



## **RACE INFORMATION**

**THE BLUE LAGOON, NORTHFIELD LANE, WOMERSLEY, DN6 9BB**

**SATURDAY 19th SEPTEMBER 2020 – 1km to 10km**

Here's all the information you need to ensure your swim goes as smoothly as possible. Read it, remember it, and if you're not sure about it get in touch via [info@evolveendurance.co.uk](mailto:info@evolveendurance.co.uk).

### **TIMELINE**

08:00 - 0940 Registration

09:45 - Race Briefing

09:50 - Warm up swim / acclimatisation

10:00 - Race Start

14:00 - Race Close

**Please note that all swimmers will be required to show some form of photographic identification at registration.**

## **Covid19 Statement – This is very important!**

As we are sure you are, we are super excited to be back being able to organise/participate in events. The journey has been a long and arduous one for all our team and for you the athlete. This race information contains important information regarding new rules to allow the event to go ahead during these difficult times. The most significant of these is that **the event is participation only and whilst we will be timing you on the day there will be no prizes or reward for the fastest times.** However, you will receive a lovely medal and a cheer for successfully completing the course. Throughout this document there is key information about the event and also regarding the Covid19 rules. It is imperative you understand these rules and adhere to them. Failure to do so puts everyone at risk and this will not be tolerated. **If you fail to comply with the Covid19 rules or refuse to follow the directions of the race marshals or officials, you will be removed from the event and asked to leave the event site immediately.** Sorry if that sounds harsh but we've worked hard to make this event happen and we won't let anything, or anyone jeopardise the safety of others.

**Once again please read this information thoroughly and if you've raced with us before, do not assume it'll be as before.**

**Covid19 Rule – You are only permitted to bring one spectator/helper to the event.** You must travel to the event together in the same vehicle and be permitted to be in close contact as laid out in the current government covid19 guidelines (Social Bubble, Family etc...). The role and expectations of your spectator/helper will be laid out in the following sections. Please ensure they also know what they can and can't do. Please note if you arrive in separate vehicles or with more than one spectator you will be turned away from the event. Anyone else who turns up on the day who isn't a participant, or a designated spectator/helper will be turned away from the event site.

**Arrival, Registration & Car parking (Drive Thru)** – When you arrive at the Blue Lagoon entrance you will be met by our crew who will direct you.

**The first stage** of arrival will be that your temperature (participant & helper) will be checked using an infrared thermometer. If an anomaly is discovered from either of you, you will be directed to the medical team for discussion. At this point your Covid19 declaration form (which will be emailed separately) must be handed in completed. Please ensure you have this as you won't be allowed to enter the Car Park without submitting a completed form.

**The second stage** you will drive down the driveway to the Drive Thru registration. Please remain in your car and a member of our crew will pass you your registration pack which contains your swim cap, race number tattoo and your timing chip. Please remember that you will be required to show some form of photographic identification (photocopies are fine). **No photographic ID, NO RACE – sorry!**

You can then proceed to the main car park and we ask that you park considerately, please adhere to the marshal's instructions. If the main car park becomes full, additional parking will be available; in this instance Marshals will direct you. Under no circumstances is parking allowed on the road or grass verge outside of the main gate. All vehicles are parked at owner's own risk.

### **Spectators/Helper – Where to go, what to do**

Your spectator/helper may assist you throughout the arrival and registration process as long as they social distance from other participants/Spectators (e.g. helping carry your equipment). Your spectator/Helper will be able to watch/support you from specific designated areas and must adhere to social distancing rules at all times. Please note there is no bag drop so please leave anything you may require immediately after you finish with your spectator/helper.

**We also ask that spectators do not enter the water of the lagoon. No pets are allowed on site.**

## **Race Registration- 08:00 to 09:40**

The registration will take place opposite the cafe area of the main building. All competitors must be registered no later than 20 minutes prior to the race start time, please do not be late.

Ensure that before registering you know your race number. Your race number can be found on the board in the registration area. Finally please remember that you will be required to show some form of photographic identification (photocopies are fine). At registration you will be issued with your swim cap, timing chip & Race Pack.

## **Changing Facilities**

**Due to Covid19 Rules there are no changing rooms available** so please arrive as ready as possible to participate. There will be Portaloos available both in the spectator area. Please ensure you sanitise thoroughly before & after use and leave them as you would expect to find them.

## **The Swim**

This will be a **clockwise** swim around the lagoon. Once at the Swim Start participants will be called forward one at a time to cross the swim start timing mat and start the event, you must be ready to start, if you aren't you will be removed to one side and will set off once everyone else has started. You will be set off at a 5 second interval. **Once you cross the timing mat you must keep moving forward and start the swim. If you delay the start you will be removed from the water by the safety crew.**

There will be an opportunity to acclimatise in a separate area just prior to the swim start. Please ensure you do this swiftly and don't miss your start wave.

The slipway will be matted into the water to the edge of the platform at which point it is deep enough to jump/dive into the water. The edge of the platform will be marked and marshaled.

## Race Numbers

All competitors will be issued with a number tattoo, **which must be worn on your left cheek**. We will have baby wipes available to help apply the tattoos and you can watch a short video of how to apply them [HERE](#). Please note that face creams, make up and facial hair may affect the adhesion of the tattoo.

## Timing Chip

Timing chips must be worn on your ankle at all times. Please ensure your chip is secure as a lost chip could result in missed timing splits. If you notice your chip is missing please inform a marshal as soon as possible, stating your race number. Lost timing chips if not found will be invoiced at £50 to you the participant.

## The wetsuit policy – PLEASE READ!

Whilst the water temperature will more than likely mean wetsuits will be optional, we recommend wearing one for warmth and also the additional buoyancy it offers. **If you decide to not wear a wetsuit – you must swim with a tow float.** Less confident swimmers will find using a wetsuit very beneficial. Prizes will not distinguish between swimmers wearing a wetsuit or not. If you don't own a wetsuit we have a hire service at the venue that can hire you one for the day (collect at registration) for £10. Please email [info@evolveendurance.co.uk](mailto:info@evolveendurance.co.uk) for more information or to reserve a wetsuit in advance.

## Wetsuit policy will be determined along the following guidelines:

Swim Length	Forbidden Above	Mandatory Below
1km & 2km	23°C	15°C
3km & 5km	24°C	16°C
7km & 10km	24°C	17°C

\*any deviation from these guidelines will be at the discretion of the swim safety manager.

**The swim route** is very simple. Each of the swims will follow a clockwise direction round the 1km swim circuit keeping the marker buoys on your right. For most of the swim you will be following the shoreline of the lagoon. Regular sighting is essential to ensure you don't stray in to shallow water. You must always swim to the left hand side of the large swim marker buoys, any competitor who cuts inside a buoy will have their result neutralised to the bottom of the results and marked as "course incomplete". Both the swim entry and exit points will be marked with large blue gantries.

**The swim exit** is at the shallow beach area and will be matted. Marshals will be present, but they will not be able to physically assist you. We suggest you swim as far as possible until your hands touch the bottom. A gantry will mark the exit.

**The run** will take you from the beach and right in front of the spectator area. The full length of the run will be matted so is suitable for bare feet. About halfway along the run there will be a Feed zone with tables where you can leave your own nutrition prior to the event start. Please ensure you clearly mark your nutrition and hydration with your name, so it isn't mistakenly consumed by another swimmer.

**The swim re-entry** down the slipway is a jump/dive start back into the water. Please note where the platform ends it is a sheer drop down to 2 meters, this will be marked by two traffic cones and will be marshaled. Please jump/dive forward clear of the platform. Whilst the slipway and platform will be carpeted and matted please take care as you run down. Once in the water lane ropes will guide you left to start the course. You will immediately pick up the large marker buoys, which you keep on your right throughout the swim.

**Finish** - Once you've completed the required number of swim laps (swimmers must count their own laps) you will exit the water and run the final 100m. At this point you head straight forward towards the finish gantry. Your Amphibian time only stops once you cross the finish line and you will collect your finishers medal.

You choose how many swim laps you complete within the event time. If you are still swimming at the event cut off, you will be allowed to complete your final lap and cross the finish line.

Please note that swimmers under the age of 18 will be restricted to the maximum number of laps they can do. These are as follows;

12 & 13 years old 2 laps (2km)

14 & 15 years old 3 laps (3km)

16 & 17 years old (5km)

### **Swim Safety**

There will be a swim safety team with medical support during the swim. If you require any assistance, then if you are able, please make yourself known to one of the safety team by rolling onto your back and signaling with one hand and if possible making a noise. The water safety team will then help & support you. If required, the safety boat will transfer you back to the finish area.

If you require any help at all, then please make as much noise as possible to attract attention. You are not allowed to hold onto any safety boats for a rest. If you are seen to be struggling or swimming on your back, you will be taken into one of the safety boats & then taken to the finish area. It is the swim safety teams decision as to whether they think it is safe for you to continue.

## **Medical Conditions**

If you have any type of medical condition or are taking any type of medication please write a large 'MC' on the front outside of your swimming hat. Please write your medical condition fully on the inside of your swim hat. This will only be used in the event of you being involved in an accident or are taken ill. Also, if you wish please speak to our medical team about any concerns prior to entering the water.

## **Results**

Full provisional results will be emailed to all participants later in the day.

Any Questions please drop us a line at [info@evolveendurance.co.uk](mailto:info@evolveendurance.co.uk) or give us a call on 0113 328 1239.

All the information here is believed to be true at the time of going to press. Changes may be required ensuring that the event is organised safely and within the law, these changes may be made without notification. The organiser has the final decision.

