



**SUUNTO**

great  london
SWIM


EVENT GUIDE

SATURDAY 1ST JULY 2017

ROYAL VICTORIA DOCK, LONDON

1/2 MILE, 1 MILE, 2 MILE, 5K & 10K

GREATSWIM.ORG/LONDON

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GOOD LUCK!

Welcome to the splash-zone! Thank you for signing up to this year's Suunto Great London Swim where we'll be welcoming thousands of swimmers and spectators to the Royal Victoria Docks on Saturday 1 July.

This year's events are particularly special to us as we celebrate 10 years of Great Swim, so thank you for coming along to join the party!

You'll be taking part in the UK's biggest mass participation open water swim in a fantastic location so whether it's your first or fiftieth open water swim - we can't wait to see you.

This year's event has a couple of new additions to the line-up including the 5k and 10k swims, our two new longer distances for those who are looking for an extra challenge.

We hope you have a brilliant weekend, good luck from everyone at Great Swim!

ACKNOWLEDGEMENTS

Suunto, Aqua Sphere, The Tri Store, Aqua Pura, Up & Go, Kabuto Noodles, Newham Volunteers, Royal Lifesaving Society UK, Royal Docks, CLIF Bar, London Borough of Newham and Newham Sea Cadets.



KIT BAG CHECKLIST

- 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 (compulsory)
- Neoprene gloves and boots to keep your hands and feet warm (optional)
- Goggles
- Towel
- Warm, dry clothes to change into after your swim
- 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

Take a look at our social channels for all the latest event information, competitions and more. Don't forget to tag your event day photos with #GreatLondonSwim.



GREATSWIM.ORG



[@GREAT_SWIM](https://twitter.com/@GREAT_SWIM)



FACEBOOK.COM/GREATSWIM



[GREAT_SWIM](https://www.instagram.com/GREAT_SWIM)

TIMETABLE OF EVENTS

Take a look at the timetable below to ensure you've got the right start time for your swim. If you're unsure which wave you selected when you entered you can use our online ['wave-checker'](#).

SATURDAY 1ST JULY 2017

Time	Swim hat colour	Distance
08:00	Red	5k swim
08:05	Green	10k swim
09:00	Pink	2 mile swim
10:00	Yellow	2 mile swim
11:00	Orange	1 mile swim
11:30	White	1 mile swim
12:00	Red	1 mile swim
12:30	Green	1 mile swim
13:30	Pink	1/2 mile swim
14:00	Yellow	1 mile swim
14:30	Orange	1 mile swim



THE START

The start area is located by Royal Victoria Bridge, adjacent to the Sunborn Hotel. This is close to the finish area and Swim Village, so swimmers and spectators do not have to walk far between the start and finish.

Wetsuits

Wetsuits are compulsory for the Suunto Great 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/shop. 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.

Changing and baggage

Swimmers can find the changing and baggage area at the finish and the Swim Village. Please ensure you get changed and leave your baggage at the designated area before heading to the start.

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.

Testing your chip

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 their swim. 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. Please walk into the water and take care on the pontoon. Your swim 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.

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

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/photos 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/results after the event.

Suunto

Official sponsors of the Great London Swim, Suunto, will be there on the day located in the finish area. Pop over to say hello and take a look at their top of the range open water swim products, which will be on sale throughout the day. For more information about Suunto's products [click here >](#)



START AND FINISH MAP



COURSE MAP

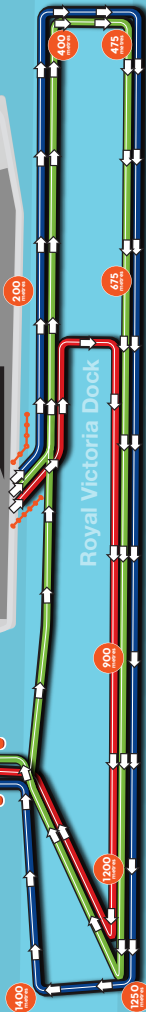


Royal Victoria
DLR

ExCeL London

Start

Finish



great london
SWIM

SUUNTO

COURSE MAPS

1 Mile
1/2 Mile
Multi-Lap (2miles, 5k, 10k)
Emirates Air Line
DLR



TRAVEL & ACCOMMODATION

The Suunto Great 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. Please note that Custom House is currently closed so the nearest DLR station is Royal Victoria which is approximately a 5 min walk from the Swim Village. 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 Suunto Great 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 Suunto Great 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 Suunto Great 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's 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 contact 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 Suunto Great London Swim from being staged safely on Saturday 1st July 2017 will we reimburse your entry fee. Refunds will not be entertained in any other eventuality. For full terms and conditions regarding the Suunto Great London Swim please visit:

GREATSWIM.ORG/LONDON



MAKE WAVES

in Loch Lomond this summer!
Saturday 26 August 2017



**1/2 MILE, 1 MILE, 2 MILES, 5K, 10K
AND THE GREAT SCOTTISH SWIM AQUATHLON**

ENTER TODAY AT
GREATSWIM.ORG/SCOTTISH