel DLR

ExCel
Building

Start
Western

Finish

Gateway

Royal Victoria Dock

TRAVEL & ACCOMMODATION

The Great Newham London Swim will take place in the Royal Victoria Dock near Canary Wharf and the ExCel Exhibition Centre in the East End of the capital.

HOW TO GET THERE

By public transport:

The Royal Victoria Dock is located on the DLR line. For access to the Finish Area and Swim Village, the closest DLR station is 'Custom House' for ExCel. For access to the Start Area, the closest DLR station is 'Royal Victoria'. Please use a current Tube Map for directions from your specific location or please check tfl.gov.uk to help plan your journey, and for any planned engineering works over the weekend.

Emirates Air Line:

The Great Newham London Swim Start Area is next to the Emirates Air Line Cable Car. Why not 'fly' into your swim from North Greenwich Tube?

On Foot:

From Canning Town, the Swim Village is only a 15 minute walk, just follow the signs for ExCel.

By Car:

From the West (City Centre): Head along the A13 (East bound) and then follow the signs to the ExCel. From the East head along the A13 (West bound) and then follow the signs for the ExCel. From the South (M25, jct 2) follow the A1012 until signs for the Royal Victoria Dock/ Docklands to lead onto the A1261.

Parking is available at ExCel and is pay and display. ExCel is located next to the Great Newham London Swim Village and Finish Area.

By Air:

If you are coming from further afield, the London City Airport is only a 5 minute taxi journey from the Royal Victoria Dock.

Accommodation:

There are plenty of accommodation choices to suit all budgets. For more information visit: visitlondon.com.



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.

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 Newham London 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 four 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. Important information can also be found on our social media channels listed on page 3.

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 Newham London Swim from being staged safely on Saturday 18 July 2015 will we reimburse your entry fee. Refunds will not be entertained in any other eventuality. For full terms and conditions regarding the Great Newham London Swim please visit:

GREATSWIM.ORG