



EPIC Lakes Swim Coniston

Welcome to Epic Lakes Swim Coniston

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. 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 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, Skin Swimmers & Tow Floats

There will be the option when entering the mile or 3.8km swim to swim without a wetsuit. You must have previous event experience of swimming without a wetsuit which must be provided at the point of entry. **Tow Floats are compulsory for non-wetsuit 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.

Due to social distancing rules, 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/spares prior to attending the event.

Tow Floats are recommended for all swimmers however they are COMPULSORY for all skin swimmers.

- 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

- 500m: 11 years old on the day
- 1 mile: 14 years old on the day
- 3.8k: 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: Monk Coniston Car Park, Coniston, Cumbria, LA21 8AH

The venue is based from the National Park's Monk Coniston car park right at the very top of Coniston Water, just outside Coniston village.

There is no access to the event via the small road that follows the East side of Coniston Water. This road has been closed to all traffic since early July and will likely remain closed until the end of August at least. Access is along the B5285 either via Coniston Village or from Hawkshead.

Please do not use the east side of the lake. There are clear "road closed" signs at either end.

As you approach the event HQ you will be directed by marshals into the car parking field which is directly opposite Monk Coniston car park.

EVENT PARKING

Event parking is in a local farmers field and will cost £5 which all goes directly to the farmer. The car park field is directly opposite the race venue in Monk Coniston car park. Please ensure you have the correct money as no change can be given. You can remain parked in the car park all day, up until the event finishes on Sunday afternoon.

There is no overnight parking either on Monk Coniston car park or in the event car park. There are numerous local campsites in the area, all of which would be glad to have you after being closed for many months.

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 area 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. Once approved, you will drop your car parking money into the bucket. Please do not try to hand it to the marshals as they cannot take it from you and please make sure you have the correct money as they cannot give you any change.

Once checked in and paid, the marshals will then allow you access to the car parking field 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

As soon as entries close, you will be sent a specific time when you can access the swim start area where registration, the start & finish zones are located. This is all contained within Monk Coniston Car Park.

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 or the lake outside of your specific start area 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 immediately enter the start 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 and it will go via registration where you will pick up your timing chip & swim cap & bag drop where you can leave kit.

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 the timing chip 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 30 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 as it is rocky underfoot.

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.

Due to rules being in place around maximum numbers of people on site, it is not possible to remain in the start/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
#EnduranceRevolution

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 whilst on site. It is not possible for your driver to spectate whilst you swim.

- Kit Storage/Changing Rooms

There will NOT be any changing rooms but there WILL be a kit storage gazebo available at the event. The kit storage is accessible from the swim start chute & the finish chute. Please keep your distance from other swimmers in the kit storage gazebo and wait if necessary for people to leave.

- 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 back to the start area 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, you 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.

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 (CO₂) in your lungs, which stimulates your heart rate and creates tension and anxiety. If this occurs 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 500m course is 1 lap. The 1mile course is 2 laps and the 3.8k course is 3 laps. You can see a picture of each course & the course description at the end of these event notes.

NB – 1 mile & 3.8k swimmers, when starting lap 2+, please swim to the right hand side of the “duck” (keep the duck on your left). 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 boats.

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

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

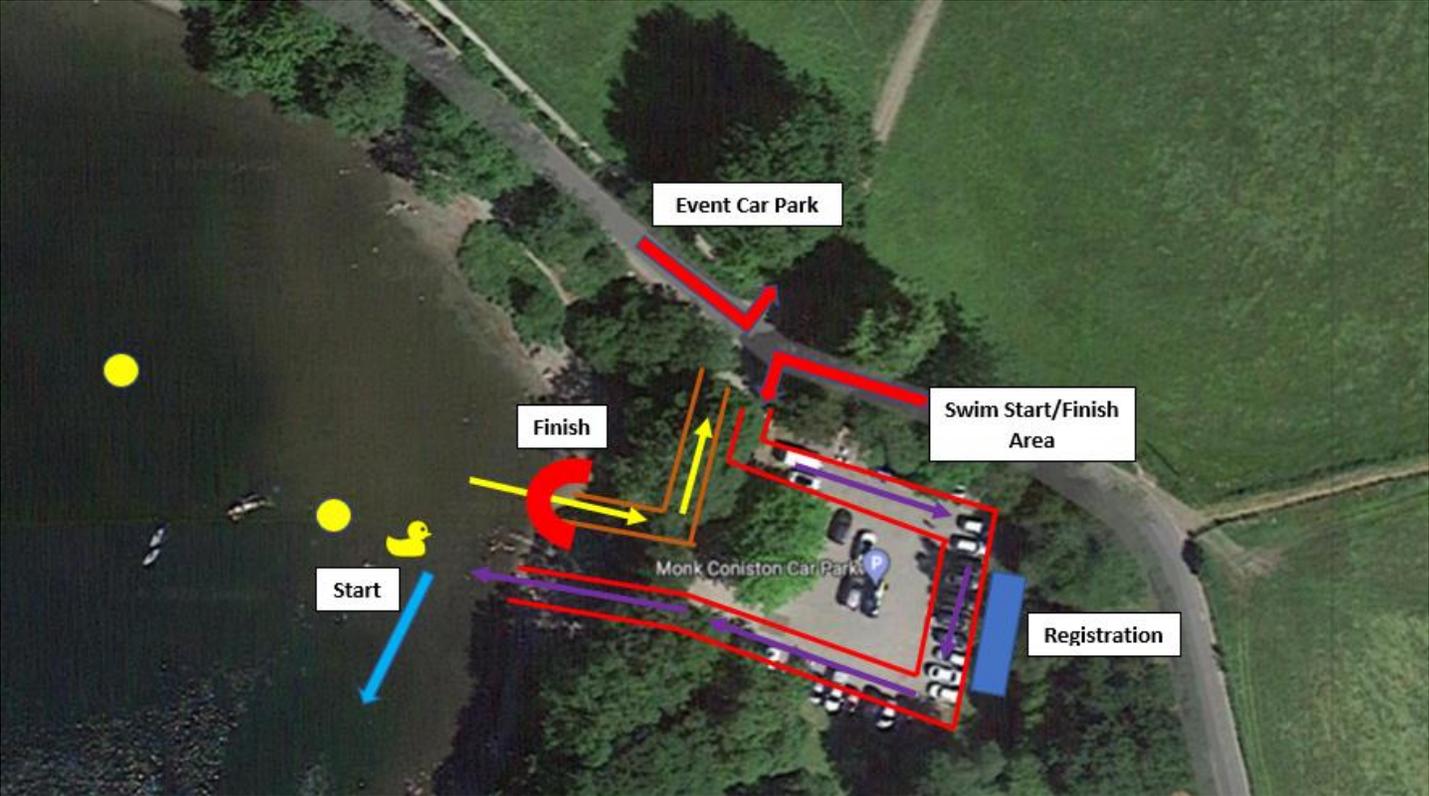
On behalf of Epic Events all the team would like to wish you well and hope you have a safe and enjoyable event.

Yours in sport
Epic Events

e-mail: info@epicevents.co.uk
website: www.epicevents.co.uk

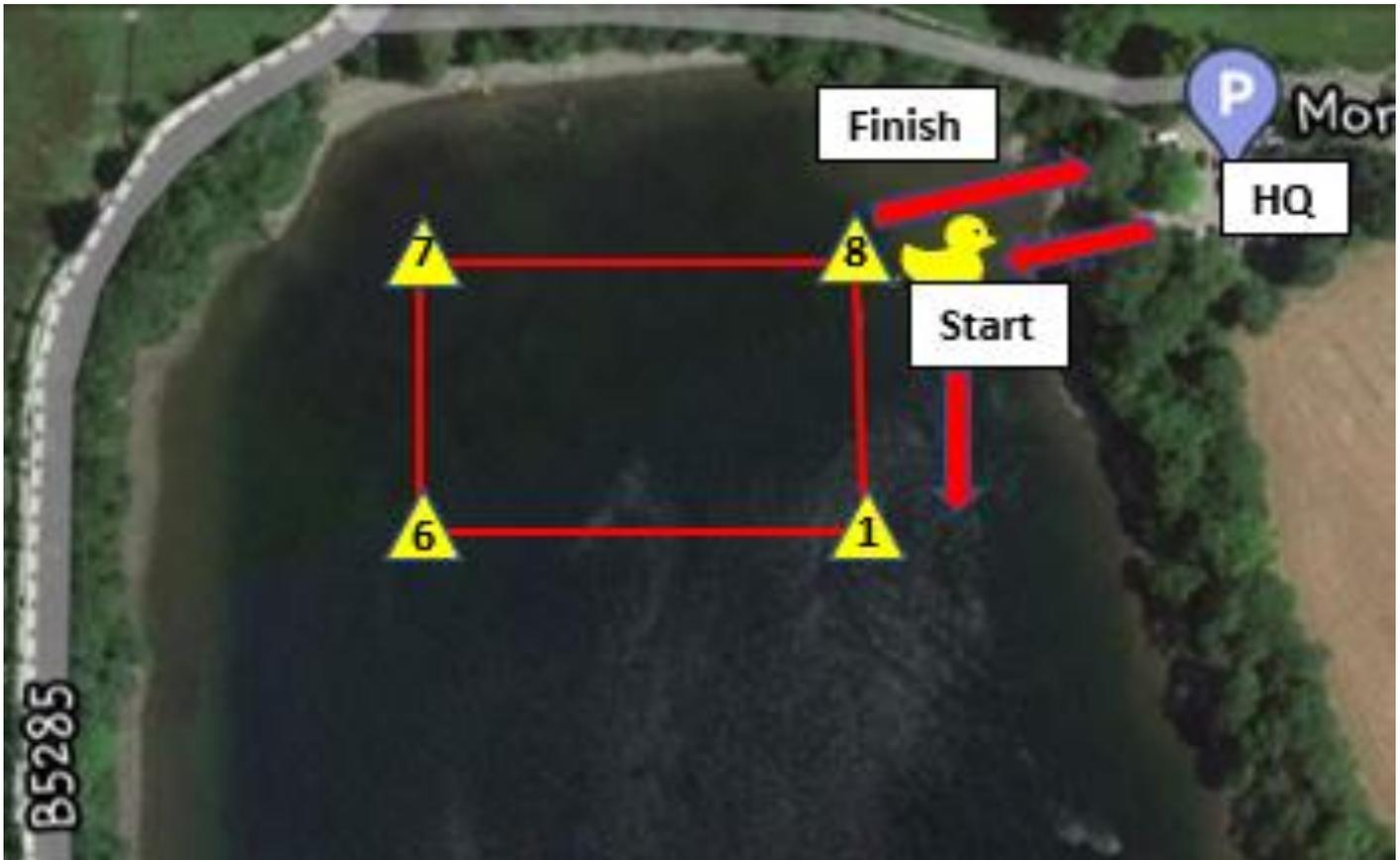
NB. These details are true and correct at date of publication but are subject to change without notice.

SWIM START/FINISH AREA



SWIM MAP & COURSE DESCRIPTIONS

500m Course



The start is “in water” by the Epic Duck.

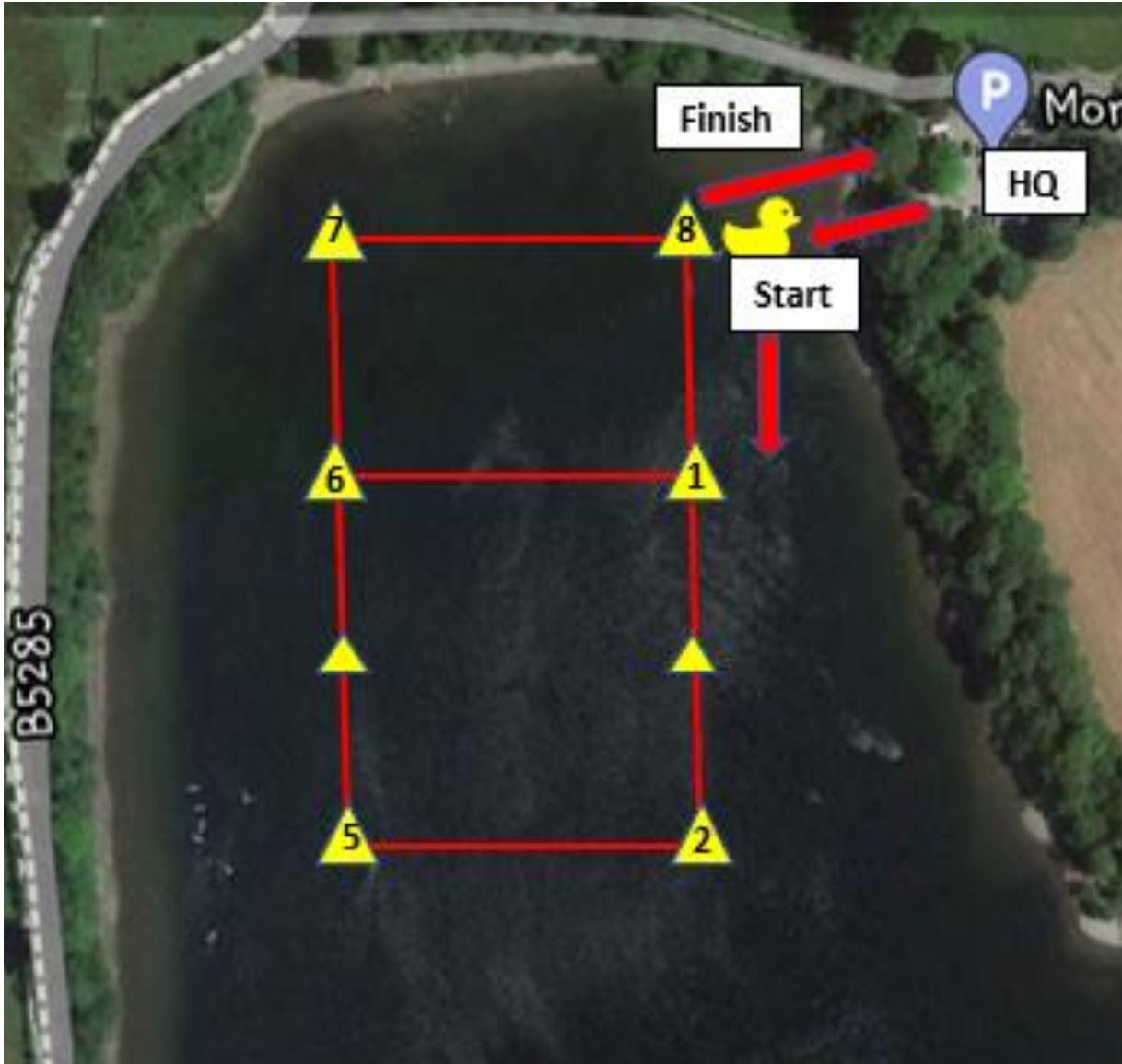
The course is 1 small clockwise lap and is marked by large, yellow triangular swim buoys.

From the duck you will swim to:

buoy no 1 > buoy no 6 > buoy no 7 > buoy no 8

then swim into the finish on the shore which will be marked by a large, red, inflatable finish arch & will be right next to where you went into the water.

1 mile Course



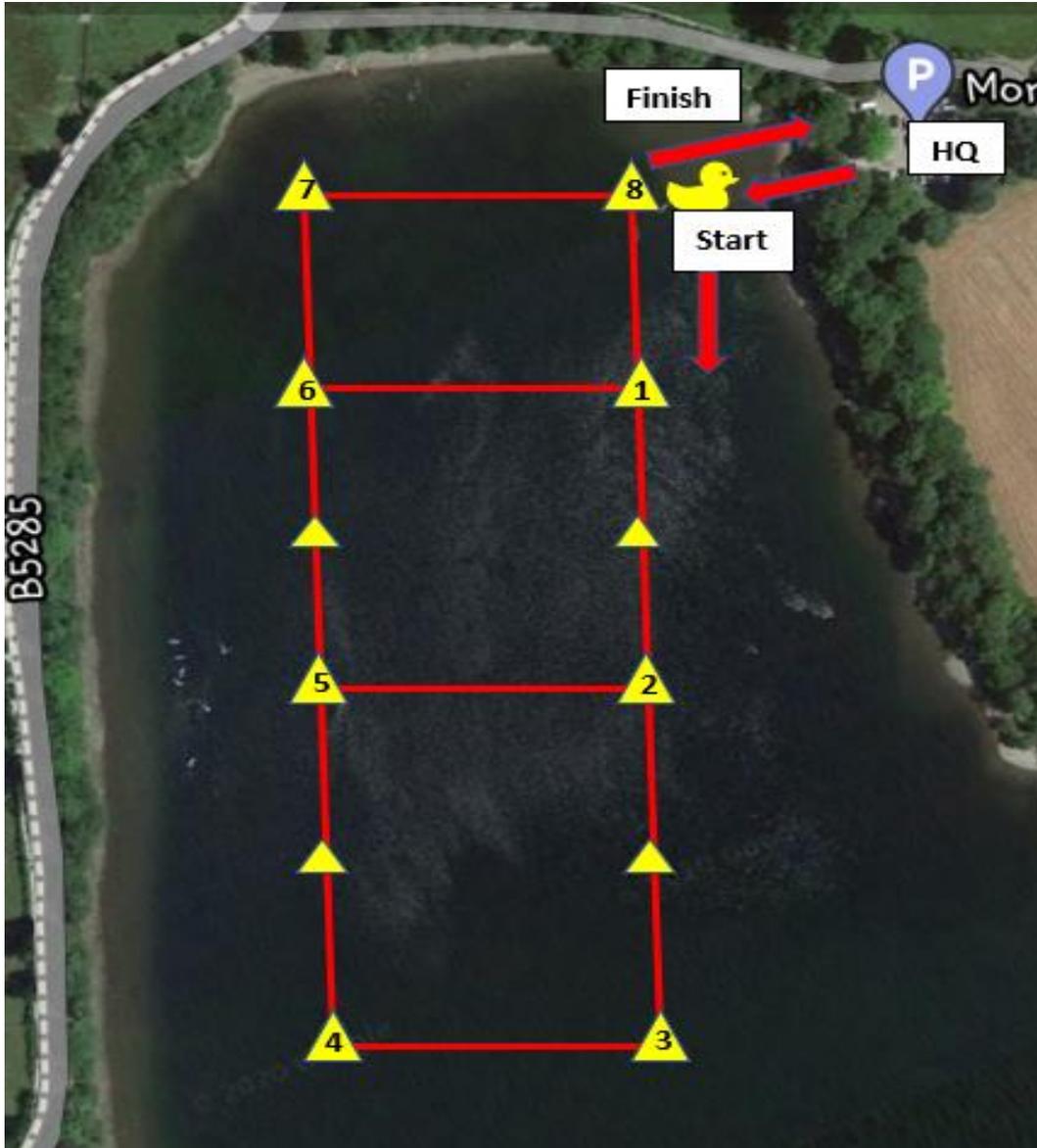
The start is “in water” by the Epic Duck. The course is 2 full clockwise laps of the whole course and is marked by large, yellow triangular swim buoys (with some smaller sighting buoys to assist).

From the duck you will swim to: buoy no 1 > buoy no 2 > buoy no 5 > buoy no 6 > buoy no 7 > buoy no 8

Important - When you start lap 2 you will ignore the duck. This is just for the swim start. When you start your 2nd lap you will keep the duck on your left. There is no need to swim around the duck to start your additional lap. This will keep you out of the way of any swimmers who are just starting and prevent collisions.

Once you have completed 2 laps you will then swim into the finish on the shore which will be marked by a large, red, inflatable finish arch & will be right next to where you went into the water.

3.8k Course



The start is “in water” by the Epic Duck. The course is 3 full clockwise laps and is marked by large, yellow triangular swim buoys with some small sighting buoys to assist.

From the duck you swim: buoy no 1 > buoy no 2 > buoy no 3 > buoy no 4 > buoy no 5 > buoy no 6 > buoy no 7 > buoy no 8

Important - When you start lap 2/3 you will ignore the duck. This is just for the swim start. When you start your 2nd & 3rd lap you will keep the duck on your left. There is no need to swim around the duck to start your additional laps. This will keep you out of the way of any swimmers who are just starting and prevent collisions.

Once you have completed 3 laps you will then swim into the finish on the shore which will be marked by a large, red, inflatable finish arch & will be right next to where you went into the water.