



Participant Information Document  
SWIM LONG 2.5km, 3.8km 5km and 10km  
Saturday 11th September 2021

## **Introduction**

Welcome to the Swim Long participants briefing document. The aim of this document is to give the participants a comprehensive overview of the event and replaces the physical ,on the ground, start line event day briefing. The document supersedes any other information published by the organiser about the event and has been constructed with the safety of the participants at the forefront with respect to COVID 19.

In essence the Swim Long is a self navigation out and back sea swim. Swimmers 'hand rail' the shore line and turn at the appropriate point.

The Swim Long also now includes a 2.5km and 3.8km swim to cater for those swimmers that transferred from the 'bad weather' postponed event in August.

## **COVID 19 Specific Restrictions**

- If you are displaying any of the symptoms of COVID 19 or have are in self isolation / quarantine then you must not attend the event
- No briefing at the event. This document takes the place of the briefing
- Adhere to social distancing at all times whilst at the event
- Adhere to any travel restrictions in place

## **Event HQ Location**

The Overstrand, Boscombe, BH5 1BN

## **Event Timings**

07:00 Registration opens

07:00 - 07:45. 10km Swimmers register then immediately start on a rolling basis

07:45 - 08:30. 5km Swimmers register then immediately start on a rolling basis

08:30 - 08:45. 3.8km Swimmers register then immediately start on a rolling basis

08:45 2.5km Swimmers register then immediately start on a rolling basis

## **Registration and start**

The registration area is just before the start tent on the beach. Please note:

- Arrive at registration ready to swim. Wetsuit on, bag stowed in the bag store, ready to go!
- You will be issued with a swim hat and a tow float with your GPS tracker on and in the tow float (you don't have to do anything to it)
- Once you have your issued kit follow the rope line to the start tent
- A event marshal will note your bib number and start time
- The actual start will be marked by a start flag at the edge of the water
- See the below diagram



## Swim Courses

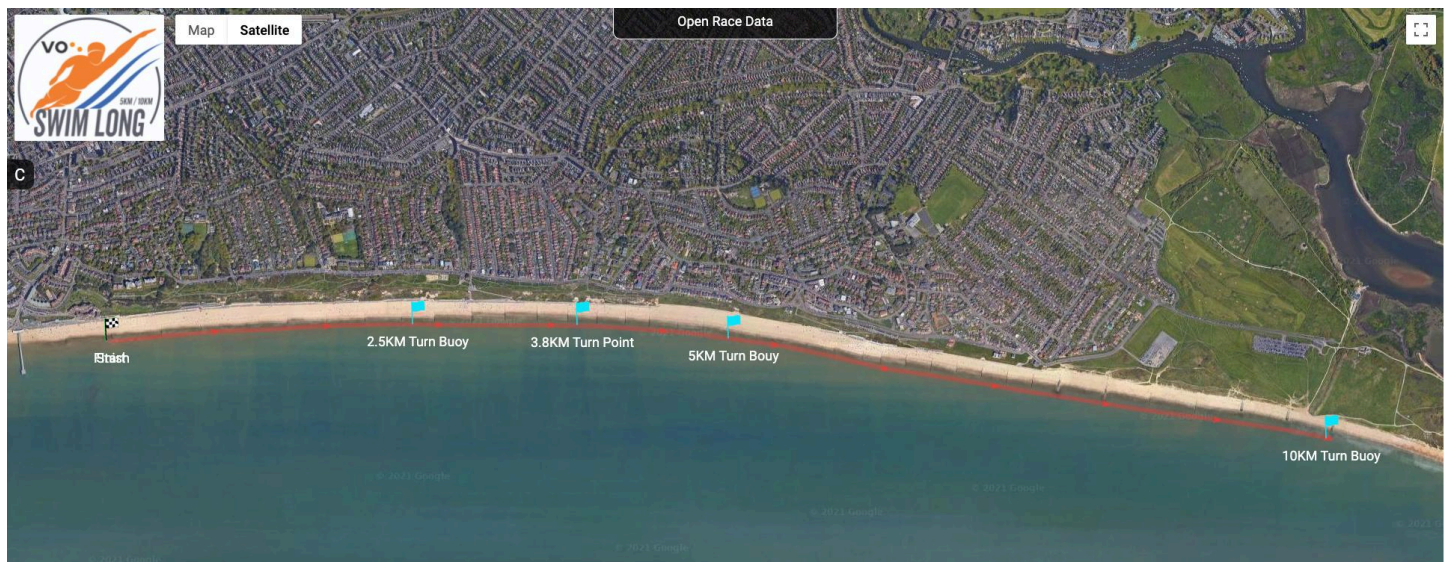
All 4 courses are a straight out and back 'hand railing' (running parallel) to the shore line. This is a self navigation course and is very simple. Please **do not** swim any further out then 10 meters from the end of the groynes.

**2.5KM turn buoy is PINK**

**3.8KM turn buoy is YELLOW**

**5KM turn buoy is GREEN**

**10KM turn buoy is ORANGE**

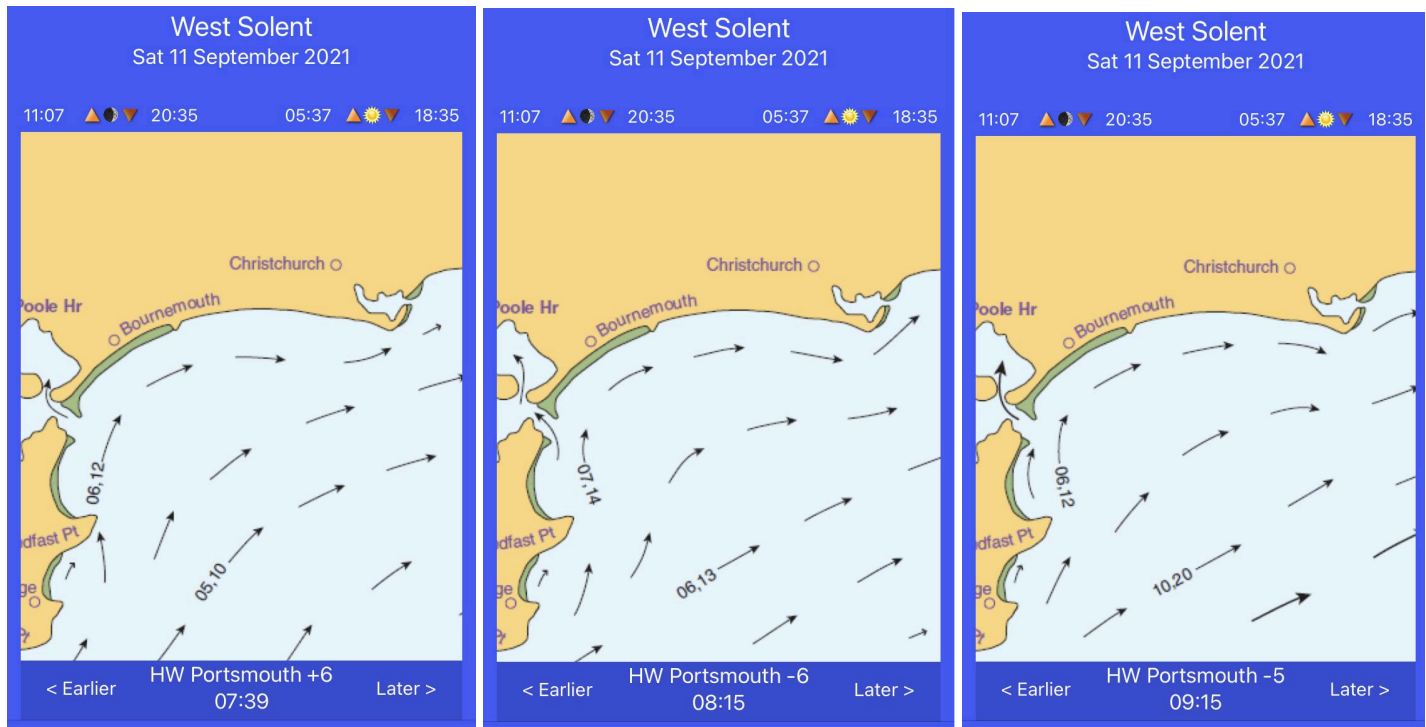


## Predicted Tidal Conditions

The prevailing tidal stream in Bournemouth bay runs parallel to the shore. From 07:00 until slack water at circa 12:30 the tide will be running from East to West pushing swimmers from the start point to the respective turn points. The tidal strength diminishes from 09:00 and becomes negligible from 12:15 until it turns at circa 13:15

In conclusion swimmers can expect to be pushed by a strong current along the shore line to the turn point then will be swimming against a diminishing current.

Top tip.... The tidal flow has less strength in shallow water due to the friction with the sea bed. So when swimming against it, the flow is less in shallow water.



## Swim Direction

In order to de-conflict swimmers colliding head to head on the out and back course the 10KM swimmers will start before the 5KM swimmers.

Swimmers are to keep a constant lookout as part of their self navigation along the coast and must pass other swimmers **right hand side to right hand side** when approaching another swimmer head on. Swimmers are to be aware that other swimmers, not part of the event, also use this stretch of coast and will not adhere to (or be aware of) the event rules. Swimmers are to take evading action early.

## Water Safety

- Swimmers must remain attached to the swim tow floats throughout the course
- Swimmers where possible are to self rescue by landing on the beach at any point
- Swimmers are to also self rescue by using the two handles on the tow float to aid buoyancy and laying on their back
- The event water safety team are patrolling the course in RIBS (rigid inflatable boats) and kayaks
- The GPS trackers are monitored by the event HQ
- Swimmers are not to leave the event without first reporting to the event HQ and returning the loaned equipment
- The event medic is situated at the event HQ



### Aid Station

- Positioned on the beach at the 5KM turn point
- Self service. Disposable cups provided
- Water, coke , Precision Hydration and Clif Bars on offer

### Finish

The finish point is the same as the start point and is denoted on the beach as the start flag. Swimmers must pass the flag in close proximity in order for their GPS tracker to 'finish'. Swimmers are to then make their way back up the start queue area to return there swim tow float and GPS tracker. These are to be dropped into the registration tent.

### GPS Tracking



Geo Tracks is providing the GPS trackers and live viewing software. [www.geotracks.co.uk](http://www.geotracks.co.uk)

Each participant is issued with a GPS tracker within a swim tow float.

They will be displayed on the live view map as a teardrop with the associated bib number above. The tear drop can be clicked to reveal further information.

The GPS trackers update their position every 10 seconds.

Timing points for each distance are labelled and shown.

Any one, friends and family can view the live tracking with the below links:

<https://events.geotracks.co.uk/live/828>

The Geo Tracks system also provides the leaderboard (results) and playback features. Please see sections below for further information:

### Cut off times:

- 10km - 4hr 30mins from start time
- 5km - 2hr 20mins from start time
- 2.5km and 3.8km 2 hrs from the start time
- Swimmers over these times will be collected from the water and returned to the event HQ

### Results

Will be posted here on Saturday afternoon. <https://www.votwo.co.uk/results>

### GPS Trace Playback

Participants are able to use the live view tracking link to playback their GPS trace against other swimmers. All the start times are zeroed so the event can be played back as a virtual race. Go to the leader board and follow

the instructions at the bottom of the page. This feature is only active once all swimmers have finished the event.

### **Medals**

Available to pre purchase when entering the event online. These will be ready and waiting for collection at event HQ for finishers who have pre purchased them. These can be purchased on the day at £3.50

### **T-shirts and Hooded tops**

Pre ordered and available for collection from the event HQ at any time during the event. These can be purchased on the day at £15 for T-shirts and £40 for a hooded top.

### **Car parking**

There is no specific parking for the event but pay and display and free parking are both available close to the event HQ.

### **Bag store**

This is a self service tented area next to the HQ tent. Bags to be left here at the owner's risk.

### **Changing rooms, showers and toilets**

The public facilities are positioned very close to the HQ area

### **Weather**

Votwo has successfully organised long-distance open water swimming events from Boscombe seafront for a number of years. The prevailing weather conditions in early September are normally very acceptable for sea swimming. However..... swimmer safety is paramount and the swim will be postponed if the predicted or actual sea state falls outside of the event safety parameters. The event director will keep entrants updated in the lead up to the event by email and posts on the Votwo Facebook page. All entrants are to read the terms and conditions to the entry of the event before entering! T@Cs can be viewed [here](#).

We hope you have a great swim!

The Votwo Team  
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