

Guidance notes to competitors and parents

London Region Open Water 10th July 2016

Travel and Car Parking

If you are coming by public transport the venue is close to Surrey Quays and Canada Water (Jubilee Line).

If you are coming by car please follow the yellow AA type road signs in the local area giving directions to the event. You are advised to park in the car park indicated by these signs (in Mast Leisure Park off Quays Road Post code SE16 2XU) as it has no time limit on the length of stay. It is planned to have the car park marked. If you are coming from the West we hope to have it marked from the Rotherhithe Tunnel and if you are coming from the East from Bestwood Street. Please note that if you park anywhere else there is a 3.5 hour time restriction. The penalty for over staying is £80.

Arrival Time

Please do not arrive before 9.45 am as there will be no access until after this time. The Centre is open to gym users and you are requested to keep the foyer clear at all times. **No access to the centre can be made by competitors until their named coach is present and has collected their club pack.**

Deck Area

Packs will be prepared for each club and will contain all the necessary information for that club. This pack will be given to the **coach** and it will be up to them to ensure that competitors are given their wrist bands and other relevant information. Individual adult entrants will have their own information packs.

Access to the deck area

We have limited space on the deck area. It will therefore be a controlled area which will **only** be accessible by coaches, swimmers, officials and helpers. There is plenty of viewing area around the dock (including a pub opposite the venue) for parents and friends. We have toilets at the venue and additional toilets are also available in the shopping centre which has a café and other catering facilities.

If you are coming to one of the races where there is a later reporting time please ensure you make arrangements to meet your coach as they will have your competitor bands and information.

Anyone who is not wearing the appropriate band/pass will not be permitted entry to the deck area.

Please return all bands and passes at the end of the day. This enables us to keep our costs down

Briefing and Event Start Times

	<u>BRIEFING TIMES</u>	<u>START TIME (approximate)</u>
5k and 1 K	10.00 AM	10.30 AM (1k)
		11:15 (1K)
1.5 K and 3k	1.15 PM	2.15 PM (1.5K)
		3.15 PM (3k)

ALL SWIMMERS MUST ATTEND THE BRIEFING

A roll call will be taken as part of this briefing which includes important safety information for swimmers. **You will NOT be permitted to swim if you have not attended the briefing for your race.**

Costumes

This event is being run under ASA rules. Therefore wetsuits are **not** permitted if you are seeking qualification to ASA Nationals. . The costume rules for open water are different to pool swimming

- Only 1 costume may be worn (same as pool)
- Must be of fabric material (same as pool)
- Costume may extend from neck to ankle but it must be armless (covers both male and female)

A separate event is being run for those wearing wetsuits

Hats

You can wear 2 hats. However the top hat must be the one supplied by the competition which will be marked up with your competitor number.

Jewellery

You will not be permitted to swim wearing any jewellery including watches and electronic devices. A wedding ring may be worn but it will be taped for safety reasons.

Toe and Finger Nails

These must be short so that they cannot cause any injury to another competitor. They will be checked as part of the preparation process. We will have clippers available for anyone whose nails are considered too long. You will not be permitted to swim if you do not comply with this requirement (on safety grounds)

Marking Up Greasing and Sun Cream

Competitors will be marked up with their competitor number using a permanent marker pen. Competitors will be marked on upper arms, shoulders and back of hands (the reason for this is to enable officials to identify a swimmer). Swimmers are permitted to apply a reasonable amount of

grease to ease chaffing e.g. Vaseline but this should not be applied until after you have been marked up. In the past the event has been held on the hottest day of the year and swimmers and coaches you are advised that you ensure you have adequate sun screen cover. Both grease and sun screen should only be applied once you have been marked up.

Swimming in Open Water

The water quality at the facility we are hiring is regularly tested and meets current requirements. However it is not the same as swimming in a pool. You should ensure that you shower or at least wash your hands before eating any foodstuffs after you have swum. There are changing facilities at the venue. If you should become ill with a cold or fever within 2 weeks of the competition you are advised to seek medical advice. Please ensure you inform them that you have swum in the dock.

Entry Details

Enclosed with these notes is a copy of the entry list. Please check to ensure that you have been entered correctly .You will have 7 days after this pack is issued to notify the organiser of any incorrect entries (any corrections to londonopwater@outlook.com)

Course layout

Enclosed is a course layout diagram. The whole course is 500 m long and is rectangular in shape. All races will be swum over the same course. Swimmers will swim in an anti-clockwise direction and will do the following number of laps depending upon the distance

1K	2 laps	1.5 K	3 laps
3k	6 laps	5K	10 laps

The course will be marked with large buoys at each turn and smaller buoys in between. The finish area will be a swim through funnel which must be swum through on each lap and will be clearly marked. A course map is enclosed

Swimming Protocol and division into Age Group/Open Competition

An event will be swum as a single race. This means there will be four races swum during the day. There may be a split start if there are too many swimmers. You will be advised of this as part of the briefing.

The results will be divided into 2 competitions (Open and Age Group). To be eligible to be included in the age group result you must comply with the relevant age rules for the distance being swum AND you must be swimming for a LONDON registered club. All other swimmers will be swimming as part of the Open Competition. Medals will be awarded in accordance with the entry conditions which are included with this pack.

Sale of Hoodies and Tee Shirts

We will have an outside supplier attending selling hoodies and tee shirts (same as last year).