



7 - 9 JUNE 2019

# EVENT GUIDE



It's finally here, event day has arrived and we want to help you with any on the day questions so you can focus on enjoying your swim and soaking up the atmosphere.

Any info you might need before the big day including travel advice, accommodation recommendations or location information can be found at [greatswim.org/north](https://greatswim.org/north)

For real time updates and to follow all the action on event day join the conversation on social. Don't forget to use **#GreatNorthSwim**



@great\_swim



@greatswim



@great\_swim



# EVENT TIMETABLE

## FRIDAY

- 10:00 Information point opens
- 12:00 10k swim
- 12:45 5k swim
- 14:00 2 mile swim
- 15:00 2 mile swim
- 16:00 1 mile swim
- 16:30 Half mile swim
- 17:00 Swim250

## SUNDAY

- 7:00 Information point opens
- 08:00 10k swim
- 08:30 5k swim
- 10:30 2 mile swim
- 11:30 2 mile swim
- 12:00 1 mile swim
- 12:30 White 1 mile swim
- 13:00 Half mile swim
- 13:30 Swim250

## SATURDAY

- 7:00 Information point opens
- 08:30 SwimRun Endurance
- 08:30 SwimRun Middle
- 09:30 Half mile swim
- 10:00 Half mile swim
- SwimRun Short - WAVE 1 - Boat departs 10:00.  
Start time at 10:15
- 10:30 1 mile swim
- SwimRun Short - WAVE 2 - Boat departs 10:30  
Start time at 10:45
- 11:00 1 mile swim
- SwimRun Short - WAVE 3 - Boat departs 11:00  
Start time at 11:15
- 11:30 1 mile swim
- 12:00 White 1 mile swim
- 12:30 1 mile swim
- 13:00 1 mile swim
- 13:30 1 mile swim
- 14:00 1 mile swim
- 14:30 1 mile swim
- 15:00 White Swim250
- 15:30 Swim250
- 16:00 Elite women's 5k race
- 17:00 Elite men's 5k race



# SWIM CAP & TIMING CHIP

## Swim Cap

Your swim cap corresponds to the coloured wave you are in.

All items are strictly non-transferable to other Great Swim events or swimmers.

If you have any queries please get in touch sooner rather than later at [info@greatswim.org](mailto:info@greatswim.org)

## Timing Chip

This is your unique timing chip assigned to give you your time as well as let the swim tracker team know exactly when you enter and exit the water. Only you must wear it on the day.





# YOUR WETSUIT

A wetsuit will give you extra buoyancy and warmth, but please make sure it fits properly as ill-fitting wetsuits are not allowed for safety reasons.

Wetsuit use is optional at all Great Swim events in water temperatures of 15°C or above.

Swimmers choosing not to wear a wetsuit **MUST** use an approved high visibility tow float. This only applies to swimmers aged over 16 years old.

Swimmers aged under 16 will be required to wear a wetsuit.





# AT THE START

## Baggage

Baggage drop is located in the Swim Village. Don't forget to bring your baggage label with you, already completed with your details. You will be able to make use of a heated changing marquee on the event site, with separate male and female changing areas.

## Start Area

There is no need to check in with our information team when you arrive on site, you will be checked in and have your timing chip tested when you enter the start area.

The start area will open immediately after the wave in front has been set off. No spectators will be allowed in this area.

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.

Before the start of each wave there will be a warm up and a safety briefing. This will include important information about the course and what to do if you get into difficulty.

When you hear the hooter go, please be patient. Your timing chip does not activate until you go under the start gantry so you will receive a completely accurate finish time. You can run or walk into the water, but please keep to the rear of your coloured wave if you want to walk.



## Recycling

We are constantly reviewing our sustainability and recycling practices and have made a concerted effort to reduce the amount of waste from plastic and other materials across the entire event. We work with local partners to remove waste from site. This is not limited to plastic and includes, cardboard, wooden pallets, medals and signage.

We ask that you please use the recycling bins on site to discard of any waste accordingly. We reuse generic signage and keep using it for as long as we can, our outdated signage is fully recycled.

Please check the Site Map to see where the recycling points are.



# DRINKING WATER

As part of our drive to improve the sustainability at the event there will be no bottled water given out at the start or finish. There will be bottle refill points dotted around the Event Village, near the baggage and changing areas, which will be signposted. We highly recommend bringing your own reusable bottles, or purchasing a Great Swim bottle from the merchandise stand.

There will be compostable vegware cups available for free from the merchandise stand.

Please arrive hydrated, having had enough water before getting to the start. If you feel like you'll want a drink just before you swim, we suggest you bring your own supply. If you opt to bring your own standard, single use plastic water bottle, please make sure you throw it in the clearly marked recycling bins that will be available in the event village.

For those taking part in the 10k swim there will be bottled water available for you at the feed station pontoon, which will be recycled after the event. Medics will also have access to bottled water.

Please help us to look after our lovely swim environment by disposing of your waste in the appropriate recycling and general waste bins.



# TRAVEL & ACCOMMODATION

If you're looking for somewhere to stay that's close to Brockhole on Windermere, then why not try our brand new camping option?

What's included?

- A 2 night stay at our John West Great North Swim Campsite
- Space for 1 car, 1 (7m x 7m) pitch and 2 adults (campervans are accepted but must fit on the pitch)
- Access to hot showers and toilet facilities
- 1 mile walk into Ambleside's pubs and restaurants
- Bus stop at campsite with 20 minute bus journey to the John West Great North Swim (additional charges apply)
- 30 minute walk to Waterhead Ferry

All for only £75 per pitch.

You can book your pitch on via the website: [greatswim.org/north](https://greatswim.org/north)

## Travel

When travelling to the event, please ensure you plan ahead as the roads will be busy and parking is very limited. We recommend parking in Ambleside or Bowness on Windermere and utilising the Windermere Lake Cruises ferry services (running every 30 minutes) or the local bus service (running every 20 minutes). It is also possible to walk to Brockhole on Windermere from both Ambleside and Bowness on Windermere but please leave plenty of time to get to the start in time for your wave.

All participants will be sent a discount sail and bus voucher with their swim packs sent in the post.

Visit the website for further travel information.

# TRANSPORT MAP



## BUS ROUTES

FROM	FREQUENCY	JOURNEY TIME	ROUTE
Ambleside	Every 20 mins	7 mins	<b>ROUTE 568</b>
Bowness	Every 20 mins	23 mins	<b>ROUTE 505</b>

## FERRY SERVICES

PARKING LOCATION	JOURNEY TIME	FROM EVENT SITE
Bowness on Windermere	Journey Time	20 mins
	Route	Direct
Ambleside (Before 13:00)	Journey Time	20 mins
	Route	Direct
Ambleside (After 13:00)	Journey Time	35 mins
	Route	Via Wray Castle

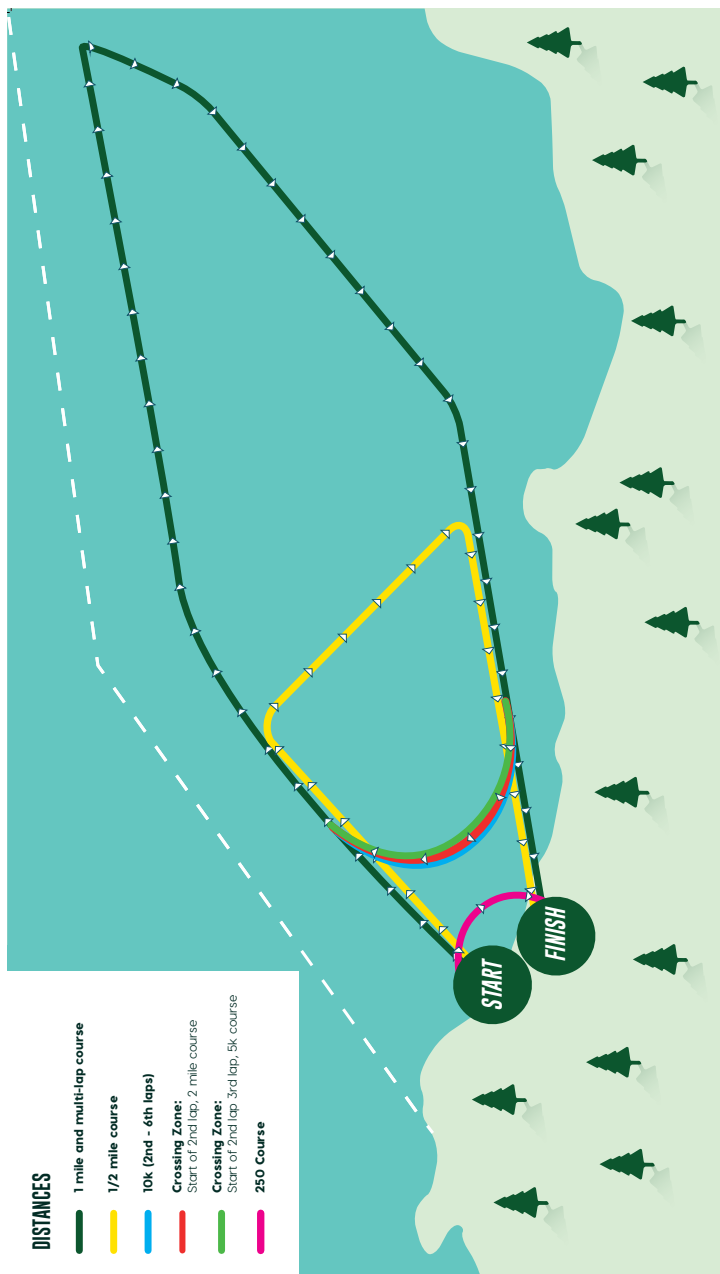
Ferries run every 30 mins (approximately) from most locations please check Windermere Lake Cruises for an exact timetable for your journey



WINDERMERE TRAIN STATION

**BOWNESS ON WINDERMERE**

# COURSE MAP



# SITE MAP



## Here are just some of the things going on:

- Crabiugs
- Laser Clays
- Archery
- Brave the Cave
- Playgrounds
- Treetop Trek and Treetop Nets
- Delicious local food options
- New beer tent, in the main Swim Village
- Prosecco tent in Swim Village

## What's on site?

There are plenty of things going on at Brockhole on Windermere throughout the whole weekend. So whether you're in need of some tasty food and drinks to refuel after your swim, or you've got family and friends to keep entertained while you're in the water, we've got you covered.



# IN THE WATER & AT THE FINISH

## In the water

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 and someone will reach you as quickly as possible. We hope you don't need them, but there is a full medical team consisting of doctors, paramedics and first aiders at the event.

## Results

Your swim time will be loaded on to the Great Swim website soon after you finish.

You can check here:

[greatswim.org/results](https://greatswim.org/results)

## At the finish

Your swim time will stop when you leave the water and walk over the timing mat. Keep moving on to the check-out point where you will officially be checked-out and your chip will be collected.

Finishers' packs will be sorted by t-shirt size and will include your medal and other treats. Please take the pack that matches the t-shirt size you chose when you entered the event.

The swim village is open to everyone and features a range of activities and exhibitors for everyone to enjoy. Be sure to pop in to check out the stands.

Official Great Swim photographers will be there to capture some of your proudest moments. Visit [greatswim.org/photos](https://greatswim.org/photos) and follow links to your own Great Swim photo album.



# HAVE A HAPPY & HEALTHY SWIM



Swimming in cold water can put additional stress on your body so it is important to check that you are fit to train and compete in the event

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.

If you are unwell in the days before the event, even if you are raising money for charity, please don't swim. Most medical emergencies occur in people who have been unwell but don't want to miss out on the event.

Swimming is no different to other exercise – as you increase your activity level, your body temperature increases and you lose body fluid leaving to dehydration and impaired performance. This can be exacerbated when wearing a wetsuit, particularly on hot days.



Ensure you drink little and often before your swim and rehydrate well afterwards. Do not drink any alcohol the night before and on the day of the event as it can cause dehydration.



Some of the main risks associated with open water swimming are related to the effects of cold water. If your core temperature drops too low, you could suffer from hypothermia, which can be very serious.



If the water temperature is cold, wear an additional swim hat under your official Great Swim hat, preferably neoprene. It could also be worth investing in some neoprene socks and gloves for colder water temperatures.



On a hot day, do not put your wetsuit on fully until just before you go through check-in to avoid dehydration.

## Fancy Dress

Sorry but we can't accommodate fancy dress that would compromise the safety of either the swimmer 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 your swim
- **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**

**GOOD LUCK AND ENJOY YOUR DAY, FROM  
THE GREAT SWIM TEAM AND  
ALL OUR PARTNERS.**