



## **EPIC LAKES SWIM ULLSWATER**

The EPIC Lakes Swim Series returns to Ullswater for Race 1, 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**

If you have any COVID symptoms e.g. a high temperature, persistent cough, loss of taste/smell - please do not attend the event. Stay at home, follow government guidelines regarding self-isolation & ensure you recover before attending any further events. You **MUST NOT** attend this event if you have any COVID symptoms, see below for Govt guidelines;

The main symptoms of coronavirus (COVID-19) are:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually

have a cough, it may be worse than usual)

- a loss or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you have any of these symptoms, get a test and stay at home until you get your result.

**Please travel to the event alone - we are required under COVID Secure Guidelines to discourage any unnecessary gatherings and as such we kindly request that there are **NO SPECTATORS in attendance at the event.**** Any non-competitors attending could result in the event being deemed as non-compliant with COVID Secure guidelines and therefore putting the whole event at risk. Cumbria Police are aware of the event and along with specifically assigned Security Marshals will ensure all non-competitors are requested to leave the event site.

During the event, please ensure that you keep 2 metres away from all other competitors, event staff and marshals at all times. When in a queue or coming close to any event staff at registration or racking in transition (for example) please ensure to wear a face covering. 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. There are strict regulations in place for this event to go ahead. Please help us to ensure the success and safe delivery of this event and 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 <https://epicevents.co.uk/terms-and-conditions/>.

On entering the event 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 2 weeks 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.

Upon arrival at the car park, 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.



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**Endurance Store**

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### **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.

### **REGISTRATION PROCEDURE**

Registration will take place on Jenkins Field from a large event shelter, signs will be in place directing you to registration. The registration process is below:

- 1. Identification**  
Registration sheets will be by race distance and in alphabetical order. You will be required to confirm which distance and your name and to show identification when you register.
- 2. Hat & Shirt Collection**  
You will be given your swim hat, and this must be worn on top of any other headgear. You will also be given your event shirt at this point (if ordered) as a memento of the day - please ensure to collect your T shirt if you ordered one as we cannot post out afterwards unless additional charges are paid.
- 3. Chip Collection**  
You will be allocated an electronic timing chip, which will match your race number. Please place this on your right ankle and ideally this should go under your wetsuit to prevent it coming off. Please ensure this is returned to the timing team before leaving the finish area. Lost chips will be charged £10.

Please allow plenty of time to register before your swim start time.

**Swim Distance Start Times** are as follows:

3.8k = from 8:30am

1 mile = from 11:30am

500m = from 1:30pm

\*These are the anticipated start times for the FIRST SWIMMER in each event. To comply with COVID Secure Guidelines swimmers will be started in time trial format, with a swimmer entering the water every 2-3seconds (n.b. we expect all swimmers will start within 10-15 minutes of the start time, please arrive at the start for the Start times as mentioned above)

### **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**

Please be ready for your swim start time approx. 10 minutes before the start. You will start in time trial format in 2-3 second intervals. All swimmers will be through the start point within 10-15 minutes of the start time.

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 Finish arch 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 collect a pre-packaged medal from the medal table following which you can remove your timing chip from your ankle and place it in the 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.

### **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).

**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 also be accessible from the finish chute. No other bags or kit can be left.

**Spectators**

We'd ask that unless it is essential (i.e. to drive you) , please do not bring spectators to the event. We have strict numbers for how many people we are allowed 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 concerns from Cumbria Police and the Local Authority and endanger our events. Please be responsible and help us with this matter.

**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 shoreline 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.

e-mail: [events@epicevents.co.uk](mailto:events@epicevents.co.uk)

Website: [www.epicevents.co.uk](http://www.epicevents.co.uk)

### **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](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 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

CAR PARKING – Patterdale Cricket Club, St George V Field

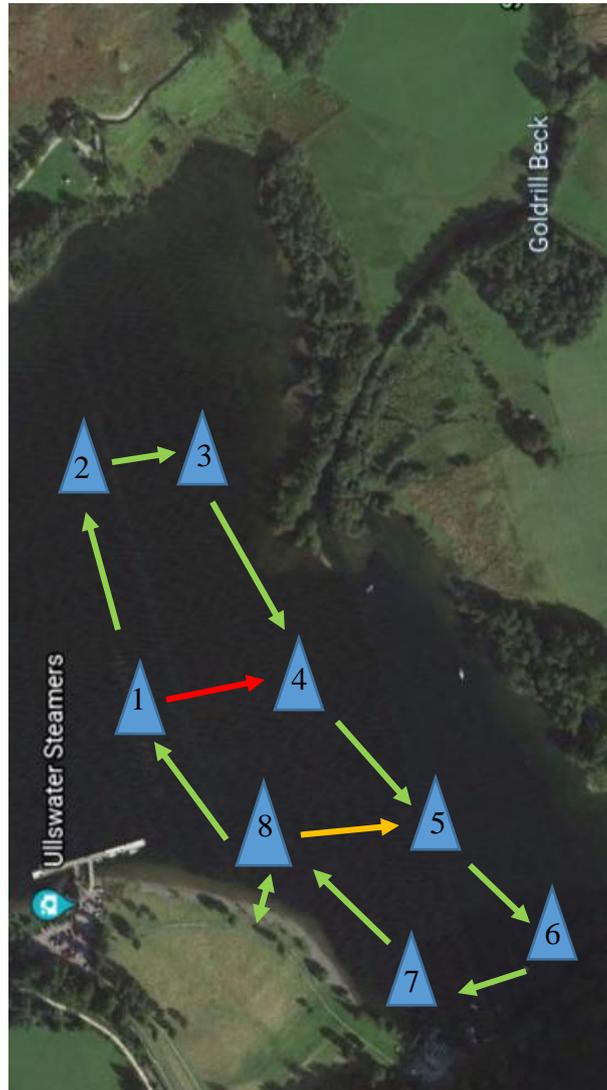


REGISTRATION / START / FINISH AREA DETAILS



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 between buoy 8 and the duck to buoys 5, 6, 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 buoy 8, you will swim past buoy 8 then immediately turn left to head to finish between buoy 8 and the duck.

1 mile course is **TWO** clockwise loops from buoy 8 to buoys 1, 4, 5, 6, 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 two full laps and return towards buoy 8, you will swim past buoy 8 then immediately turn left to head to finish between buoy 8 and the duck.

3.8k course is **THREE** clockwise loops from buoy 8 to buoys 1, 2, 3, 4, 5, 6, 7, 8 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 buoy 8, you will swim past buoy 8 then immediately turn left to head to finish between buoy 8 and the duck.