

great scottish
SWIM
LOCH LOMOND



EVENT GUIDE

SATURDAY 26 AUGUST
LOCH LOMOND, SCOTLAND

[GREATSWIM.ORG/SCOTTISH](https://greatswim.org/scottish)

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GOOD LUCK!

The 2017 Great Scottish Swim returns to the idyllic setting of Loch Lomond and the Trossachs National Park on Saturday 26 August.

We're looking forward to welcoming swimmers of all abilities, from first-timers right up to Olympic heroes. We wish you all the best with your final preparations, and we'll see you at the start!

We would like to thank Loch Lomond and the Trossachs National Park, West Dunbartonshire Council and EventScotland for their support in giving us the opportunity to stage the swim in Loch Lomond again.

Good luck!

From everyone at Great Swim

ACKNOWLEDGEMENTS

Aqua Sphere, The Tri Store, Aqua Pura, EventScotland, Loch Lomond and the Trossachs National Park, West Dunbartonshire Council, Loch Lomond Shores, Scottish Ambulance Service, British Red Cross, Scottish Environment Protection Agency, Royal Lifesaving Society UK, the Maid of the Loch, Suunto, Arnold Clark, Kabuto Noodles, CLIF Bar, Up&Go and JustGiving.

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 event guide for vital information about the day
- Your mobile phone, switched on, in case Great Swim need to send you any last minute information

JOIN THE ONLINE CONVERSATION

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 #GreatScottishSwim.



@GREAT_SWIM



FACEBOOK.COM/GREATSWIM



@GREAT_SWIM

TIMETABLE OF EVENTS

| Time | Swim hat colour | Distance |
|-------|-----------------|---------------------------|
| 08:00 | RED | 10k swim |
| 08:00 | ORANGE | 5k swim |
| 09:00 | GREEN | 5k swim |
| 09:00 | YELLOW | 2 mile swim |
| 10:00 | PINK | 2 mile swim |
| 11:00 | WHITE | 1 mile swim |
| 11:30 | RED | 1 mile swim |
| 12:00 | ORANGE | 1 mile swim |
| 12:30 | GREEN | 1 mile swim |
| 13:00 | YELLOW | 1 mile swim |
| 13:30 | PINK | 1 mile swim |
| 14:00 | WHITE | 1/2 mile swim |
| 14:45 | N/A | Elite women (1 mile race) |
| 15:30 | N/A | Elite men (1 mile race) |
| 16:00 | RED | Aquathlon (individual) |
| 16:00 | GREEN | Aquathlon (team) |

* All times may be subject to change on event day

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 may not be able to move you to another wave if you miss your 'wave start time'.

START & FINISH

Changing area

You will be able to make use of a heated changing marquee close to the start line. There will be separate male and female changing areas.

Baggage drop

There will be a baggage drop area for participants next to the changing area. Please attach the label provided to your bag if using this facility.

Check-in

When checking in you should be ready to swim, wearing your numbered Great Swim hat.



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 start.

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 swim time does not start until you pass under the start gantry so take your time. If you intend to walk into the water or are new to swimming in large groups please stand at the rear of your coloured wave.

Check-out

Your personal swim time will stop when you cross the timing mat which is positioned as you exit the water. You will then 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.

AQUA SPHERE LIDO

Come along to 'test the water' in the Aqua Sphere Lido where you can extend your warm up before the main event or drop in afterwards for a well-deserved cool-down.

The Lido is not just for swimmers taking part. If you have family and friends who would like to give open water swimming a go then they can borrow a wetsuit (free of charge) from Aqua Sphere, subject to availability.

The Aqua Sphere Lido will be located near the finish area. Wetsuits are compulsory and swimmers under the age of 12 years of age must be accompanied by an adult. You must be a competent swimmer to enter the Lido. The Aqua Sphere Lido will be open throughout the day subject to demand and lifeguard availability.

The Lido is offered free of charge but donations to charity will be gratefully received.

GREAT SCOTTISH SWIM AQUATHLON MAP



GREAT SCOTTISH SWIM AQUATHLON

What to do

- Competitors are advised to arrive nice and early and be ready to check-in from around 15:30. On arrival head to the transition area to drop off your running kit at your allocated position, as directed by the event staff.
- Please note: This area is only open to competitors and event staff . Competitors are required to show their swim number to gain entry.
- We recommend bringing a plastic storage box of sufficient size to hold your wetsuit, swim cap and goggles.
- Once you have dropped off your kit in the transition area please make your way to the changing area to get into your swimming kit. Please note: wetsuits are compulsory.
- Baggage may be left in the baggage marquee.
- When you go to the check-in point you should be wearing your timing chip and swim cap so that you are ready to swim.
Once checked in you will have the option to acclimatise to the water temperature in the marked acclimatisation area. Competitors will then be assembled in the start area for a short warm-up and safety briefing.
- The start is on dry land. When the hooter sounds you will pass under the start gantry and over a timing mat. Your time does not start until you pass over this mat.

Timing

Your overall time starts once you cross over the timing mat under the start gantry and finishes once you cross over the timing mat under the finish gantry. There is an additional timing mat at the swim exit so you will be given an accurate swim split but please note that your run split will include your transition time – you will need to undertake your own timing if you wish to get a separate run time split.

Team entries

Only the swimmer needs to check-in. The runner should wait for the swimmer in the designated area within the transition area. Your run number should be pinned and clearly displayed to the front – this will give you access to the area. The swimmer should “tag” the runner by removing their timing chip and handing it to the runner. The runner will not be allowed to leave the transition area and start their run until they have securely fastened the timing chip around their ankle.

Good luck!

START & FINISH MAP



Start

Acclimatisation Zone



Information Point



Male Changing Area



Female Changing Area



Baggage Area



Refreshments



No Public Access



Finishers' Packs



Timing Chip Return



Official Photos



Toilets

**CHECK
OUT**

Finish



WC

To
Balloch
Train Station

CHECK
IN



To
Car-Parks &
Loch Lomond
Shores



 Aqua Sphere

Aqua Sphere Lido

COURSE MAP



Water Safety Control

Safety Boat Crossing Point

Feed Station (10k only)

Start

Finish

 1 mile course

 1/2 mile course

 Turn points on multi-lap courses

10 (2 mile = 2 laps, 5k = 3 laps, 10k = 6 laps)

LOCH LOMOND SHORES



Swim Village

The Swim Village will be based near to the start and finish areas and will include food, drink, changing facilities, swim stalls and the information point.

Loch Lomond Shores is an exciting visitor destination offering indoor, outdoor and water based activities alongside great shopping and a selection of eating places. For those looking for additional fun why not stop off in our Aquarium, Bird of Prey Centre or get away from the water by enjoying our TreeZone Aerial Adventure Course during your visit.

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.

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 will be available to purchase in the Swim Village on event day.

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.

TRAVEL

The Great Scottish Swim will take place at Loch Lomond Shores, Ben Lomond Way, Balloch, G83 8QL.

While parking is available at the venue we encourage use of the local public transport options as parking is on a first come first served basis and shared with non-swim visitors. Public Transport options available are as follows:

By train...

Loch Lomond Shores is a five minute walk from Balloch train station – trains run directly from Glasgow Queen Street on event day.

By bus...

First Bus Service 204, 205, 215, or 216 will take you to Balloch from Glasgow, Clydebank, Dumbarton, Helensburgh and you can then stroll through down the riverside walk to us, or you can hop on the 7A from there right to our door.

Visit Traveline Scotland for information on all bus and train timetables. travelinescotland.com.

By car...

All car parks are filled on a first come first served basis. Please follow directional signage and instructions from event stewards to ensure that car parking spaces are used effectively. For details of how to get to Loch Lomond Shores please visit lochlomondshores.com.



ACCOMMODATION

Where to stay & what to do

No matter what type of accommodation you're looking for in Loch Lomond, Love Loch Lomond offers a wide selection of the very best. From bed and breakfast and self catering in great locations, to cosy country inns and bunk houses, or contemporary luxury resorts on the banks of Loch Lomond, there is something for everyone.

See and do Loch Lomond! Get outdoors and go walking, cycling or sailing. Explore the National Park. Try kayaking, wake boarding or water ski-ing, a canoe safari or a loch cruise. How about a zip slide or foraging? Shop local at the Farmer's Market or enjoy local ales in a country pub. Take in the views from land, sea or air. Fly in the seaplane, visit local attractions, then relax with a round of golf or a soak in the spa.

For information on where to stay and what to do visit:

lovelochlomond.com

visitscotland.com

lochlomond-trossachs.org

Loch Lomond & The Trossachs National Park falls into four distinct parts: Loch Lomond, The Trossachs, Breadalbane and Argyll Forest.

Immortalised in song, Loch Lomond is the largest freshwater expanse in mainland Britain. Mountains loom to the north, while a scattering of islands can be found at the south end of the loch. Pretty villages such as Luss line the loch's western shores.

The Trossachs is 'Rob Roy Country' where the famous outlaw hid from his pursuers in the dense forests. The area was much loved by Scottish writer and poet Sir Walter Scott whose famous poem *The Lady of the Lake* was inspired by Loch Katrine, where you can cruise on the steamship *SS Sir Walter Scott*.

Breadalbane marks the beginning of the Highlands at the northern tip of the National Park. Here myths and legends abound and the enchanting Falls of Dochart run through the picturesque village of Killin.

At the western edge of the National Park is Argyll Forest Park. Britain's first forest park is typified by its ancient trees, tranquil lochs and wide range of wildlife. Also within the park is Ben Arthur, affectionately known as 'the Cobbler' and one of Scotland's most popular climbs.

For more fascinating information on the area check out lochlomond-trossachs.org or visitscotland.com.



IMPORTANT INFORMATION

EVENT CANCELLATION/POSTPONEMENT

Why would the event be affected?

All participants should be aware that the Great Scottish 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. Important information will also be shared via Great Swim's social channels, see page 3.

Can I get a refund?

Only if conditions prevent the Great Scottish Swim from being staged safely on Saturday 26 August 2017 will we reimburse your entry fee. Refunds will not be entertained in any other eventuality. For full terms and conditions regarding the Great Scottish Swim please visit greatswim.org.



Scotland

The Perfect Stage

EventScotland is proud to support the Great Scottish Swim. Next year Loch Lomond will also host the Open Water Swimming as part of the Glasgow 2018 European Championships.

For more information, please visit glasgow2018.com.

VISITSCOTLAND.COM



EventScotland™