



## **EPIC Swim Wigan**

### **Welcome to the Epic Swim Series at Wigan**

We would like to wish all of you who have entered this event good luck with your final preparations and have a safe journey. We request that you read fully all the details outlined in this event information.

### **COVID SYMPTOMS & SOCIAL DISTANCING**

Should you be exhibiting any Covid symptoms, for example, a high temperature, persistent cough, loss of taste/smell etc please do not attend the event. Stay at home, follow government guidelines on self isolating & ensure you recover before attending any further events. You **MUST NOT** attend this event if you are exhibiting any Covid symptoms.

During the event please ensure that you keep 2mtrs away from all other competitors & all of our marshals at all times. Please do not congregate in groups and please use the hand sanitiser whenever you pass it.

It is important that everyone plays their part in ensuring that all social distancing measures are met. We have to have very strict rules in place to be able to put this event on. Please help us to ensure that we can continue with further events in the future.

### **EVENT ENTRY/TERMS**

Competitors who entered online will have been automatically forwarded a confirmation of entry by e-mail and will be listed on the current entry list.

#### **- Terms and conditions of Entry**

Terms and conditions of entry are clearly stated on the website [www.epicevents.co.uk](http://www.epicevents.co.uk). In making the application competitors have agreed to abide by these terms and conditions of Epic Events.

#### **- Swapping of Entries**

Please note that the unofficial swapping of entries between competitors is strictly forbidden as it invalidates insurances undertaken by the promoters to cover the event.

If you are unable to take part, please follow the instructions outlined in the terms and conditions on the [www.epicevents.co.uk](http://www.epicevents.co.uk) website. Any entrant found to have unofficially passed their entry to another athlete or any athlete taken up that entry will be banned from all Epic Events.

### **RULES**

#### **- Competitor Conduct**

Competitors are reminded that they share the lake facilities with other citizens who may or may not be fully aware of the event. We request that you treat members of the public, marshals, other competitors, event officials and venue staff with respect.

#### **- Rules Governing the event**

A combination of British Swimming Association and British Triathlon Federation rules have been used to develop the specific event rules and guidelines.

**- Wetsuits & Tow Floats**

There will not be an option of skin swimming at this event. Wetsuits are compulsory for all swimmers.

Shortie type wetsuits are allowed, but because of lake temperatures full body wetsuits are recommended. Neoprene hats may be worn, and hand or foot cover may be worn as long as it does not aid propulsion (paddle gloves or fins).

You must NOT ask others to help you put on or zip up your wetsuit unless they are a member of your household.

If you are coming to the swim alone and cannot zip up your suit on your own, we recommend driving to the venue in your suit as we are strictly unable to provide any assistance in this regard.

There will not be a shop at the event nor will there be any availability to hire wetsuits. Please ensure you have all the necessary kit prior to attending the event.

**Tow Floats are recommended for all swimmers however they will be COMPULSORY for all swimmers under the age of 16.**

**- Water Temperature**

At temperatures less than 11°C it is recommended that the distance be reduced. However, on race day this will be considered in conjunction with the weather conditions. We will do our best to ensure the event happens. Please remember that various factors will impact upon how you deal with the temperature.

The following maximum swim distances based on water temperature will be used as a guideline on race day: -

- At 11°C max swim distance = 2000m
- At 10°C max swim distance = 1000m

**- Competitor Minimum Ages**

- 750m: 11 years old on the day
- 1500m: 14 years old on the day
- 3800m: 17 years old on the day

**- Swim Hats**

You will collect a brightly coloured swim cap at registration. They are individually packaged and sanitised. Please wear this event cap during your swim so that we can identify which group you are in. Please only touch/take 1 cap & dispose of the packaging in the bin next to registration.

**ELECTRONIC TIMING**

The event uses electronic timing, allowing us to not only time the event, but to also use as a competitor logging in system.

Your swim start will be an individual, time trial style, deep-water start and a shoreline finish, where you will leave the water and exit under the finish gantry, across the timing mat.

Your swim time will start when the marshal counts you down & says "go". It will end when you cross the timing point at the finish line.

**DIRECTIONS TO EVENT CAR PARK**

Full Address: Three Sisters Water Ski Club, Land Gate Lane, Wigan, WN2 5JY.

The venue is a private water ski club and is NOT the Three Sisters Country Park. SatNav is unreliable for the venue so please follow the instructions below.

There is a Primary School at the end of the lane where the venue is located. The postcode for Landgate Primary School is WN4 0EP.

Depending upon the direction you are travelling from, turn either left or right onto Land Gate Lane. Continue straight on up the lane. The tarmac road becomes a gravel/dirt road. Stay on

the dirt road for half a mile. You will cross over a railway bridge and 200m after this bridge you will see a left turn to enter the event car park. Do not continue past this turning towards the Farm as this is a private house & there is no public admittance. There will be signage to assist on the day.

### **EVENT PARKING**

Event parking is free and is located in a field at the venue, next to the start/finish area.

In the final week approaching the event you will be provided with your race number, an arrival time for you to be able to access the car park & your swim start time/pen access times. You MUST write your race number clearly on your hand in permanent marker prior to arriving at the event. This will speed up your access to the site and the swim and will reduce the length of contact you will need with our marshals.

It is important that you DO NOT arrive before your stated time. Strict social distancing measures will be in place and there are limits on the number of competitors on site at any one time. You will not be allowed access to the site outside of your stated arrival time.

Upon arrival at the car park, you will be checked in by one of our marshals. Show them your race number & state your name. The marshals will then allow you access to the site where one of our team will direct you to a parking space. Please listen to the marshals and only park where instructed to ensure social distancing measures are met.

Please remain inside your vehicle at all times unless getting changed/ready for your swim or it is your time to go to the start area. Please refrain from mingling with other groups & ensure you maintain social distancing at all times.

### **SWIM START AREA/REGISTRATION PROCEDURE**

You will be given a specific time when you can access the swim start area where registration, the start & finish zones are located.

At your given time, make your way to the swim start area gate. It will be signed but it will also be very easy to spot on the day.

Upon arrival at the gate, please show your race number and give your name to our marshals. Just like at the car park, they will check you in and let you into the swim start area. Please listen and follow their instructions.

There will be no access to the swim start area, registration and the lake outside of your specific compound entrance time. PLEASE BE ON TIME. We are relying on everyone to be on time to ensure that the event runs smoothly. It will not be possible for us to allow either early or late arrivals.

Once in the swim area, you will enter the starting chute. As always, please remain 2mtrs away from the competitor in front of you at all times. The start chute will take you directly to the lakeside so you can start your swim, via registration where you will pick up your timing chip & swim cap.

### **REGISTRATION/TIMING CHIP COLLECTION**

Registration will be located alongside the start chute, before you get into the water. Upon arrival at the registration area, please use the hand sanitiser provided, then show the marshal your race number & give your name. The marshal will point to a timing chip on the table next to you. Collect the timing chip they indicate to. Please do not touch any other timing chips, kit etc to ensure everything remains sanitised.

After collecting your timing chip you will then collect a swim cap from the next table. Again, please only touch/take one cap and please put the packaging in the bin provided.

Once you have collected your timing chip & cap, please firmly attach it to your right ankle, using the Velcro strap, ideally under your wetsuit to prevent it from coming off.

Upon finishing you MUST remove your timing chip yourself and drop it into a bucket at the end of the swim exit chute. Any chips "lost" or taken home will be charged at £10.

### **RACE BRIEFING**

There will be no swim briefing on the lakeside prior to your swim. The briefing will be given via video in the week running up to race day. It is compulsory to watch the briefing video prior to attending the event to ensure that you understand all the safety procedures and what to do on race day.

### **SWIM START**

The swim starts will be in a "solo", time trial format with one swimmer setting off every 45 seconds. After registration, the swim chute will take you to the lakeside where you will show the starting marshal your race number and give your name. The starting marshal will tell you when you can get into the lake.

Make sure your timing chip and swim cap are on before you get to the lakeside.

Once in the water, make your way immediately over to the start buoy (the giant yellow duck!). The starting marshal will give you a countdown and tell you when to "GO", whereupon you can start your swim.

Please do not get into the water until directed. Please do not set off until directed. Please take care getting into the water either via the steps or the end of the pier. Do not jump in.

### **FINISH**

When you have completed the prescribed number of laps for your swim distance, you should then head directly for the finish gantry on the shoreline (next to where you started). As you stand up on the shore, please be aware of stones and gravel which may be sharp as you head for the finish line. There will be matting in place to assist you underfoot. Please watch for the start of the matting and take care to ensure you do not trip.

**Once you leave the water please do not run to the line, please walk, take care upon exiting and maintain the 2mtr social distancing rule from any other competitors exiting at the same time. Your time will finish the moment you leave the lake and cross under the gantry at the waters edge so there is no need to rush.**

Once out of the lake, keep moving up the finish line chute. As you make your way along the chute you will need to sanitise your hands again prior to collecting a pre packaged medal from the medal table following which you can remove your timing chip from your ankle and place it in a bucket at the end of the finish chute.

It is not possible for members of staff or marshals to place the medal around your neck currently, to ensure social distancing is maintained. Nor can they assist you with the removal of your timing chip. Please take your time. As always, whilst in the chute please remain 2mts behind the person in front of you.

It is not possible to remain in the finish area to wait for other swimmers. You must immediately make your way down the chute to the exit upon leaving the lake.

# Endurance Revolution



Swim \* Cycle \* Run  
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**GENERAL RACE DAY GUIDELINES****- Race Number**

You must write your race number on your hand in permanent marker prior to arrival at the car park.

**- Arrival Times**

You must not arrive at either the car park or swim start area before your specified time. In addition, please do not be late.

**- Spectators**

Spectators are not allowed at the event. We have strict numbers for how many people we can have on site at any one time. Please do not bring non swimmers with you as you will not be admitted into the car park and you will forfeit your own swim.

The only “non-swimmers” allowed on site are “drivers” if you as the swimmer are unable to drive yourself to the event. In this case, your driver must remain inside the vehicle at all times during your swim. It is not possible for your driver to spectate whilst you swim.

**- Kit Storage/Changing Rooms**

There will NOT be any changing rooms or kit storage areas available at the event to help us maintain the strict social distancing measures we need to have. The only item you can leave inside the swim area will be your flip flops.

**- Swim Safety Boat/Kayakers**

Please obey any instructions given by the safety team. There will be kayaker support on the water. If you get into difficulty and require assistance, roll onto your back and raise your arm straight up into the air. A kayaker will come to assist you. If you need to exit the water, the kayaker will either guide you to the water edge

where you will be met by a member of our team or the safety boat will collect you and bring you directly to a medic on the shore.

**- Post Swim**

Once you have finished your swim, have got changed and caught your breath back, please leave the car park as soon as possible to allow other competitors to enter. There is no spectating or gathering in groups on site and we need to keep the flow of arrivals moving.

**PERSONAL SAFETY INFORMATION**

The water in the Lake can be cold; please use the time making your way to the start buoy to acclimatise, even if just for a minute.

During the race, if you find yourself in trouble please do the following: -

1. Roll onto your back and raise one arm continuously to attract a member of the boat/kayak safety team.

OR

2. Stand up & raise your arm to attract the attention of the safety team. It is possible to stand up in most of the lake.

If you approach or are approached by a kayak, please only hold on to the front or the rear of the kayak as holding onto the side may capsize the kayak.

As a word of warning from several years' experience within the Epic Events team, panic attacks can be common in open water events especially for novices where the water temperature is low, and wetsuits add additional compression to the chest area. This is usually as a result of the build-up of Carbon Dioxide (CO<sub>2</sub>) in your lungs, which stimulates your heart rate and creates tension and anxiety. If this occur roll onto your back so you can see swimmers behind, you and try and breath out normally to expel the

excess CO2 and relax. It is better to be aware and plan for this potential situation, rather than being faced with it on the actual day! Remember, if you lie on your back, you cannot sink when wearing a wetsuit, you will float on the surface.

In the event of an emergency affecting the whole race the rescue boat will patrol the course and repeatedly complete 3 blasts on the airhorn. In this situation swim directly to the nearest shoreline to safety and a competitor retrieval plan will be put into operation.

### **THE COURSES**

The courses have been designed and measured accurately using GPS. The marker buoys (large yellow 1.5m high x 0.9m wide) will be set in position and checked on the morning of the race.

The swim courses are clockwise in direction. The 750m & 1500m courses are 1 small lap & 2 small laps respectively. The small lap goes from the start buoy (the Epic Duck), around the island at the end of the lake and back again until you get to the 2nd red marker buoy. These mark the end of the short course. Do not continue to the island at the other end (unless you want extra mileage). Once at the red buoys, you will either start lap two or swim to the finish line on the shore.

The 3800m course is clockwise in direction but will go round the entire lake 3 times. You will go from the start buoy (the Epic Duck), around the island at the end of the lake, down to the 2<sup>nd</sup> island at the opposite end of the lake and back again to the start area. This is one lap. Once 3 laps have been completed, at the red buoy just before you get back to the start area, swim over to the finish line on the shore.

NB – 1500m & 3800m swimmers, when starting lap 2+, please swim to the right hand side of the “duck”. New swimmers will be starting on the left hand side of the duck and if you go on the wrong side, you could end up meeting a stationary swimmer. Stick to the right hand side of the duck to stay clear of the swim start area.

The course maps are shown in the appendices.

There will be kayaks situated intermittently through the central area of the course along with the support boat.

### **RESULTS**

Results/timings will be uploaded live throughout the day. Within a few minutes of you exiting the lake, your results will show online. We will also email a set of provisional results out to all competitors post event. The live results can be found at [www.epicevents.co.uk/results](http://www.epicevents.co.uk/results)

### **OTHER RELEVANT INFORMATION**

#### **- Medical Advice**

If you have any known medical condition (such as diabetes, asthma, allergy to penicillin, etc.) please ensure you have informed us prior to the event as part of your race entry information. If you feel unwell after the event, please report to one of the shore side event staff. There will be medics on site should you need them.

#### **- Photography**

As part of your entry fee you will receive free to download pictures. The pictures will be available to download from our Facebook page within 48hrs of the event finishing.

#### **- Covid-19 & Social Distancing**

We will be taking all available steps to ensure that the event is clean and sanitised, but we need your help too. Do not attend the event if you are exhibiting any Covid symptoms or are feeling unwell. You must remain 2meters apart from all other competitors at all times. Do not congregate in groups either in the car park or at the finish. Remain in your vehicle until it is time for you to start your swim. Sanitise your hands once in the swim compound and after you leave the lake. When on site but not swimming, we would be grateful if you would wear a mask if you

have one so as to help protect other swimmers and our staff. The mask wearing is not compulsory.

**FINALLY**

On behalf of Epic Events all the team would like to wish you well and hope you have a safe and enjoyable event.

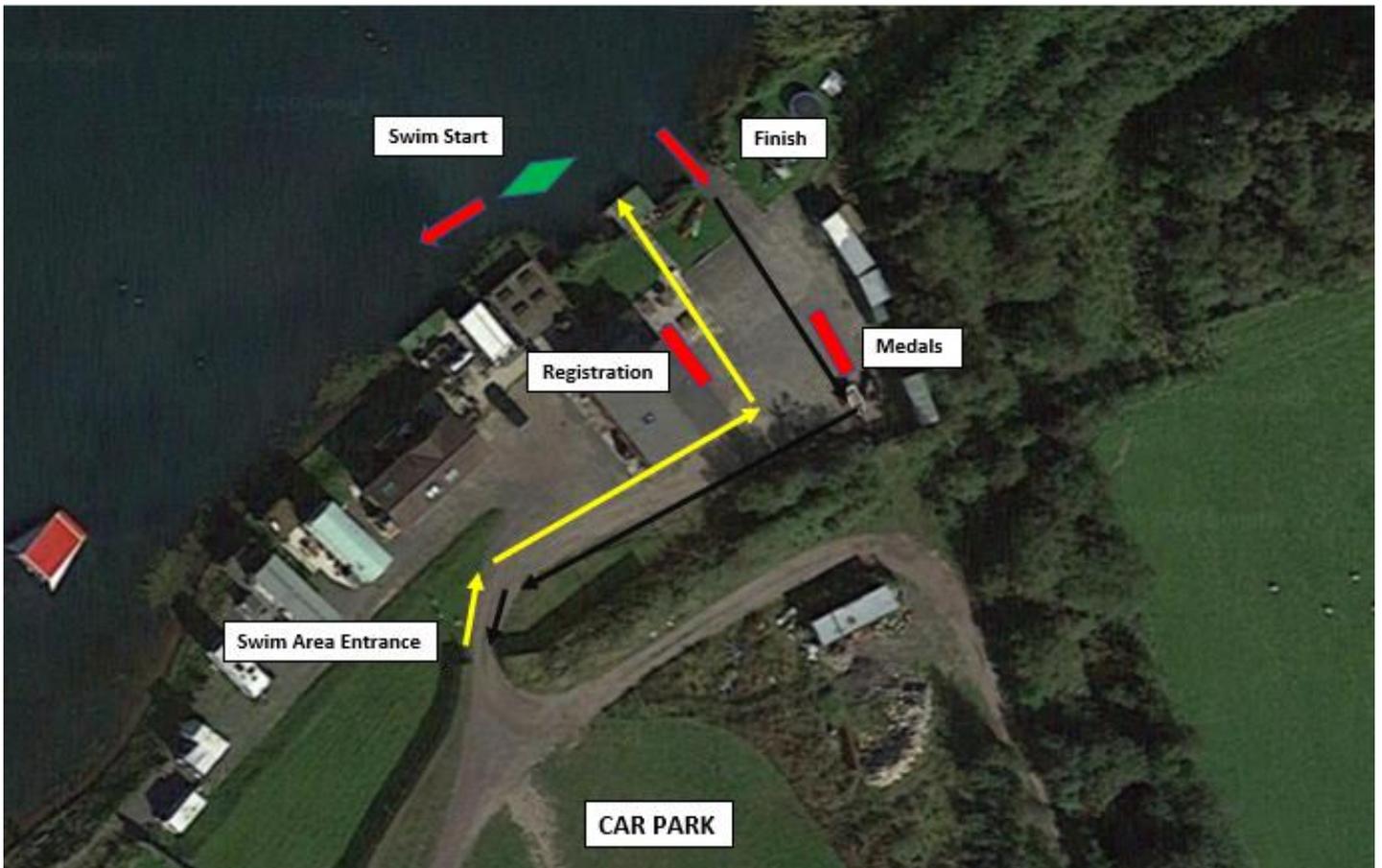
Yours in sport  
Epic Events

e-mail: [info@epicevents.co.uk](mailto:info@epicevents.co.uk)  
website: [www.epicevents.co.uk](http://www.epicevents.co.uk)

NB. These details are true and correct at date of publication but are subject to change without notice.

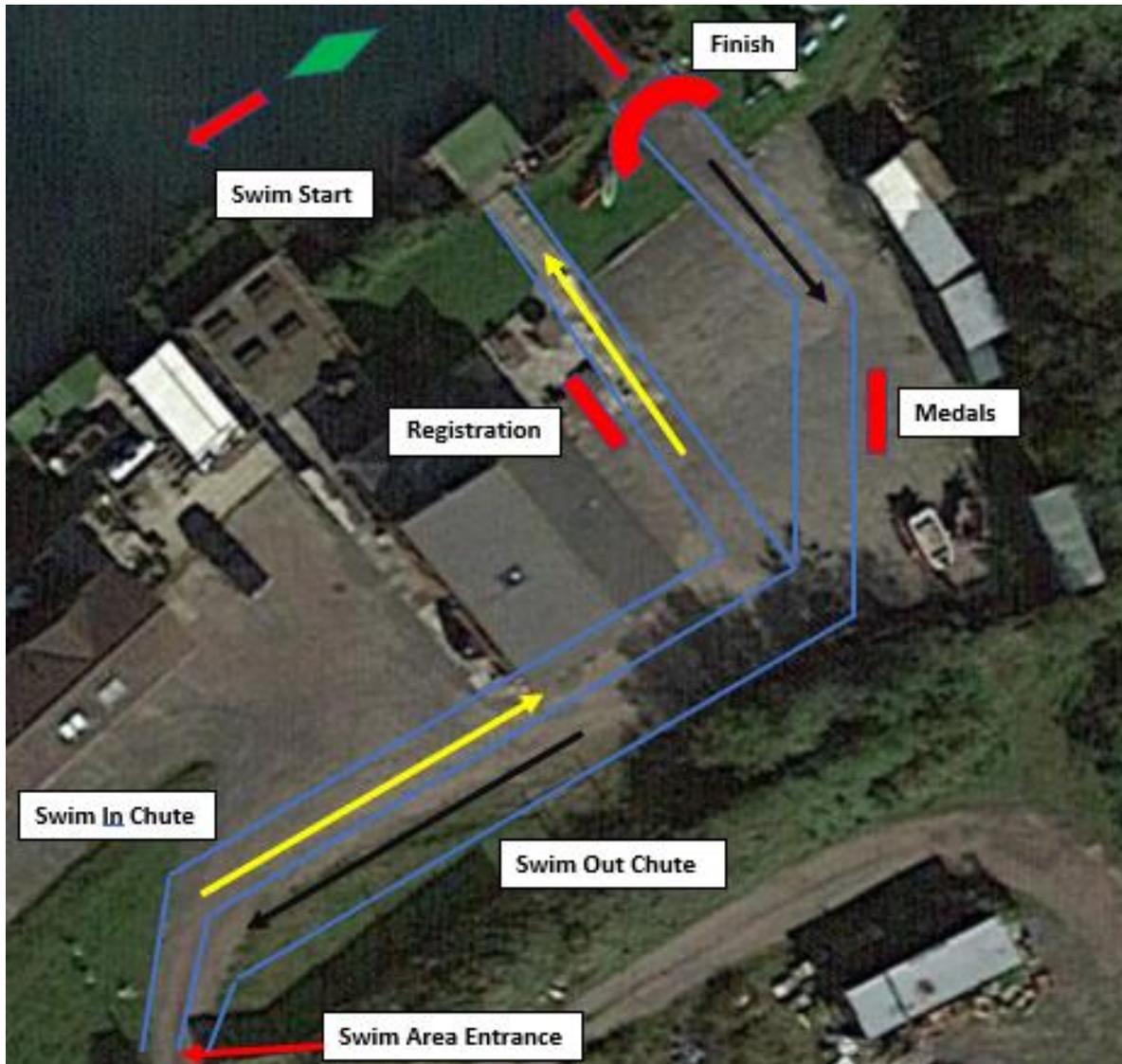
SWIM COMPOUND AREA (START/FINISH)

(Overview)

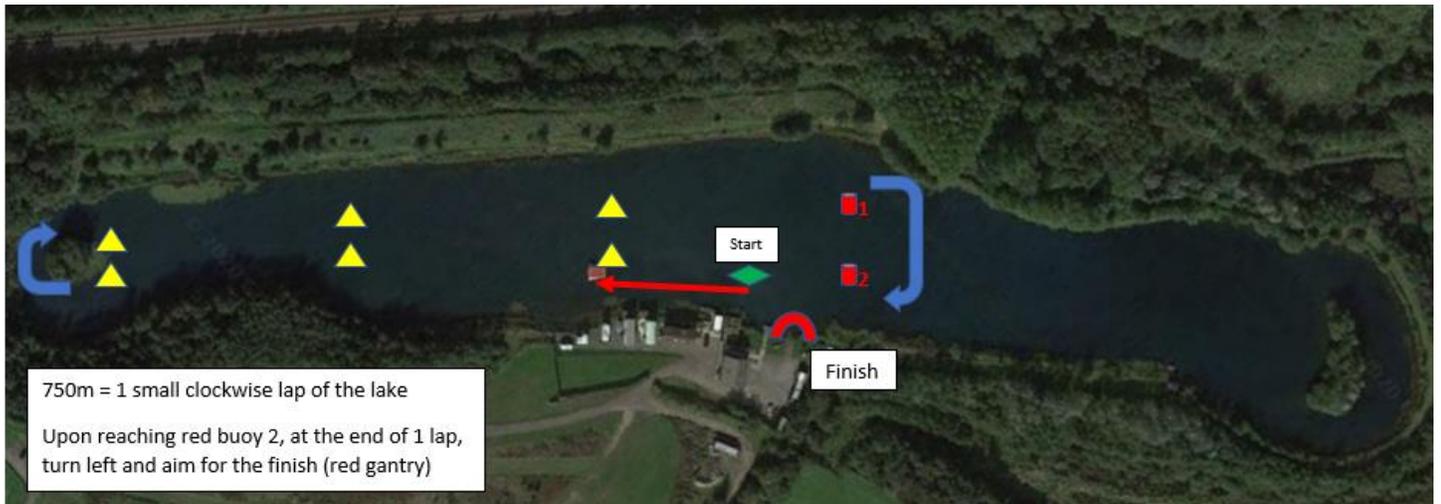


SWIM COMPOUND AREA (START/FINISH)

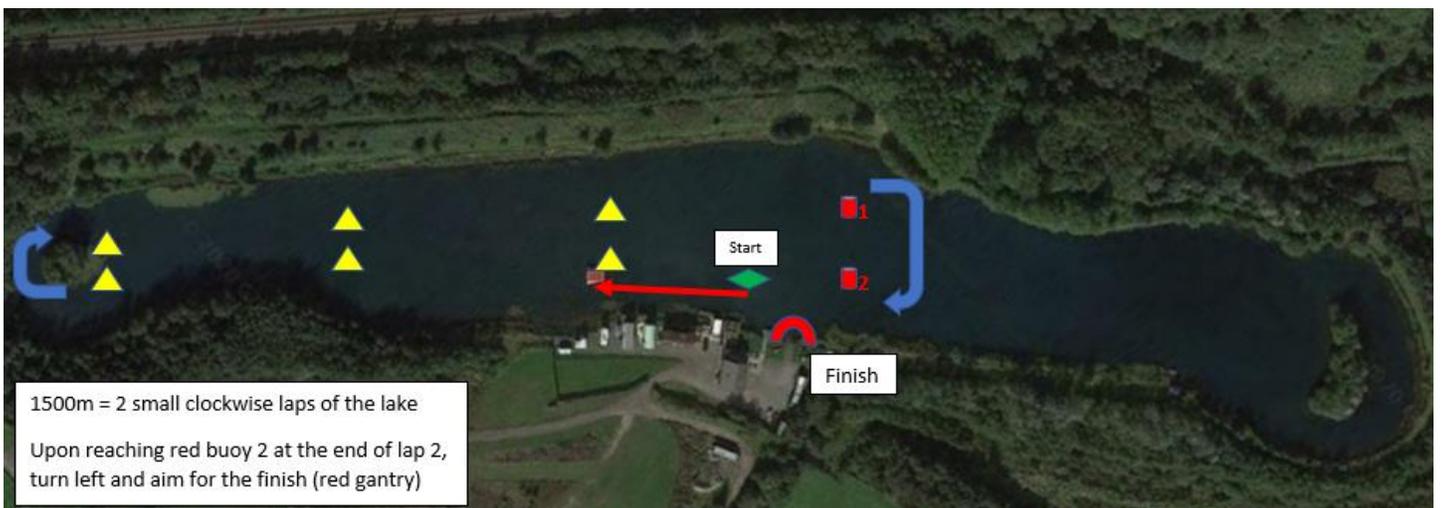
(Detailed View)



### SWIM COURSE – 750m



### SWIM COURSE – 1500m



SWIM COURSE – 3800m

