



EPIC LAKES SWIM DERWENT WATER

The EPIC Lakes Swim Series visits Derwent Water in Keswick for Race 2 of the 4 swim series.

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

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 the refore 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 you 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.

Directions to Headquarters

The event HQ will be a large event shelter positioned in Crow Park, opposite the Theatre by the Lake, CA12 5DJ.

Event Parking

There are pay and display venues in Keswick town centre, which are council pay and display venues. Both are 5 minutes' walk from

registration. There is a National Park car park at the lakeside, across the road from registration in Crow Park, this is the most convenient but this car park is slightly more expensive. Grass verge parking on Lake Road is not allowed and this is enforced strongly by the Police.

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 non-registered participants will invalidate insurance undertaken by Epic Events to cover the liability for all registered participants in 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 lake users 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.



THE
Endurance Store

Swim – Run – Triathlon
Mossy Lea Road, Wrightington, Wigan, WN6 9SA
www.TheEnduranceStore.com

Wetsuits and Skin Swimmers

On entering the mile or 3.8km swim there is an option to select 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.**

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).

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 utmost to ensure the event can go ahead. 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 Hats

Coloured swim hats will be issued at registration, it is compulsory and essential these are worn for safety and identification reasons.

Registration Open Sunday 7.30am – 12.00pm

Registration will take place in the event shelter at Crow Park. Final registration times will be 15 minutes before the briefing for each respective event. Registration closing times are as follows:

- 3.8km = Registration closes 08:15
- 1 mile = Registration closes 11:15
- 500m = Registration closes 13:15

Race Day Schedule:

- 07:30 hrs registration opens – all distances
- 08:25 hrs 3.8km competitors start to queue at the start area in Isthmus Bay
- 08:30 hrs 3.8km start in time trial format
- 11:25 hrs 1-mile competitors start to queue at the start area in Isthmus Bay
- 11:30 hrs 1-mile start in time trial format
- 13:25 hrs 500m competitors start to queue at the start area in Isthmus Bay
- 13:30 hrs 500m start in time trial format

Registration Procedure

1. Identification

Registration sheets will be by sorted by race distance and in alphabetical name order. You will be required to show identification when you register.

2. Hat & Shirt Collection

At registration you will be handed an event swim cap; this must be worn during the event and on top of any other headgear if you are wearing any. You will also be given your event

T-shirt at this point (n.b. if you have ordered one).

3. Timing Chip Collection

At registration you will be allocated an electronic timing chip attached to a neoprene strap with a velcro fastener, which will match your race number. Please fasten this securely on your right ankle and ideally under your wetsuit to help to prevent it coming loose. Please ensure the timing chip is returned once you have finished your event at the finish line where there will be a large container for used timing chips. Lost chips will be charged £25.

Attaching Your Chip

The chip will be attached to a Velcro strap. Place the strap around your right ankle and fasten the Velcro, please ensure the soft side is against your skin. For added security of the timing chip fasten the strap on your ankle beneath your wetsuit.

Changing Facilities

Due to COVID restrictions there are no changing facilities at the event venue. There will be

portaloos available and public toilets close by but no showers are available onsite. Please change at your vehicle and come to the start in Isthmus Bay ready to swim after you have attended Registration on Crow Park – the route to the start in Isthmus Bay will be signposted from Crow Park. Try to leave any valuables/bags at your vehicles as there will be no Bag Drop but there will be an area to leave footwear in the start chute which will be accessible from the finish chute n.b. **skins swimmers only** will be permitted to leave a small bag with warm clothing in the Footwear Drop area to collect at the Finish.

Start & Finish Area

The event will start and finish in Isthmus Bay. This area is just passed Crow Park, please refer to the map towards the end of this document.

Briefings

There will be no on the day briefing. Race briefings will be carried out via social media in the days prior to the event. Briefings will be uploaded to YouTube and emailed to all competitors. Please ensure to watch the briefing.

Start Times

With 5 minutes to each distance starting an announcement that the start time is approaching will be given via the PA system informing competitors to begin queueing for your race start. The start chute will be clearly marked and supervised. When queueing, please ensure you social distance from other swimmers around you, leaving at least 1 metre space.

Start Times are as follows:

- 3.8km = 08:30am
- 1-mile = 11:30am
- 500m = 13.30pm

Each distance will start in time trial format, you will walk down the start chute, passing the shoe drop gazebo, down to the pontoon. You will pass the timing point in the start chute & your time will begin.

Finish

When you have completed the prescribed number of laps, you then head directly for the pontoon.

Once you leave the water, a finish chute will guide you to the line. We recommend that you do not run from the water to the line, please walk and take care upon exit.

The pontoon may be slippery when wet so take care and please ensure you cross the timing mat.

On crossing the line, collect your medal and water from the table and deposit your timing chip in the large container provided.

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.
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. There will be kayaks situated throughout the course along with support boats, for your safety.

Emergency Situation

In the event of an emergency situation affecting the whole race the rescue boat will patrol the course and repeatedly sound 3 blasts on the horn.

In this situation swim directly to the nearest shoreline and a competitor retrieval plan will be put into operation. In the event of such emergencies, you **MUST** report to the swim start/finish area and return your chip to ensure that you're fully accounted for.

We have liaised with the Keswick Launches team and they are aware of our event. Race start times have been adjusted to avoid 95% of their boat traffic. Please be aware in both the 3.8k and the Mile events when completing the last section from the island loop across to the finish that there may be launch ferries crossing the route, the water safety team will also ensure that you are aware.

Presentation

The prizes for each event will be awarded post event due to COVID restrictions via post/email.

Prizes will be awarded to Male and Female 1st, 2nd, and 3rd in all races.

The Courses

The courses have been designed and measured accurately using GPS. The marker buoys (large yellow triangular buoys 1.5m high x 0.9m wide) will be set in position and checked on the morning of the race. The level of the shoreline may slightly increase or decrease the distance into the finish.

You can view the course maps towards the end of this document.

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 wetsuits, goggles, socks, gloves and skull caps are clean and dry before attending the event.

Following your swim utilise the water bins provided. There will be buckets and water for you to wash your wetsuit. It's compulsory that you wash your wetsuit on site and ensure it is free from any weed before leaving site.

When you return home, ensure that you fully clean and dry your wetsuit both inside and out before swimming in any other lakes or rivers.

Results

Results are live and will be available online immediately as you finish your swim. A set of provisional results will be emailed to all competitors and will be available online at;

<https://epicevents.co.uk/results/>

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. If you feel unwell after the event, please

report to one of the lakeside event staff, medics will be in attendance to assist.

Photography

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

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

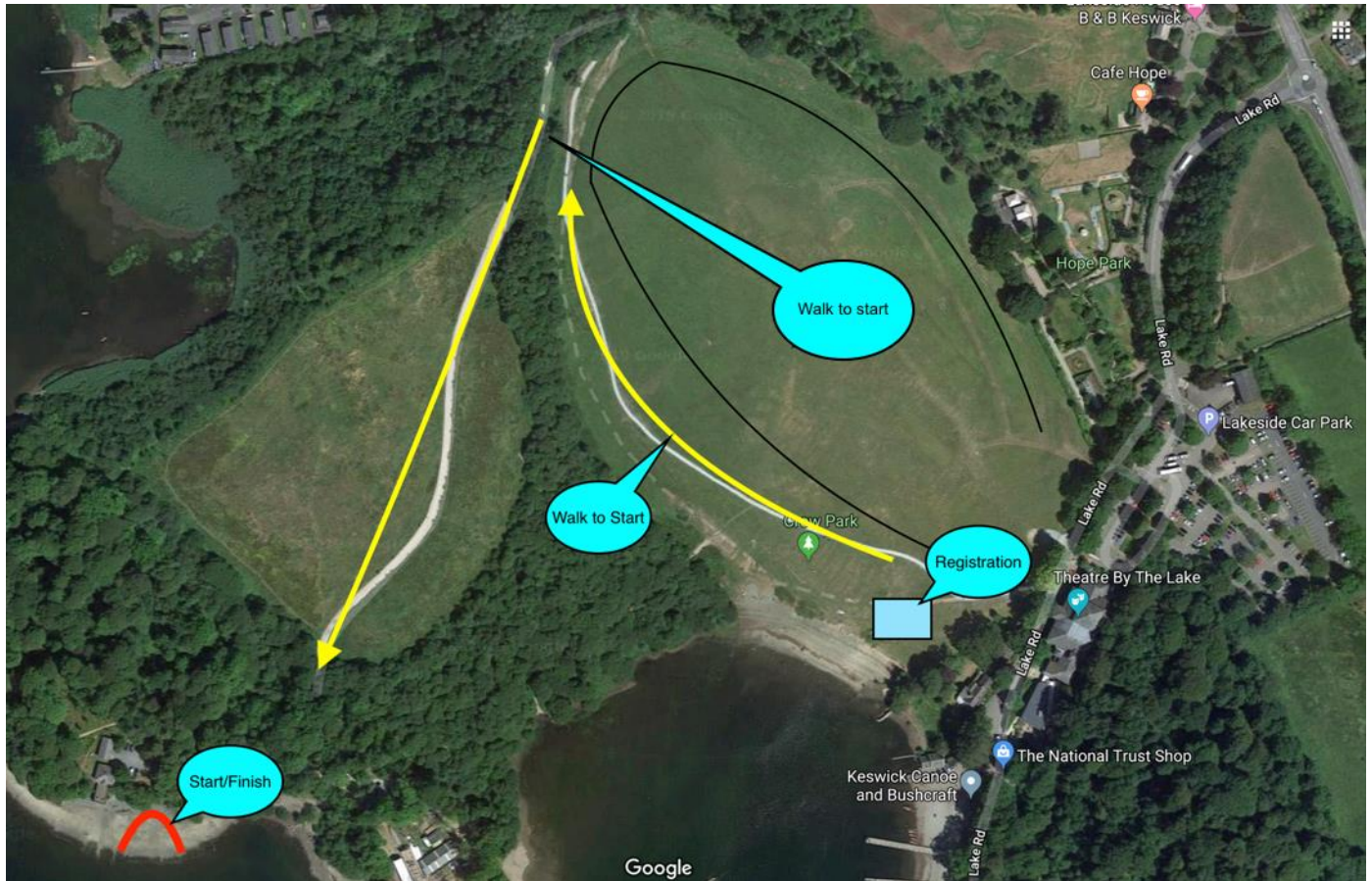
Epic Events

e-mail: events@epicevents.co.uk

website: www.epicevents.co.uk

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

SITE PLAN



THE COURSES

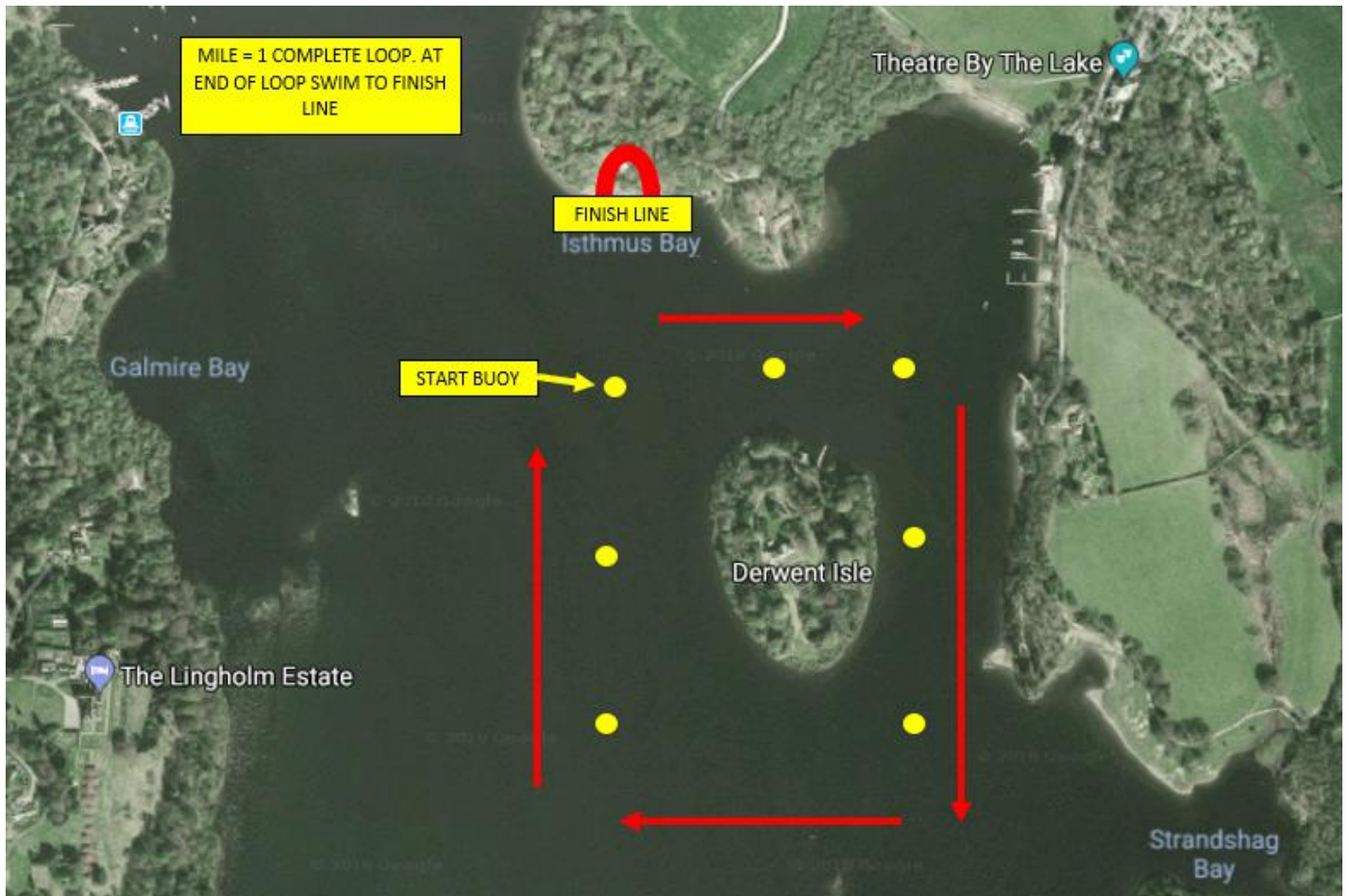
500m Course:



3.8km Course:



Mile Course:



Navigating the course

Please ensure that you understand the course as outlined above. On the day, you will be briefed, and the course explained in detail. At the relevant turn buoys, kayakers will be in place to guide you and prevent errors. There will also be a lead kayaker guiding swimmers around the course correctly.