

Guidance Notes To Competitors And Parents

London Region Open Water 29th June 2019

TRAVEL AND CAR PARKING

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

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 (Mast Leisure Park off Quays Road Post code SE16 2XU)

PLEASE NOTE:

There is no spectator parking at the venue.

There is a maximum time limit for parking in Mast Leisure Park car park.

Parking restrictions are in force in the area.

The region accepts no responsibility for any fines incurred.

ARRIVAL TIME

(5KM SWIMMERS ONLY) Please arrive before 08.45hrs if you wish to have access to the deck area. If you arrive after this time then please DO NOT assemble in the foyer area. The Centre is open to gym users and you are requested to ensure that the foyer is not obstructed and neither is the entrance doorway blocked. **Please assemble in the car park area with your coach so that you can be briefed at 09.30hrs.** If the weather is inclement then we will endeavour to make the marquee available for shelter. From 09.00hrs there will be no access to the deck whilst the officials briefing is going on.

We are doing briefings throughout the day so coaches need to be aware that swimmers will be arriving during the day – please ensure they can contact you when they arrive in order to gain access to the deck area.

No access to the centre can be made by competitors until their named coach is present and has collected their club pack.

FOYER AREA

Please DO NOT assemble in the foyer area during any part of the day. The Centre is open to gym users and you are requested to ensure that the foyer is not obstructed and neither is the entrance doorway blocked.

DECK AREA

Packs will be prepared for each club. They 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. Toilets are 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

Event	Brief Time	Start Time	Wave Details
5 KM	9.30	10.00	Race 1 - 17 Males Starting 5 minutes later Race 2 - 21 Females
2KM	10.45	11.50	Heat 1 - 21 Males Starting 5 minutes later Heat 2 - 22 Females
3Km	Race 1 12.00 Race 2 12.20	Race 1 13.30 Race 2 14.50	Race 1 Heat 1 – 14 years old 12 Males Starting 5 minutes later Heat 2 – 14 years old 20 Females Race 2 Heat 1 – 15 years old and over 20 Males Starting 5 minutes later Heat 2 – 15 years old and over 19 Females

ALL SWIMMERS MUST ATTEND THEIR 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 / WETSUITS

This event is being run under Swim England rules. This means that wetsuits can be worn under certain conditions:

Water temperature up to 18 degrees – wetsuits compulsory.

Water temperature between 18 and 20 degrees – wetsuits optional.

Water temperature above 20 degrees – **NO** wetsuits permitted.

Surrey Quays has traditionally had water temperature close to 20 degrees or above. However this may not be the case this year. The organisers will attempt to put a current water temperature onto the website during the week before the competition.

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)

Wetsuit guidance:

It has become apparent there are now some approved wetsuits which can be found on the Fina website.

- London Region has decided that wetsuits do not have to be Fina approved.
- The wetsuits do however need to have been manufactured specifically for swimming (i.e. not Surf Suits / Dry Suits etc).
- Wetsuits shall completely cover the torso, back, shoulders and knees. They shall not extend beyond the neck, wrists, and ankles.
N.B There has been discussion around what would constitute coverage of the shoulder. An informed view is that to ensure complete coverage of the shoulder the wetsuit must include a sleeve, as a minimum polo or 'T' shirt length covering the full shoulder and upper arm in order to maintain shoulder cover during swimming, full arm to wrist has been suggested although elbows do not feature in the rule, whereas coverage of knees as a mid-limb joint in respect of leg length of a wetsuit is.
- The suit should mainly comprise a material which is between 3-5mm thick. It should not have additional aids and adaption's to help the swimmer e.g. additional rubber 'fins' on the arms.
- It is expected that officials will apply common sense when dealing with references to neck, wrists and ankles. The Chief Referee will have responsibility for the overall management of the rules.

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 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 until **Friday 14th June 2019** to notify the organiser of any incorrect entries / corrections to openwater@londonswimming.org

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.

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.

<u>DISTANCE</u>	<u>LAPS</u>
2KM	4
3KM	6
5KM	10

SWIMMING PROTOCOL AND DIVISION INTO AGE GROUP/OPEN COMPETITION

An event will be swum as a single race but there may be several waves for each distance. This is because there is only room for about 30 swimmers to start in each wave. The separate waves are indicated on the start list. For parents, results in open water are different to pool swimming. The result cannot be processed until the last swimmer in the last wave has completed. There are a large number of entries. Coaches and parents please bear with the organisers who will get the result out as soon as possible.

To be eligible to be included in the regional 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. 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.