

## **EPIC LAKES SWIM**

### **Windermere**

The final event of the EPIC Lakes Swim Series takes place at Windermere, starting from YMCA Lakeside, Newby Bridge.

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.

#### **Directions to Event Headquarters**

The event HQ will be at: YMCA Lakeside, Newby Bridge, Lakeside, LA12 8BD

#### **Event Parking**

The event parking will take place onsite at YMCA Lakeside. Please follow the signs and instructions when you arrive.

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

#### **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](http://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](http://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.

# Endurance Revolution



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### **Wetsuits and Skin Swimmers**

There will be the option when entering the mile or 5km 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 entering the event online. **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.
- 5km: 17 years old on the day.

### **Arriving Onsite**

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

1. Your race number
2. 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 at the start area 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. Upon arrival at the car park, you will be checked in by one of the marshals. You will drop your £3 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 mixing with other groups &

ensure you maintain social distancing at all times.

\*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'.

**Race Day Schedule.**

- 07:00hrs open for parking
- 08:00hrs 5km swim start
- 11:30hrs 1-mile swim start
- 13:30hrs 500m swim start

\*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'.

**Registration Procedure**

At your given time, make your way to the swim start area. 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 start area, 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.

**Electronic Timing**

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

Please ensure you cross the mat as you finish to record a time and to log you back in. A member of the timing team will remind you to remove your timing chip and place in the container at the finish.

**Attaching Your Chip**

The chip will be attached to a Velcro strap. Place the strap around your right ankle and fasten the

Velcro securely. For added security of the chip it can sit on the strap beneath your wetsuit.

### **Changing Facilities**

To comply with COVID Secure Guidelines there are no specific changing facilities at this venue - please change at your vehicle.

### **Kit Storage**

There is no kit storage at this event, flip flops or shoes only, can be left at the start and finish line.

### **Briefings**

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.

### **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 2mtrs 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

### **Personal Safety Information**

The water in the Lake can feel cold, 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.

### **Spectators – VERY IMPORTANT**

In light of recent government regulations regarding maximum groups of 6 in social situations, we'd ask that unless it is essential, please do not bring spectators to the event. Organised Sports events are allowed to go ahead providing they follow COVID Secure Guidelines,

but the real risk of regulations being broken lies with spectators who are watching the event, not competitors.

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.

### **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 level of the tide may slightly increase or decrease the distance into the finish. Scroll down to see the routes.

### **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 and ensure they are washed clean and dried before attending any other open water events.

### **Refreshments**

Refreshments will be available from the canteen at YMCA Lakeside.

### **Results**

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](http://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 24-48hrs of the event finishing.

### **FINALLY**

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 onsite 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.

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](mailto:events@epicevents.co.uk)  
website: [www.epicevents.co.uk](http://www.epicevents.co.uk)

SWIM COURSES

