



FRIDAY 9 - SUNDAY 11 JUNE 2017
WINDERMERE, LAKE DISTRICT
250M, 1/2 MILE, 1 MILE,
2 MILES, 5K & 10K DISTANCES

EVENT GUIDE



GREATSWIM.ORG/NORTH

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GOOD LUCK!

Welcome to the splash-zone! Thank you for signing up to this year's Great North Swim where we'll be welcoming 10,000 swimmers to Windermere across the weekend.

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 Great North Swim250, specifically created for children, families and new swimmers, and the exciting new SwimRun, which provides participants with an island-hopping, open water adventure.

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

ACKNOWLEDGEMENTS

Low Wood Bay Resort Hotel and Marina, Aqua Sphere, The Tri Store, Aqua Pura, Cumbria Tourism, Lake District National Park, South Lakeland District Council, Windermere Lake Cruises, British Red Cross, North West Ambulance Services, Suunto, Transpennine Express, Cumbria Police, The National Trust, Swim Trek, CLIF Bar, Up & Go, Kabuto Noodles, Arnold Clark 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 (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, 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.

JOIN THE ONLINE CONVERSATION



GREATSWIM.ORG



@GREAT_SWIM



FACEBOOK.COM/GREATSWIM



GREAT_SWIM

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 **#GreatNorthSwim**.

WAVE-CHECK

If you need a little reminder of which wave you've chosen to swim in, take a look at our free wave-checker service online: greatrun.org/great-swim/wave-check.

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. 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/shop.

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/photos in the days following your event to find your photo.

RESULTS

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



SITE MAP



TIMETABLE OF EVENTS

FRIDAY 9 JUNE	SWIM HAT COLOUR	DISTANCE
12:00	RED	10k swim
12:45	GREEN	5k swim
14:00	PINK	5k swim
15:00	YELLOW	5k swim
16:00	ORANGE	2 mile swim
16:45	WHITE	2 mile swim
17:30	RED	1 mile swim
18:00	GREEN	1/2 mile swim
SATURDAY 10 JUNE	SWIM HAT COLOUR	DISTANCE
09:30	RED	1/2 mile swim
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	Swim250
12:30	RED	Swim250
13:05	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
15:30	RED	1 mile swim
16:00	GREEN & PINK	1 mile swim

SUNDAY 11 JUNE	SWIM HAT COLOUR	DISTANCE
08:00	RED	10k swim
08:45	GREEN	10k swim
10:30	PINK	5k swim
11:30	YELLOW	5k swim
12:30	ORANGE	2 mile swim
13:30	WHITE	2 mile swim
14:00	RED	1 mile swim
14:30	GREEN	1/2 mile swim
15:00	PINK	1/2 mile swim
15:45		Elite women's 5k race
16:45		Elite men's 5k race

* 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'.
- If you'd like to check which wave you are in you can use our online ['wave checker'](#).

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.
- Look out for the climbing wall available near to the start and finish areas.
- Near the start and finish areas you will be able to make use of the free Great Swim WiFi... So remember to share your event day photos on social and tag them with #GreatNorthSwim.

FOOD & DRINK

Throughout the weekend there will be a range of catering options for you, your friends and family to enjoy. Choose from a selection of food and drinks at the following stalls: Pappy's Texas BBQ, Hallsfords Farm Food, and Kendal Creperie.

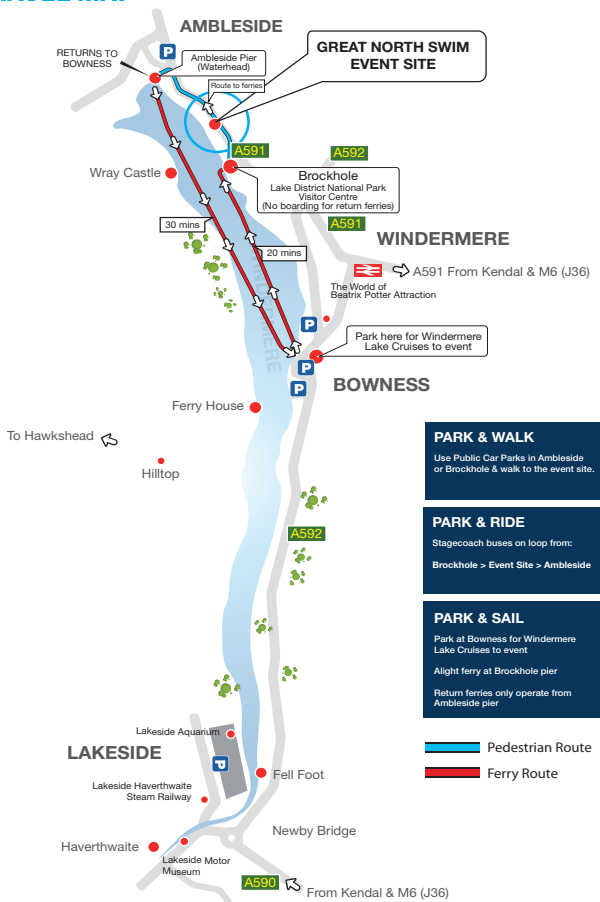
THE AQUA SPHERE LIDO IS BACK!

Come along to 'test the water' in the popular 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 in front of the main lawn, 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 weekend subject to demand and lifeguard

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.

PARK AND RIDE

S Stagecoach run regular buses from Kendal (555), Bowness, Windermere and Ambleside (505, 555, 599) to the event site on the day.

Plan your journey and find fares at stagecoachbus.com or download the Stagecoach Bus App before you arrive.

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 or catch the bus to the event site, 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.

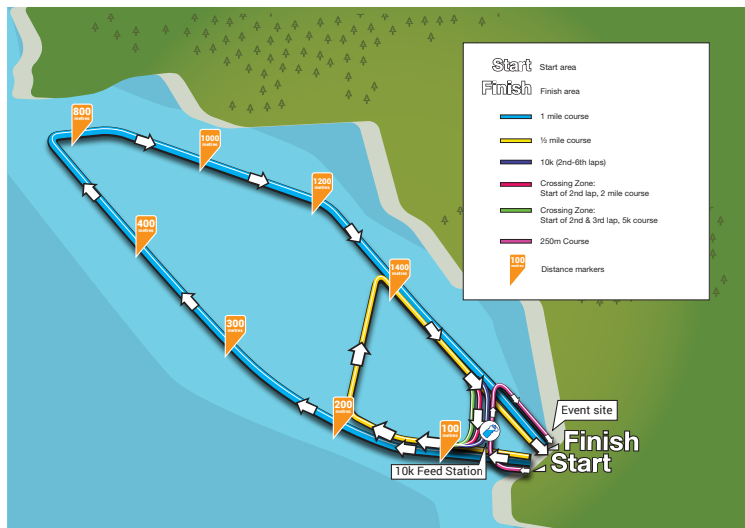
ACCOMMODATION

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.

For those who like to camp, why not take a look at the availability at the local camping spots? Our friends at the National Trust have a selection of campsites, as well as pre and post swim activities to enjoy, including an outdoor food and movie night, BBQs and bars at the campsite, communal social tips, stonebaked pizza ovens and more. Visit greatswim.org/north for more information.



COURSE MAP



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.



- 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 9 Saturday 10 and Sunday 11 June 2017, 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