



GREATSWIM.ORG/MANCHESTER

great manchester
SWIM
SALFORD

EVENT GUIDE

SATURDAY 2 JULY 2016, DOCK 8 & 9, SALFORD QUAYS
1 MILE

Aqua Sphere

AQUA PURA

Manchester Evening News

KEY 103

MANCHESTER

PEEL

MediaCityUK

Virgin trains

HIGHS
SPORTS NUTRITION

URBAN diet

BAR

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GOOD LUCK MESSAGE FROM GREAT SWIM

It gives us great pleasure to welcome you, one of our thousands of swimmers taking the plunge, to this year's Great Manchester Swim. You are about to take part in one of the UK's biggest mass participation open water swimming events.

We are delighted at how far the series has come since its first year in 2008 and that you have chosen to join us here in the picturesque setting of Salford Quays. Whatever your reason is for diving in, we hope you have a brilliant day.

Good luck from everyone at Great Swim!

ACKNOWLEDGEMENTS

Aqua Sphere, The Tri Store, Aqua Pura, Urban Eat, High5, 9Bar, Manchester City Council, MediaCityUK, Helly Hansen Watersports Centre, Key 103, North West Ambulance Service, British Red Cross, Manchester Evening News, & Virgin Trains.

PERFECT TRAINING AT GREAT SWIM LOCAL

Join us at our regular open water swimming sessions designed to help you bridge the gap between the swimming pool and the great outdoors. Whether you're new to swimming and want to try out your wetsuit or fancy some practise at achieving a personal best, Great Swim Local allows you to attend regular sessions in Salford Quays. With our swim activity tracker you can keep a log of all your swim times to compare them with your friends or keep an eye on your progress over time.

When: Every Monday, Thursday and Sunday

Where: Helly Hansen Watersports Centre, Dock 8

For more information visit greatswimlocal.org.

Uswim offers further swimming sessions at Dock 9 every Wednesday evening from 17.30 - 20.00 and Saturday mornings from 08.00 - 11.00.

KIT BAG CHECKLIST

Your kit bag for your swim should contain:

- Your official Great Swim swimming cap that must be worn on the day; do not decorate
- Your timing chip, which should be worn on your ankle. Extra Velcro straps will be available at the information point and check-in if required. 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 you have swum
- Spare swim hat for extra warmth, if required
- Baggage label for the baggage-drop, if required
- This 'On The Day Guide' which includes 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 #GreatManchesterSwim.



greatswim.org



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



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



facebook.com/greatswim

How fast can you wiggle into your wetsuit? This year we have a fantastic competition for our swimmers to get involved in. All you need to do is video yourself getting in to your wetsuit as fast as possible to be in with a chance of winning some great prizes. For the full terms and conditions, and how to enter, take a look at this page: greatswim.org/wetsuitchallenge.

TIMETABLE OF EVENTS*

SATURDAY 2 JULY 2016

09:30	Start of the RED wave	1 Mile Swim
10:00	Start of the GREEN wave	1 Mile Swim
10:30	Start of the PINK wave	1 Mile Swim
11:00	Start of the YELLOW wave	1 Mile Swim
11:30	Start of the ORANGE wave	1 Mile Swim
11:30	AQUA SPHERE LIDO OPEN TO GENERAL PUBLIC (OPEN FOR ONE HOUR ONLY - 11:30 - 12:30)	
13:00	Start of the WHITE wave	1 Mile Swim
13:30	Start of the RED wave	1 Mile Swim
14:00	Start of the GREEN wave	1 Mile Swim
14:30	Start of the PINK wave	1 Mile Swim

*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.
- Come along to 'test the water' in the brand new Aqua Sphere Lido, open to children and adults. Borrow a wetsuit from Aqua Sphere (free of charge) and encourage your family and friends to try out open water swimming! Find out more at greatswim.org/manchester.

THE START

You do not need to register before your swim, so please get changed and go straight to check in 30 minutes before your start time.

Changing area

You will be able to make use of a heated changing marquee located by The Lowry.

Baggage drop

There will be a baggage drop area for participants next to the changing marquee by The Lowry.

Check-in

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



Timing 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.

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 must 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 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.

Wetsuits

Wetsuits are compulsory for the Great Manchester 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.

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.

THE FINISH

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.

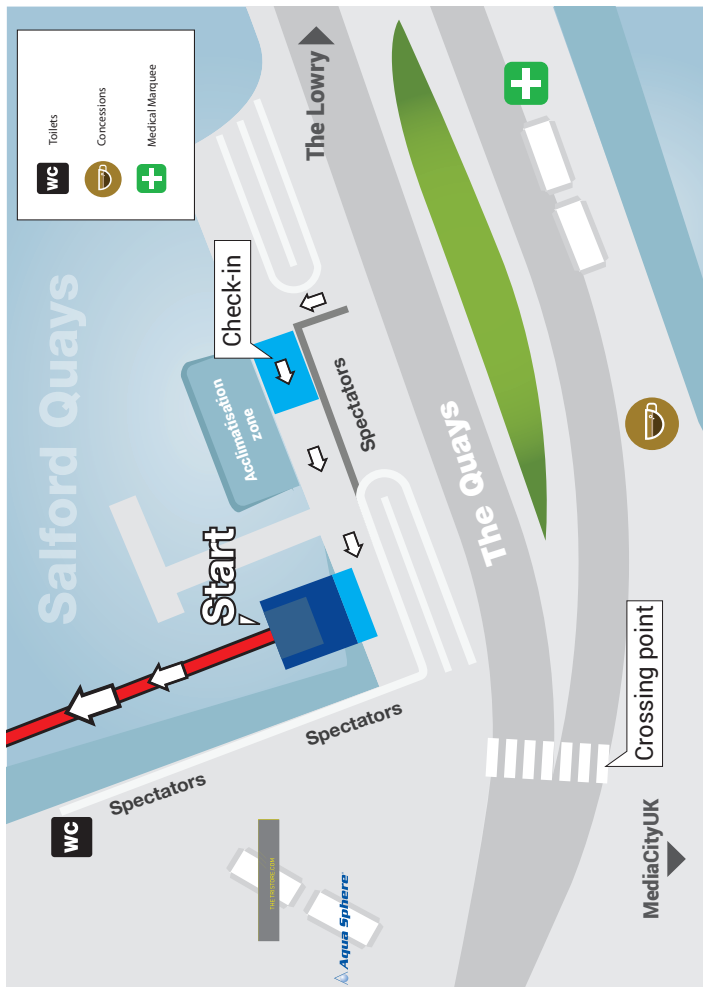
Official photographers

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.

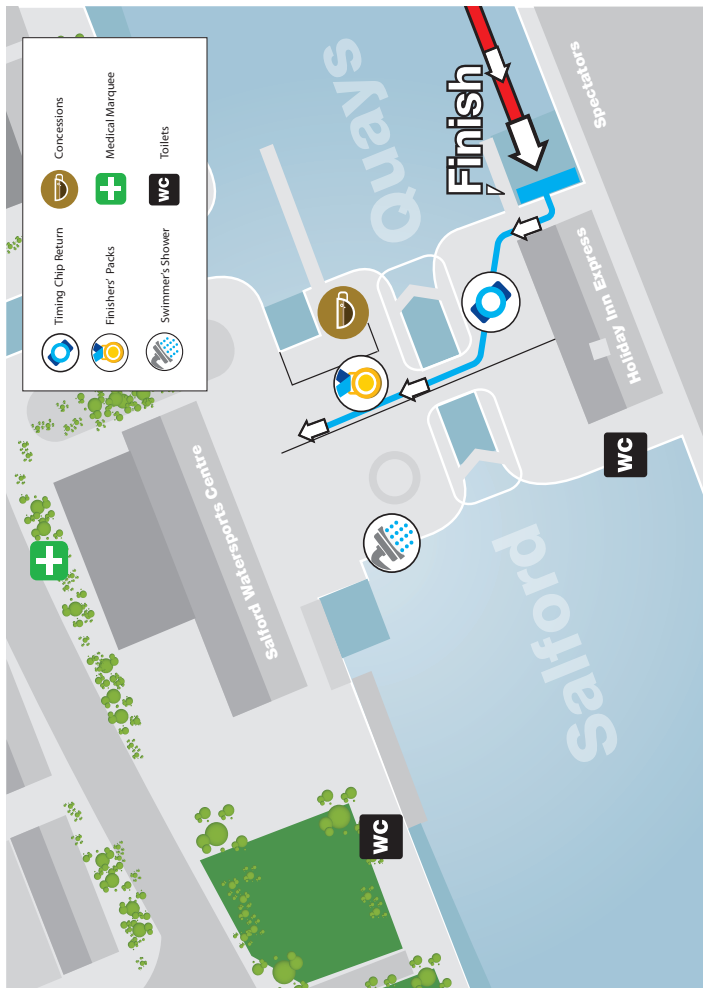
Results

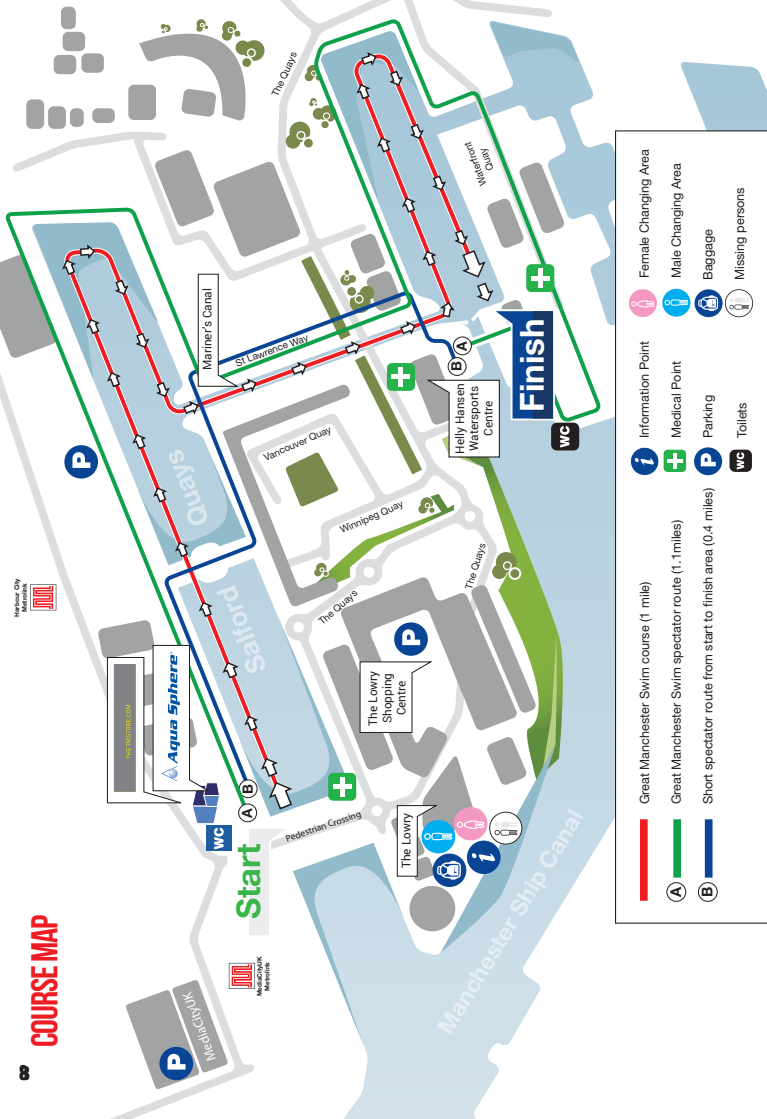
Your swim time will be available to view at greatswim.org/results following the event.

START AREA



FINISH AREA

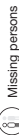
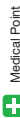
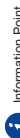




Great Manchester Swim course (1 mile)

Great Manchester Swim spectator route (1.1 miles)

Short spectator route from start to finish area (0.4 miles)



Female Changing Area

Male Changing Area

Baggage

Missing persons

TRAVEL & ACCOMMODATION

The Great Manchester Swim will take place in the docks at Salford Quays. The start area is near The Lowry, Pier 8, Salford Quays, M50 3AZ. The Finish Area is outside Helly Hansen Watersports Centre, 15 The Quays Salford, Lancashire M50 3SQ. (Please note the finish is approximately a 7 minute walk from the start)

HOW TO GET THERE

By car:

Four major motorways pass through the city and provide great links from elsewhere: the M62 from Liverpool to Leeds, M602 from Salford to Manchester, M61 from Bolton and the M60 Manchester ring road all provide road links to the city.

The M6 feeds into the M60 from both the south (Birmingham and London) and north (Lancashire, Cumbria and west of Scotland). The M602, which feeds off both the M60 and M62, leads directly to the Salford Quays area.

Car parking is available within the Salford Quays area. Car parking rates apply.

By rail:

Travelling to the event on the West Coast Mainline? Then take advantage of the exclusive Virgin Trains discount: For you, your friends and family...whether you're travelling to an event on your own or up to groups of nine, you can all get up to 50% off Virgin Trains Advance Fares. This exclusive discount on Virgin Trains is the cheapest, easiest and most comfortable way of getting you and your supporters to the start line.

Visit virgintrains.co.uk/nova for more information.

Once in the Greater Manchester area, it is easy to reach Salford Quays by tram, bus or local rail. For information on tickets and timetables visit nationalrail.co.uk.

By tram:

Manchester's tram system, Metrolink, runs through the city centre. There are several stops in the Salford Quays area. Please note: there will be no Metrolink from Deansgate through to MediaCity on Saturday 2 July, however there will be bus replacement services in place. Visit metrolink.co.uk for more information.

By bus:

Visit tfgm.com for more details on bus services in Greater Manchester.

By bike:

Bike stands can be located around Salford Quays but we recommend bringing a suitable bike lock and not leaving any valuables with your bike. For more information about cycle routes in the area, visit cyclegm.org.

RESPECT THE CHALLENGE AND 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 the training section on greatswim.org 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.

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 on the Great Swim website.

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 access to the water to competitors 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. You should not swim if you have deep, open cuts.
- 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 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 Manchester 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, see 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 Manchester Swim from being staged safely on Saturday 2 July 2016 will we reimburse your entry fee. Refunds will not be entertained in any other eventuality. For full terms and conditions regarding the Great Manchester Swim please visit:

GREATSWIM.ORG