



KNOLL BEACH, STUDLAND

02nd July 2017 – 10:00hrs

SWIMMERS INSTRUCTIONS



Dear Swimmer

We are delighted you have entered the Seahorse Swim at Knoll Beach – Studland on Sunday 2nd July 2017 starting approx 10:00hrs. We have put together this swimmers briefing to support your swim and to ensure you have all the necessary information. We look forward to seeing you on the day.

Registration

- Registration will take place between 08:00hrs - 09:00hrs in the far left corner of the car park at Knoll Beach as you look towards the sea when you approach from Ferry Road (B3551). See the Area Map on page 5. NOTE: The car park at Knoll Beach will be available from 7am. Standard NT charges apply (Ticket Machine) except for NT members.
- Swim number mark-ups and timing chips will be completed in this period. Registration tags/cards will be issued which are to be kept with the swimmer until entry to the water when they will be collected – no tag/card = no entry. This system will allow us to count swimmers into the water. Competitors may NOT change swim categories or race distances on the day of the Swim. Swimmers who do so will be automatically disqualified.
- Baggage tags and bin liners will be given to those wishing to use the baggage area (located up the beach at the start/finish line)

Swimwear

- Swimwear (swimsuit, cap & goggles) of all competitors shall be in good moral taste and suitable for individual sports disciplines & not carry any symbol which may be considered offensive.

Non Wetsuit Category

- All swimsuits shall be non transparent, the referee has the authority to exclude any competitor whose swimsuit or body symbols do not comply with the spirit of this Rule.
- The competitor must wear only one swimsuit in one or two pieces with no additional items, like arm bands or leg bands which shall be regarded as parts of the swimsuit.
- Costumes for both men and women may not cover the neck or extend past the shoulders nor below the ankle
- All swimsuits shall be made from textile materials.

Wetsuit Category

- It is strongly recommended that a proper recognised swimming wetsuit like a triathlon wetsuit is used. Surfing/water skiing/wind surfing etc wetsuits are not recommended.
- Wetsuits to be a maximum thickness of 5mm and will be in the following formats:
 - Full suit covering from ankles through to wrists.
 - Full legs with no sleeves. Full legs with short sleeves.
 - Short legs and short sleeves. Short legs and long arms

Not Allowed

Webbed gloves are not permitted. Fins are not permitted.

Categories (Cap Colour)

- The following coloured swim caps will identify the different categories
 - Red Hats Wetsuit & Non-Wetsuit 3.8km
 - Green Hats: Wetsuit & Non-wetsuit, 2.0 km

Swimming Hats

- Swimming hats will be provided at registration for all swimmers.
- These hats MUST be worn at all times throughout the swim.

Baggage Area

- As the start and finish of the race is in the same location, an area will be reserved for baggage storage for those swimmers who wish to use this facility. Although a swim official will be present in this area the whole time, the organisers cannot accept any liability for any loss of property. Baggage tags and bin liners for protection against the rain will be provided at registration or at the baggage area.

Swimmers' Briefing

- Approx. 09.25am on the beach near the start area.
- All Swimmers MUST Attend
- The area around the National Trust Information Centre and Cafe is a public thoroughfare.
- There is also a public thoroughfare along the beach and above the high tide mark.
- Please do not impede pedestrians on these thoroughfares.

Decision Not To Swim After Registration

- If you decide that you do not wish to take part once you have registered, you must advise one of the organising team with your name & swimmer number so you can be marked as not taking part and your timing chip collected.

The Standard Course (See course map on page 6)

- The course is Diamond in shape.
- Swim around the course in a clockwise direction keeping all the tall orange/red Turn Buoys on your right. Use the small purple triangle shaped buoys as markers to swim a direct line to the finish funnel.
- The 3.8Km swim will require 2 laps of the course.
- The 2.0Km swim will require 1 lap of the course.

The Alternative Course (See course map on page 7)

- In the event of adverse weather / sea conditions which prevents either the swimmer or the safety crew from observing the standard course safely, then both the waterborne and event Safety Officers plus the Event Referee have the right to either change to an alternative course or cancel the event entirely. Any decisions made on the day of the swim will be made purely on grounds of your safety and the safety of the volunteers providing the safety cover for you.
- The alternative course is a shortened triangular shaped course.
- Swim around the course in a clockwise direction keeping all the tall orange/red Turn Buoys on your right. Use the small purple triangle shaped buoys as markers to swim a direct line to the finish funnel.
- The 3.0Km swim will require 2 laps of the course.
- The 1.5Km swim will require 1 lap of the course.

The Start

- Both the 2 lap swim and the 1 lap swim races will be started at the same time in the same location.
- Approx 10-15 minutes before the start you must precede to the competitors muster area, . The muster area is on the shoreline adjacent to the race HQ/timing tent.
- Approx 5 minutes before the start, swimmers will be called to give your registration tag/card to the marshal on the funnel entrance and enter the water & prepare for the start.
- Approx 1 Minute prior to the start swimmers will be called forward to the start line and placed under starters orders.
- The start line will be an imaginary line between a Feather Flag on the beach & the nearest Turn Buoy.
- All swimmers will start on the same start signal (klaxon and the lowering of a signal flag)
- The race will not start if competitors have strayed across this line onto the course side.
- Be warned, it is shallow for the first 25m or so, with some stones underfoot.

The Swim

- Keep all Turn Buoys to your right as you swim around the course in a clockwise direction.
- Please take care not to obstruct or kick other swimmers especially at the start.
- Judges may be situated at each Turn Buoy to ensure you keep the turn buoys to your right as you go round them and that you do not cut in side them.
- The Safety Crew will have bottled water, should you require a drink of water during your swim.
- To finish your race you must exit the water and proceed through the appropriate Finish Funnel for the distance that you have swum.

The Finish

- A couple of Buoys and a set of booms will clearly mark a 'Y' shaped funnel in the shallow waters at the finish line, which you must go through to complete your swim.
- There will be 2 Finish Funnels clearly marked on the beach. The 1 lap funnel and the 2 lap funnel
- You must ensure that you exit the water and proceed through the correct Finish Funnel for the distance that you had entered.
- The Finish Funnels will comprise of Feather Flags and tape extending from the water's edge up to the finish line which will be above the High Water Mark.
- As you cross the line ensure the time keepers know your swim number.
- Please stay in finish order within the funnels
- Collect your water/snack and medal after exiting the funnel.
- **If you do not complete your swim for whatever reason, please do not enter a finish funnel BUT please do let an official know that you have exited the water so that you can be accounted for. If you are swimming the 3.8km course and decide to leave the water after the first lap, please do not enter a finish funnel BUT please do let an official know that you have exited the water so that you can be accounted for.**

Cut Off Time

- Over the years we have determined that the safe maximum time to complete both the 1 lap and 2 lap courses is 120 minutes.
- Any swimmers still swimming at 120 minutes after the start of the swim will do so at the discretion of both the land based and waterborne Safety Officers.

Presentations

- The awarding of prizes will take place near the start/ finish area as soon as possible after the last swimmer finishes. Please wait around to be in with a chance of winning some free giveaways. Race results will be published on our website www.edowsc.org/ed soon after the event.

Refreshments

- You will be able to purchase refreshments if required, including coffees and sandwiches, either at the main National Trust cafe/information centre or from a mobile van near the finish area.

Safety

- First Aid assistance will be available at the start/finish area.
- Safety Cover will be patrolling the shoreline on foot and will have VHF radios.
- Safety Cover will also be provided on the water via paddle craft and powered safety boats.

Safety Cover – How it Works

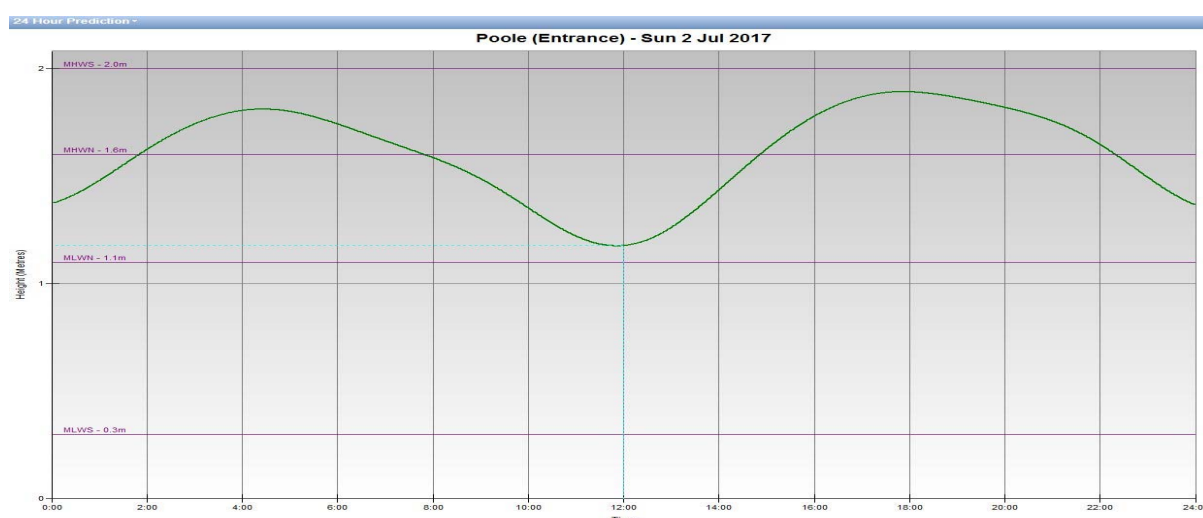
- If you require assistance for whatever reason you must raise one arm vertically in the air and shout to attract the attention of the nearest paddler.
- On arrival, the paddler will assess the situation and if further assistance is required, will provide buoyant support by their craft whilst attracting the attention of the nearest safety boat by the raising of their paddle/ arm vertically and if necessary the blowing of a whistle.
- The coxswain of the safety boat, on arrival, will make an overall assessment of the situation and take the appropriate action.
- In the event of an emergency which may result in the evacuation of all swimmers, you will be expected to accompany the paddle craft and safety boat towards the shoreline via the shortest possible route. You will then proceed to the nearest Marshal on foot patrol so all swimmers can be accounted for.

Sea Temperature

- As with all open water swimming the temperature of the water can vary from year to year and as a result the sea temperature on the day of the Seahorse Swim can sometimes be below average for the time of year, if this is the case EDOWSC will always put safety first, and offer the option of changing from Non Wetsuit to Wetsuit Category and to waive the admin fee for this. However this offer would only apply until 2 weeks before the event, as swim lists need to be prepared.
- Please check the EDOWSC website to see whether this offer applies for this years' event.
- As described earlier in this document the 'Alternative Course' may also be chosen if the sea temperature is unnaturally cold for the time of year.

Tide Times

- The predicted tide times show the tide falling at 10:00hrs and start to flood at approx 12:00hrs. This means you will be assisted in the direction of Poole Harbour and swimming against the tide in the direction of Old Harry Rocks. The tide should not be strong on the day though.



Further Information

- Acton Field Camp site is one of the nearest camp sites for those swimmers and their families planning to camp in the area. www.actonfieldcampsite.co.uk

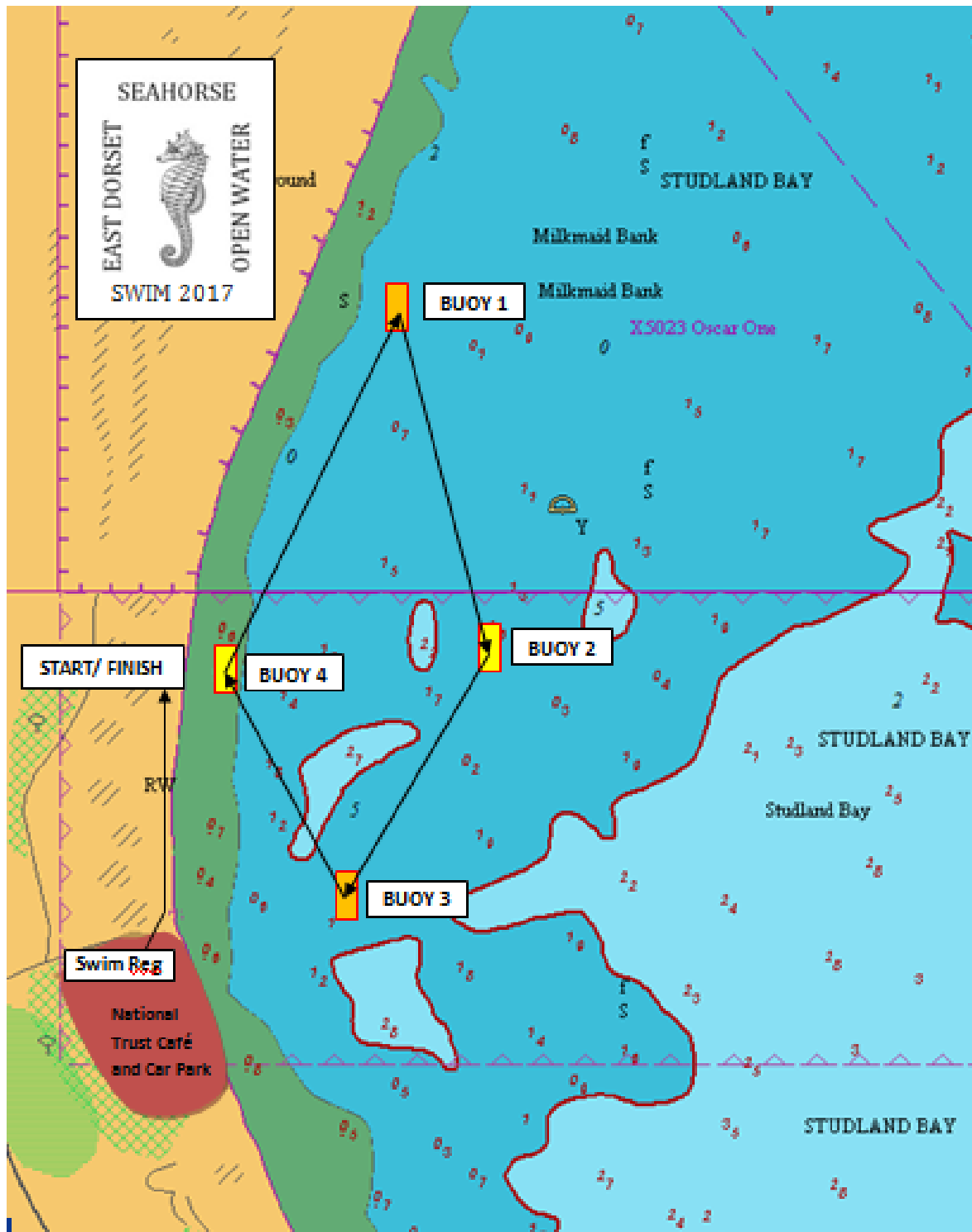
EAST DORSET OPEN WATER

SEAHORSE CHALLENGE SWIM 2017

Swimming Club

PLEASE READ THOROUGHLY

East Dorset Open Water Swimming Club wish you have a thoroughly enjoyable swim.



The above plotted course provides the following:

3.8 km course = 2 laps

2.0 km course = 1 lap

BUOY 1	50° 39.603' N	001° 56.888' W
BUOY 2	50° 39.337' N	001° 56.773' W
BUOY 3	50° 39.146' N	001° 56.934' W
BUOY 4	50° 39.337' N	001° 57.052' W

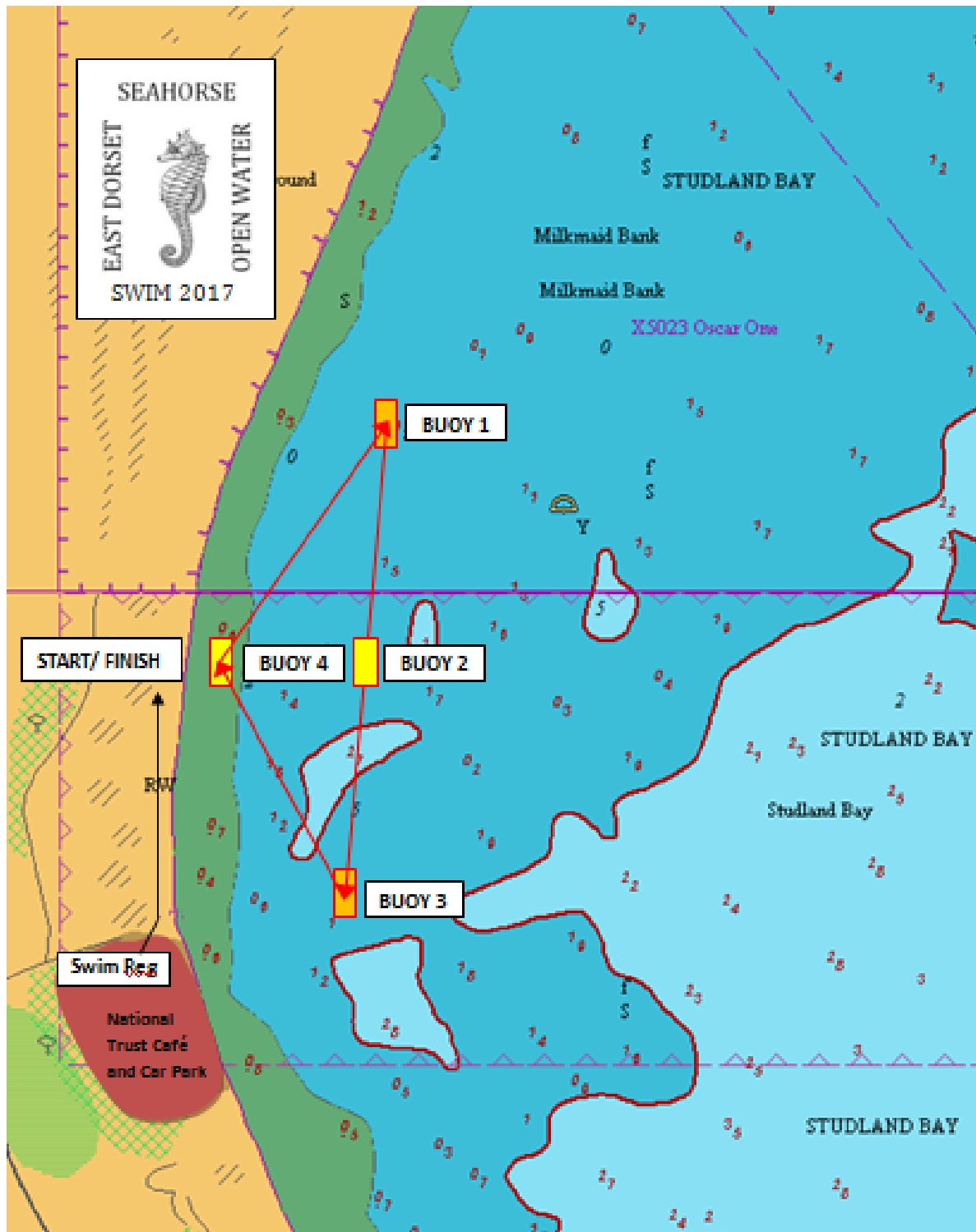
Note: Swimmers MUST pass round the turn buoys keeping the buoys on their right.

EAST DORSET OPEN WATER

SEAHORSE CHALLENGE SWIM 2017

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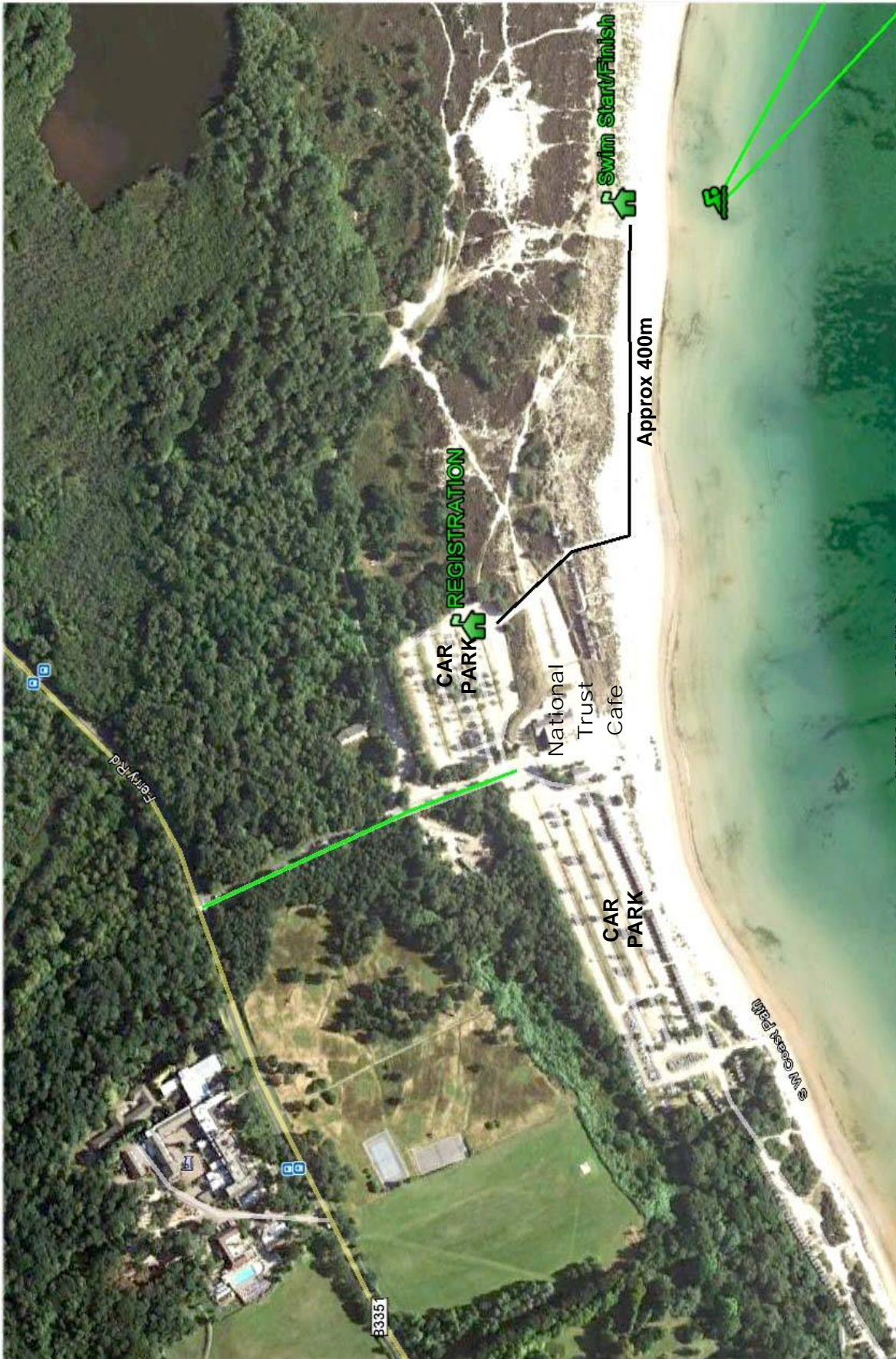
BUOY 1 50° 39.493' N 001° 56.901' W

BUOY 2 50° 39.337' N 001° 56.913' W

BUOY 3 50° 39.146' N 001° 56.934' W

BUOY 4 50° 39.337' N 001° 57.052' W

Note: Swimmers MUST pass round the turn buoys keeping the buoys on their right.



Showing the Location of the Swim Registration Tent and the Location of the Start / Finish Area.