

# EAST DORSET OPEN WATER

SEAHORSE CHALLENGE SWIM 2010 Swimming Club

## Dear Swimmer

We are delighted you have entered our inaugural seahorse swim at Knoll Beach – Studland on the 27<sup>th</sup> June 2010, we have put together this swimmers briefing to support your swim and to ensure you have the necessary information. We look forward to seeing you on the day.

## Swimwear

- The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for individual sports disciplines and not carry any symbol which may be considered offensive.

## Non Wetsuit Category

- All swimsuits shall be non transparent, the referee has the authority to exclude any competitor whose swimsuit or body symbols do not comply with the spirit of this Rule.
- The competitor must wear only one swimsuit in one or two pieces with no additional items, like arm bands or leg bands which shall be regarded as parts of the swimsuit.
- Costumes for men shall not extend above the navel nor below the knee, and for women, they shall not cover the neck, extend past the shoulder, nor shall extend below the knee.
- All swimsuits shall be made from textile materials.

## Wetsuit Category

- It is strongly recommended that a proper recognised swimming wetsuit like a triathlon wetsuit is used. Surfing/water skiing/wind surfing etc wetsuits are not recommended.
- Wetsuits to be a maximum thickness of 5mm and will be in the following formats:
  - Full suit covering from ankles through to wrists.
  - Full legs with no sleeves.
  - Full legs with short sleeves.
  - Short legs and short sleeves.
  - Short legs and long arms

## Not Allowed

Webbed gloves are not permitted. Fins are not permitted.

## Categories (Cap Colour)

- The following coloured swim caps will identify the different categories
  - White Swimming Hats: male non-wetsuit,
  - Green Swimming Hats: male wetsuit,
  - Yellow Swimming Hats: female non-wetsuit,
  - Red Swimming Hats: female wetsuit

## Swimming Hats

- Numbered swimming hats will be provided at registration for all swimmers.
- These hats MUST worn at all times throughout the swim.

## Registration

- Registration will take place between 08:00hrs -09:00hrs. NOTE: National Trust staff will open the car park at Knoll Beach at 7am. Standard NT car parking charges will apply except for NT members.

## Baggage Area

- As the start and finish of the race is in the same location, an area will be reserved for baggage storage for those swimmers who wish to use this facility. Although a swim official will be present in this area the whole time, the organisers can not accept any liability for any loss of property.

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## SEAHORSE CHALLENGE SWIM 2010

### Swimming Club

#### Swimmers' Briefing

- 9.15am on the beach near the start area.
- All Swimmers Must Attend
- The area around the National Trust Information Centre and Cafe is a public thoroughfare. Please do not impede pedestrians.

#### Decision Not To Swim After Registration

- If you decide that you do not wish to take part once you have registered, you must advise one of the organising team with your name and swimmer number so you can be marked as not taking part.

#### The Course

- The course is triangular in shape (See course map)
- From the start, swim out to the first turn buoy (1600m from the start)
- Continue to the 2<sup>nd</sup> turn buoy situated towards the beach. (400m from the 1<sup>st</sup> turn buoy)
- After rounding the second and final turning buoy, you can swim parallel to the shoreline back to the finish (1800m from the 2<sup>nd</sup> turn buoy)
- You must round the final Race Marker Buoy situated off the finish line before entering the Finish Funnel.

#### The Start

- Approx 15 minutes before the start you must proceed through the entrance to the competitors muster area, giving your swim number to the marshal on the gate as you go through. The muster area is on the shoreline in front of the swim zone (existing safe area cordoned off in the water by ropes and buoys)
- Once in the muster area please assemble yourselves into two groups: Men and Ladies.
- The men will start on the first start signal followed by the ladies 2 minutes later.
- Approx 5 minutes before the start the Men's group will be asked to enter the water and prepare for the start.
- Approx 1 Minute prior to the start the Male group will be called forward to the start line and placed under starters orders. At this point the Ladies group may enter the water to prepare for their start.
- The start line will be an imaginary line between a Feather Flag on the beach and the Race Finish Marker Buoy.
- The race will not start if competitors have strayed across this line onto the course side.
- Once the men's group have been started the Ladies group will be called forward to the start line and will follow the same procedure as above for the men.
- Be warned, it is shallow for the first 25 m. or so, with some stones underfoot.
- All swimmers must wear the numbered hats provided throughout the swim.

#### The Swim

- Keep all race marker buoys to your left as you swim around the course apart from the last / finish buoy which you will keep to your right shoulder
- Please take care not to obstruct or kick other swimmers especially at the start.
- Judge Boats will be situated at each Turn Buoy to ensure you keep the turn buoys to your left as you go round them and that you do not cut in side them.
- Bottles of water will be with the safety crew on the water should you require a drink of water during your swim

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## The Finish

- You must swim around the Finish Race Buoy (keeping it on your right shoulder) before you can enter the Finish Funnel.
- The Finish Funnel will comprise of Feather Flags and tape extending from the waters edge up to the finish line which will be above the High Water Mark.
- As you cross the line ensure the time keepers know your swim number.
- You will be handed a place tag, indicating the position you have finished.
- Once you are clear from the finish line you must hand in your place tag to the recorders and give your swim number and name. This is a fail safe method of ensuring your position is recorded correctly.

## Presentations

- The awarding of prizes will take place near the start finish area as soon as possible after the last swimmer finishes. Certificates for all swimmers will be available to collect after the swim, or arrangements can be made to post them to you.

## Refreshments

- You will be able to purchase refreshments if required, including coffees and sandwiches, either at the main National Trust cafe/information centre or from a mobile van near the finish area.
- East Dorset Open Water SC will not be supplying any food or drink for swimmers, other than bottled water as required for medical reasons

## Safety

- First Aid assistance will be available at the start/finish area in the main marquee.
- Lifeguards will be patrolling the shoreline on foot and will have VHF radios.
- Lifeguards will also provide waterborne safety with paddle craft and powered rescue ribs.

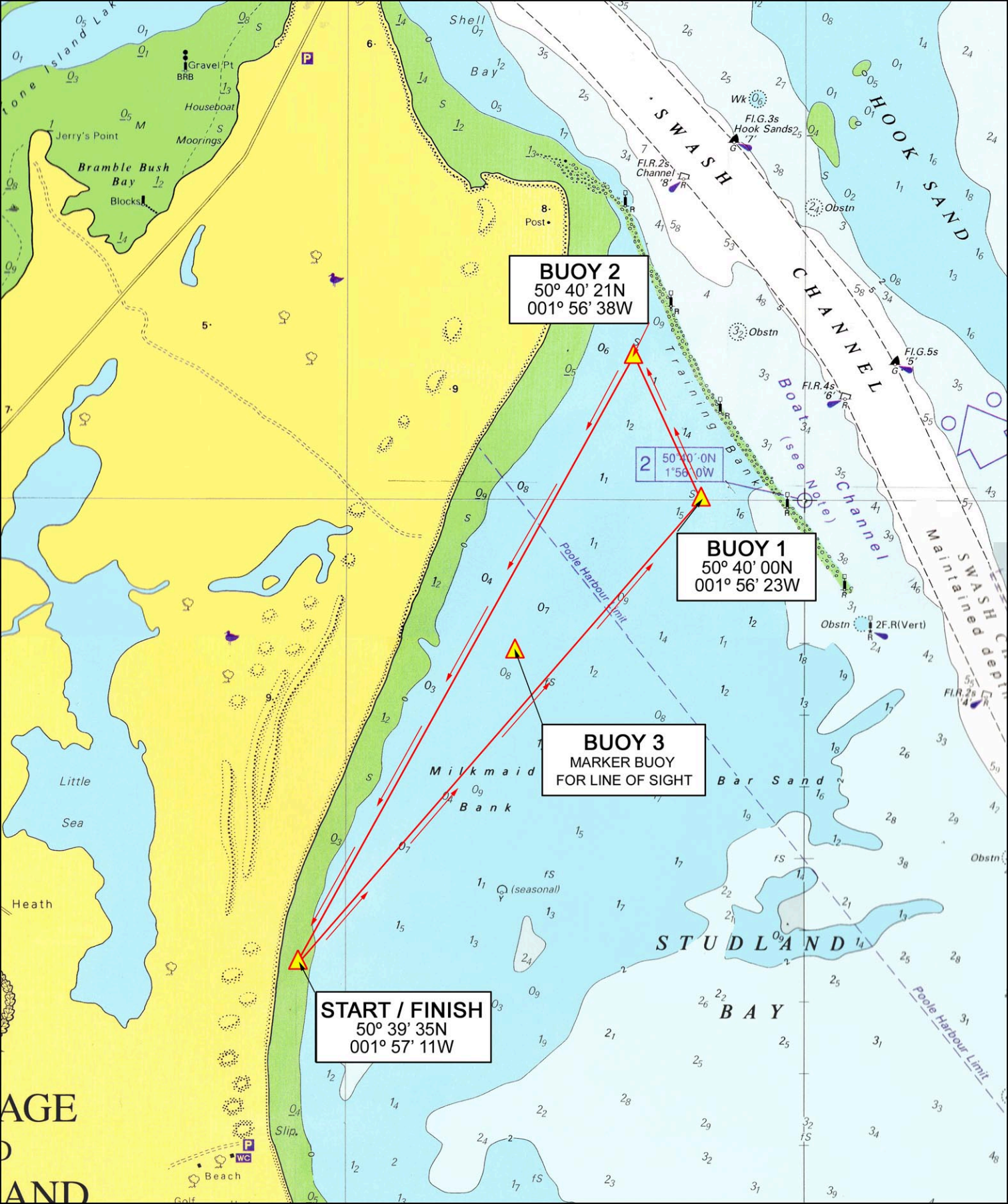
## Safety Cover – How it Works

- If a swimmer requires assistance for what ever reason you must raise one arm vertically in the air and shout to attract the attention of the nearest paddler.
- On arrival, the paddler will assess the situation and if further assistance is required, will provide buoyant support by their craft whilst attracting the attention of the nearest rescue rib by the raising of their paddle / arm vertically and if necessary the blowing of a whistle.
- The coxswain of the rescue rib, on arrival, will make an overall assessment of the situation and take the appropriate action.
- In the event of an emergency which may result in the evacuation of all swimmers, you will be expected to accompany the paddle craft and rescue ribs towards the shoreline via the shortest possible route. You will then proceed to the nearest Lifeguard on foot patrol so all swimmers can be accounted for.

## Further Information

- Acton Field Camp site is open for the weekend, for those swimmers and their families planning to camp in the area. There is no advance booking, but the site will be opening solely for the swim.
- [www.actonfieldcampsite.co.uk](http://www.actonfieldcampsite.co.uk)

**The East Dorset Open Water Swimming Club Committee wish you a thoroughly enjoyable swim and hope that you will return next year.**



**BUOY 2**  
 50° 40' 21N  
 001° 56' 38W

2 50° 40' 00N  
 1° 56' 23W

**BUOY 1**  
 50° 40' 00N  
 001° 56' 23W

**BUOY 3**  
 MARKER BUOY  
 FOR LINE OF SIGHT

**START / FINISH**  
 50° 39' 35N  
 001° 57' 11W



The above plotted course provides the following:  
 Start to Buoy 1 = **1600M**, Buoy 1 to Buoy 2 = **400M**, Buoy 2 to Finish = **1800M**

**Notes:**  
 Any amendments are of course possible but for safety reasons we recommend that Buoy 2 is not placed any nearer the training bank than annotated above (IE 100M clear of it).  
 The Start / Finish Mark will in fact be in at least 1M of water on the day of the swim