



EPIC LAKES SWIM ULLSWATER

The EPIC Lakes Swim Series returns to Ullswater for Race 2, starting from Jenkins Field, Glenridding.

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

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 are clearly stated on the website www.epicevents.co.uk. In making the application, competitors have agreed to abide by these terms and conditions.

Swapping of Entries

Please note that the 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. Please note that you cannot change distances on the day due to the electronic chip system being pre-set, if you wish to change distance this must be done at least 1 week prior to the event.

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.

Directions to Event Headquarters

The event HQ will be at Jenkins field, just off the A592. Full Address: Jenkins Field, nr Ullswater Steamers, Glenridding, Cumbria CA11 0US.

Event Parking

Patterdale Cricket Club (King George V Playing Field) has kindly offered to open their doors to us again this year.

The cricket club is 800m further South down the A592 (Continue through Glenridding to Patterdale

Valley) and turn right off the main road. 'TO THE START' signs will be in place to guide you to Jenkins Field, off the A592.

The cost for parking is £3.00 for the entire day. Please ensure you have the correct change ready upon arrival as there will be no entry to the car park without payment.

In the final week approaching the event you will be provided with:

1. Your race number
2. An arrival time for the car park
3. 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 the Cricket Club marshals. You will drop your car parking money into their 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 paid, the marshals will then allow you access to the car parking field where they 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 or next to your vehicle at all times until 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.

Endurance Revolution



Swim * Cycle * Run
#EnduranceRevolution

Wetsuits and Skin Swimmers

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 online, at the point of entering the event. **Tow Floats are compulsory for non-wetsuit swimmers.**

For all other swimmers' wetsuits are compulsory. Shortie type wetsuits are allowed, but because of lake temperatures full body cover is 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).

COVID guidelines from National Governing Bodies state that 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.

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. A well-fitting, full-length swim specific wetsuit is recommended. Adults generally deal with cold better than youngsters.

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, supported by parental consent.
- 1mile: 14 years old on the day, supported by parental consent.
- 3.8k: 17 years old on the day.

SWIM START AREA/REGISTRATION PROCEDURE

As soon as entries close, you will be sent a specific time when you can access the car park and swim start area where registration, the start & finish zones are located. This is a contained area on Jenkins Field.

Estimated swim start times are as follows:

3.8k = 8:45am
1 mile = 11:45am
500m = 2:00pm

*These are the anticipated start times for the FIRST SWIMMER in each event. To apply social distancing, swimmers will then be staggered using short intervals to separate them. Check the start times when available on the event web page to see your 'start area arrival'.

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. **Please remember, you must have your race number on your hand.**

Upon arrival at the gate, please show your race number and give your name to our marshals. They will check your name 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. At this point you can also leave flip-flops or shoes, but not bags or other items.

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

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 start, you should then walk forwards into the lake and as you do so, you will walk past a 'timing point' and your race time will immediately begin.

Please do not walk past the 'timing point' until directed to do so. Please take care getting into the water as it may be rocky underfoot, hence we encourage everyone to walk, rather than run.

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 water's 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. If you have pre-ordered an event shirt, you should collect at this point also.

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

Changing Facilities

There are no changing & shower facilities at this venue.

Route to Registration

Please follow the route marked in the appendices from the car park venue to the registration/start/finish area. Please follow the footpaths and footwear is recommended. The route is approximately 800m (10 minutes). Please try to leave your car so you arrive at the 'swim start area' at your prescribed time.

Kit Storage/Changing Rooms

There will NOT be any changing rooms or kit storage available at the event. You will be able to leave shoes or flip-flops at the point just prior to entering the water, which will be transferred to the finish point. No other bags or kit can be left.

Spectators

We'd ask that unless it is essential, please do not bring spectators to the event. We have strict numbers for how many people we can have on site at any one time. We appreciate that swimmers may not be able to drive and may therefore need someone to come with them. In these cases, please limit to 1 person. Please help to ensure that these events are able to continue taking place, by coming alone where possible.

If someone else travels with you, please be aware they are not allowed within the 'event area' and cannot congregate near the start pen, start or finishing area. Keep away from these areas and ensure that you social distance at all times.

PLEASE UNDERSTAND that large numbers of people congregating together to watch the event will likely lead to complaints and endanger our events. Please be responsible and help us with this matter.

Facebook Live

The finish line will be streamed live of our Facebook page so friends and family can safely watch from home. Check your start time and inform your family members of your estimated finish time.

Presentation

The prizes for each event will be sent by email post event and prize winners will be notified on our Facebook page post-event and by email. Due to COVID guidelines, we cannot have a presentation on the day to avoid unnecessary gatherings.

Personal Safety Information

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. If capable swim to the nearest shore where you will be able to stand or move towards a buoy. Continue to signal to the boat/kayak 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.

Emergency Situation

In the event of an emergency affecting the whole race the rescue boat will patrol the course and repeatedly complete 3 blasts on the foghorn/loud haler. In this situation swim, directly to the nearest shoreline to safety and a competitor retrieval plan will be put into operation. Please familiarise yourself with the nearest shore line around the course

The Courses

The courses have been designed and measured accurately using GPS. The marker buoys will be set in position and checked on the morning of the race. The level of the tide may slightly increase or decrease the distance into the finish.

Ditch the Hitchers

As part of a scheme to help prevent the spread of foreign invaders into UK freshwater, we are asking all swimmers to follow a simple 'Ditch the Hitchers' procedure.

All competitors are asked to ensure that your wetsuit, goggles, hats etc. are clean and dry before attending the event. Following your swim, please clean them in the bins provided and ensure that there are no foreign objects attached to your suit.

Results

Results are live and will be available online within minutes of you finishing. A set of provisional results will be emailed to all competitors and will be available to download later the same day from www.epicevents.co.uk

Photography

As part of your entry fee you will receive free to download pictures. The pictures will be available to download from our Facebook 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. 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

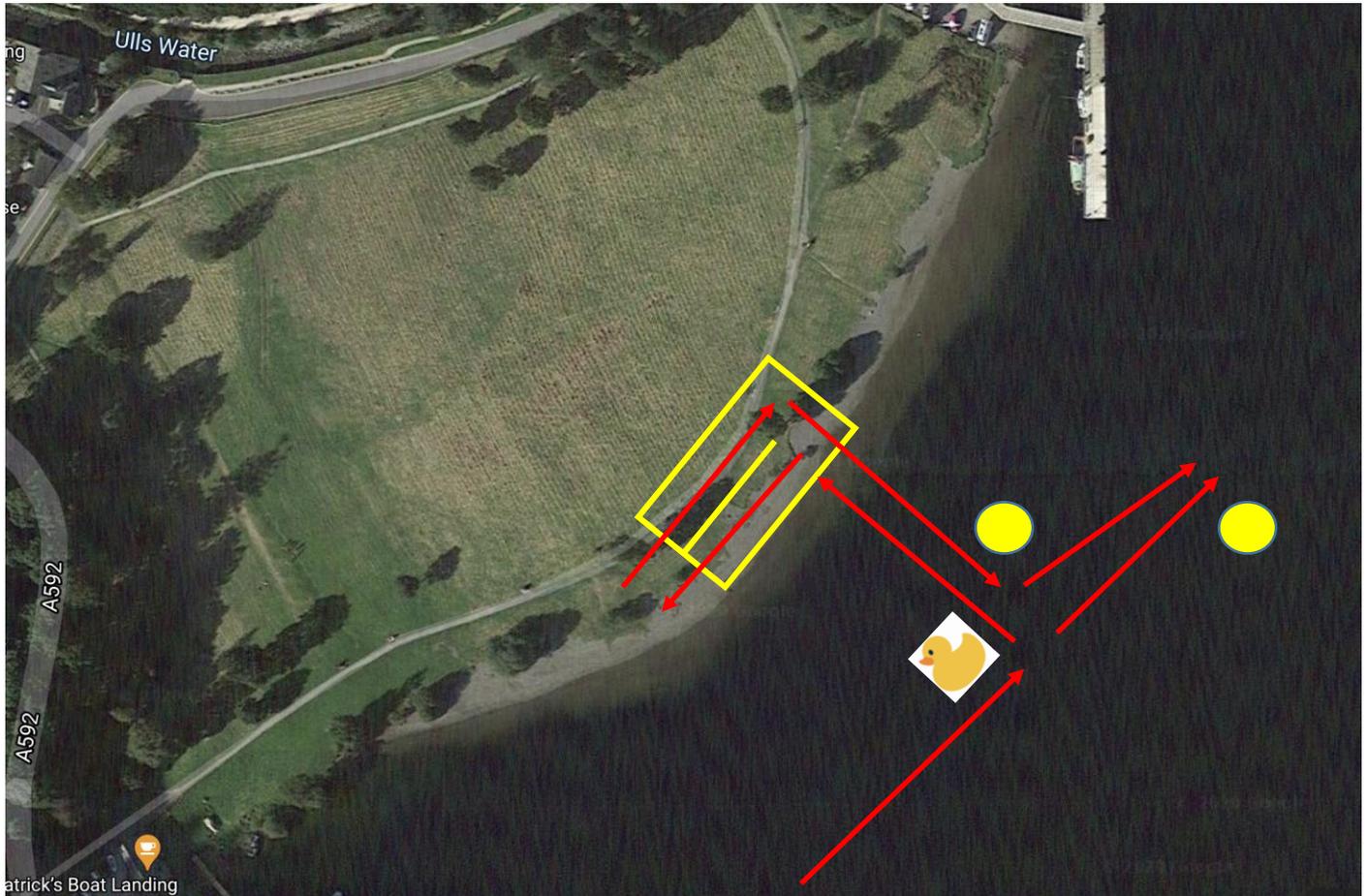
e-mail: events@epicevents.co.uk

Website: www.epicevents.co.uk

CAR PARKING – Patterdale Cricket Club, St George V Field



REGISTRATION / START / FINISH AREA DETAILS



The start area is a one-way system into and out of the water. When instructed, walk into the lake and as you do so, you will pass a timing point which will trigger the start of your event time. Turn left after the first yellow buoy and begin your clockwise loop(s). As you return, upon completion of the correct number of loops (see next page) you should swim past the duck (on your left) and turn left, to swim in towards the shore. Leave the water and walk under the finish gantry, your time will stop as you pass under the gantry.

SWIM COURSE LAYOUT



500m course is **ONE** clockwise loops from 'start buoy' to buoys 2, 7, 8 in that order, returning back to start buoy, then heading directly for shore. Buoys will be on your right hand side at all time **WITH ONE EXCEPTION**: When you have completed one full lap and return towards the start buoy, you will swim past the duck (duck on your left) then immediately turn left to head to finish.

1 mile course is **ONE** clockwise loops from 'start buoy' to buoys 2, 3, 4, 5, 6, 7, 8, 9, 10 in that order, returning back to start buoy, then heading directly for shore. Buoys will be on your right hand side at all time **WITH ONE EXCEPTION**: When you have completed one full lap and return towards the start buoy, you will swim past the duck (duck on your left) then immediately turn left to head to finish.

3.8k course is **THREE** clockwise loops from 'start buoy' to buoys 2, 3, 6, 7, 8, 9, 10 in that order, returning back to start buoy. Buoys will be on your right hand side at all time **WITH ONE EXCEPTION**: When you have completed **THREE** full laps and return towards the start buoy, you will swim past the duck (duck on your left) then immediately turn left to head to finish.