



Open Water and Run training: Briefing Pack

Introduction

Thanks for signing up for the Open water and run training to take place on the next 4 Thursday nights. This event will be led by Ken Bryson from Total Endurance, a specialist Triathlon coaching service in Aberdeen that has run a number of Open Water training sessions in Knockburn Loch in previous years.

Should you have any queries, please direct them towards:

Iain Chirnside president@gasc.co.uk 07966 621 754

Richard McLaughlin headcoach@gasc.co.uk 07831 693 012

COVID – Please ensure completion prior to attending, participation won't be possible without them

- Self-declaration (once)
- Health Screen Survey for returning to training (once – to be updated if circumstances change)
- Covid-19 Privacy Policy v2 (once)

We will also require you to read and agree to the COVID-19 Return to Training Briefing Document.

Richard McLaughlin will be acting as the Covid Liaison Officer for event.

Location

Knockburn Sports Loch, Strachan, Banchory, Aberdeenshire, AB31 6LL. www.knockburn.co.uk

Date and Time

The event will run on Thursday 27th August, 3rd Sept, 10th Sept, and 17th Sept.

Please arrive 6pm for 6.30pm start. As well as a session briefing there will be a COVID briefing. We will start the training at 6.30pm prompt, so please be ready to train from that time. Please arrive in clothes appropriate for running in.

18:30	Group briefing
18:40	Run technique and form
19:10	Wetsuit briefing and fitting
19:20	Swim safety briefing
19:30	Swim session
20:30	Finish

Parents please ensure that **you** maintain appropriate COVID physical distancing from the coaches, athletes, and spectators at all times. There have been some complaints at other sessions at Knockburn about parents not maintaining social distancing from other people's children so we need to reinforce this.

Coaching

Total Endurance will be leading the running and open water swimming session. The team will be Ken Bryson (Triathlon Level 3 coach), Tom Wilson (Triathlon Level 3 coach), and Andy Redman (Triathlon



Level 2 coach). Ken will lead the run session with support from Andy and Tom. Ken and Tom will each lead a swim group with Andy providing on water safety cover and additional support. Iain Chirside (Triathlon Level 1 coach) will provide additional support as required.

<http://total-endurance.com/>

Weather

We have our fingers crossed for good weather, but realistically, it might be not be.... Please make sure that you have an appropriate change of warm clothes and waterproofs to enjoy the evening. You will be happier and enjoy the training better if you have the right clothing for the weather and something warm to travel home in!

In the initial session on the 27th August, the water temperature is likely to drop with Tuesday's rain so the length of the swim session may be a little shorter depending on how everybody is doing.

What to bring

- Required:
 - Running
 - Shoes to run in
 - Appropriate clothes for running
 - Swimming costume under running clothing
 - Swimming
 - 1 large towel (preferably 2)
 - Swimming suit
 - Wetsuit, if available.
 - Goggles and 2 caps (wearing 2 caps is generally better for Open water swimming)
 - Kickboard and fins
- Recommended
 - Suggested that you bring a **flask of something warm to drink** in case you need to warm up
 - Snacks
 - Warm clothing for post event
 - Waterproofs – it is Scotland after all!!
 - Warm Hat and gloves
 - Insect repellent
 - Sun cream

If appropriate, Medication handed to First Aider with clear instructions on use

Changing

Due to Covid restrictions, the changing facilities at Knockburn are **not in use**. Changing for swimming will be at/in your vehicle. Participants/parents to be advised to bring large towels, etc. to facilitate privacy when changing. Note that Parents/guardians to be advised to distant from other vehicles where possible.

There is a male and a female toilet on site however these are not for changing in. When toilet facilities are used hands should be cleaned with soap and water and/or hand sanitiser immediately after.



Access to site

The site is accessed through a gate. If the gate is not open, please press the intercom button, or park up and walk in (please do not obstruct the gate).

Allow the gate to open FULLY before driving through. DO NOT be tempted to drive through when the gate is half open!

On exiting the site, if the gate is closed it will automatically open. You must allow enough room for the gate to swing open. Wait for it to FULLY open before driving through.

On arriving and leaving the site, please respect the local residents and wildlife by driving in an appropriate manner. There is a 10mph speed limit in place, and all vehicles need to abide by the limit.

Note that we will not be the only users of the site that day.

There is a large carpark which is likely to be reasonably quiet on Thursday evenings. Bearing in mind the changing situation for the swimmers please try to leave plenty of space between vehicles for their privacy.

Dogs

The site is dog free and therefore no dogs are allowed on site, except for guide dogs. This includes leaving dogs in cars whilst on site.

Rubbish

All rubbish needs to be removed from the site. We will have bin bags available, so please make sure you do not litter the site.

Contact Numbers

Please note that mobile reception is very limited at Knockburn. The main office telephone number is 01330 822234.

In the event of an emergency, please contact the main reception, or the below individuals:

Iain Chirnside	president@gasc.co.uk	07966 621 754
Richard McLaughlin	headcoach@gasc.co.uk	07831 693 012

Additional Note

This training session is run under the Policies and Insurance of Triathlon Scotland. Garioch ASC have become an affiliate member of Triathlon Scotland to allow us to run these types of events in the current situation.