



Saturday 24th June 2017
Swim Bala & Swim Bala 1 mile events

CONTENTS	
	PAGE
Swim Details	2
Swim Briefing	2
Start Location	2
Finish Point	3
Swim Route	3
Times	3
Feeds	4
Your Kit	4
Swim Safety	4/5
Emergency Action Plan	5/6
Accommodation	6
Your Training	5/6
SYS Contact Information	6/7
Swim Disclaimer - YOU NEED TO COMPLETE THIS	8

Swim Bala - Swim Details

Bala or Llyn Tegid, is the longest lake in Wales. The swim is approximately 3 miles/4.8km long. We would suggest that swimmers will need to be able to complete the long swim (the lake length) in 3 hours.

The swim is suitable for wetsuit or 'skins' (Channel swim rules) athletes - although it should be noted that the swim is early on in the season, so the temperatures will only just be into double figures. If you want to attempt this swim in 'skins' you will need to confirm with SYS that you have the necessary experience and capability of such a swim.

Swim Bala - the length of the lake - will start with a briefing on the northern shore of the lake 12.30pm. There will be a cutoff of 3.5 hours for this swim.

Swim Bala One Mile will start with a short briefing at the Bala-Lake-Railway 'station' in Llangower, on the east side of the lake, at 9am. There will be a cutoff of 1 hour for this swim.

Swim Briefing - 1 mile swim

All swimmers MUST attend the pre-swim briefing at 9am on Saturday 24th June, 2016. The briefing will take place at the the Bala-Lake-Railway 'station' in Llangower, on the east side of the lake. There is a car park here.

The swim will involve a one mile swim around a marked buoy route, starting at and returning to jetty/beach area.

Swim Briefing - long swim

All swimmers MUST attend the pre-swim briefing at 12.30pm on Saturday 24th June, 2016. The briefing will take place at the northern shore boat launching area just to the side of the main carpark.

After the briefing swimmers will be transported to the start location for a swim start of 1.30pm.

Start Location - 1 mile & long swim

The swim will start at the stone jetty at Llangower public beach (next to railway station). This is on the south-east corner of the lake.

Llangower Station (Bala Lake Railway)

OS Grid Reference: SH903321 (Easting 290305/Northing 332136)

Grid Reference: Latitude 52.875489982, Longitude -3.6313303843

Finish point - long swim

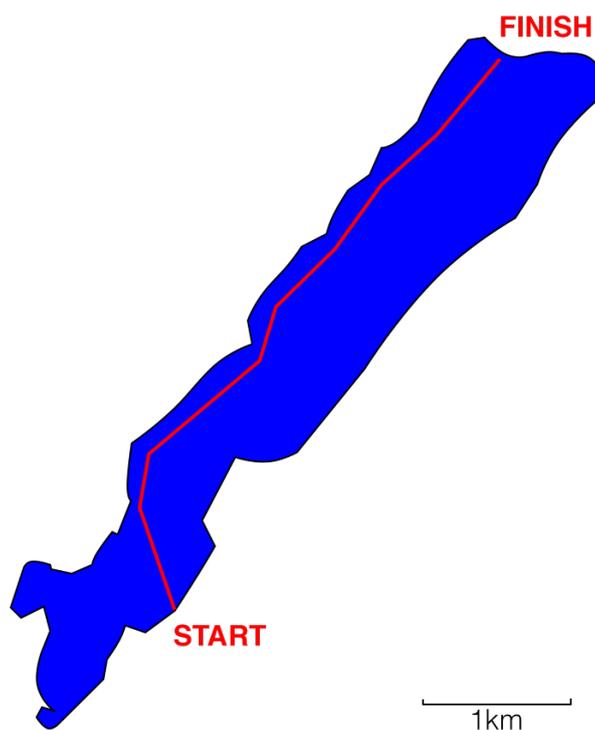
The swim will finish at Loch Cafe car park at the north end of the lake

Grid Reference (District): SH923354

Swim Route - long swim

From the starting point on Llangower public beach, swimmers will swim across to the opposite side of the lake.

Swimmers will then continue along the north-western shore, swimming from headland to headland, until they reach the finish point at the Loch Cafe.



Swim Times

The swimmers will start together at their appointed times (1 mile swim = 9.30am, long swim = 1.30pm).

Each swimmer will be allocated into a swim group based on speed and fitness levels.

There will be a time limit of approximately 3.5 hours for swimmers attempting the long swim and 1 hour for those attempting the 1 mile swim.

Feeds - long swim only

The Swimyourswim safety boat will be carrying emergency gel sachets and water, should any swimmer require these items.

SYS recommends that all swimmers hydrate and feed adequately before their swim. This includes eating good, healthy and carbohydrate based foods in the days prior to the swim, a healthy breakfast (such as porridge) on the day of the swim, and drinking water regularly in the days leading up to the swim.

There are no designated feed stops planned in this swim because of the relatively short distance of the swim. However, some swimmers have chosen to carry on their person the odd gel or two. Your pod will be escorted by a safety kayaker, but these kayakers will be unable to carry feed or drink for you, unless there is a prior medical reason disclosed to us.

Your Kit

Please ensure that you bring with you the following:

- Swimming costume/trunks/jammers
- Goggles AND a spare pair (we suggest one dark lens and one clear lens)
- You will be given a bright SYS swim cap to wear on the day.
- Wetsuit
- Lubrication
- Towel and/or Dryrobe
- Warm clothes - lots of thin easy layers are better than one thick layer (no jeans or leggings)
- Woolly hat
- Warm coat
- Hot drinks for your recovery (although we'll probably hit the cafe to celebrate afterwards!)
- Wetbag - for putting your wet stuff in after the swim
- Drink for during the swim

Swim Safety

As your safety is our number one priority at this event, we have set the following parameters to ensure that the event is successful for you.

- If the water temperature drops below 10°C the event will be cancelled
- If the wind speed is at or above Force 5 (19-24mph), the event will be cancelled
- If the water temperature is between 10°C and 14°C wetsuits will be mandatory
- Swimmers must swim with their allocated 'pods' and kayak support - occasionally this may mean faster swimmers having to slow down or double-back to remain in the safety cover of the kayaks

Open water swimming is a serious sport with a number of risks involved. SYS will need to ensure that all swimmers meet the right level of open-water swimming competency, and that there is no medical reason as to why a swimmer should not participate.

SYS reserve the right to bar a swimmer from taking part, before and/or during the event, should they feel that a swimmer is unable to complete the swim without endangering themselves or others. Should a swimmer be barred from the event there would be NO return of fees already paid.

In the event of the swim being cancelled due to poor weather conditions or other incidents that are beyond the control of the SYS team, SYS will endeavour to re-arrange the swim at another time in the year*.

**SYS will do their VERY best to re-run events that have to be called off for these reasons but there is no guarantee that this can be achieved within the same year. We would hate for an event/swim to be completely cancelled, but think it best that you know there is a chance of this happening from the outset. Refunds in this instance would be at the discretion of the SYS team. For more information please email us on info@swimyourswim.com*

Emergency Action Plan

With the best will in the world, and hopefully lots of planing on our part, and training on yours, we will not have any need of this section. However, accidents can happen, and things can go off 'route' so here's what will be our plan of action in case of any 'emergency'...

The SYS team are all first aid qualified so if any injury, accident or illness occurs you must inform us as soon as possible.

The SYS team will be able to provide the required first aid and ensure that anyone ill, or in danger, is quickly removed from the water and treated properly.

As part of your online application for the swim you provided us with your emergency contact details and next-of-kin information. Please make sure that these details are current at the time of the swim, and likewise if your medical history has changed it is YOUR responsibility to inform us before swimming.

SYS reserves the right to refuse entry to the swim if you have not declared ALL information that affects your health and chances of completing the swim, or if we feel that you are not fit enough, or if your taking part might hinder or harm the progress of other swimmers.

Swimmers that have to be removed from the water, for any reason, will be handed to the shore-side safety team who will ensure that the removed swimmer is assessed and treated accordingly.

From the point of entering the water YOUR swim is under the authority of the SYS team, who have the final say on whether you can swim or not. This is to ensure your safety as we want to ensure you swim YOUR swim, returning home fit and well at the end of the day!

Accommodation

Whilst SYS is not arranging the accommodation for your swim, there will no doubt be whole band of us camping/caravaning near Bala on the weekend of the event.

So, just for your information here's where we we'll be staying:

GLANLLYN CARAVAN AND CAMPING PARK
BALA
GWYNEDD
LL23 7SS
Tel. 01678 540227/540441

Web: <http://www.glanllyn.com/caravan-and-camping.html>

Your Training

We hope that you have been hitting the pool (if not the open water) during the winter period, and that you've maintained or developed a good level of swim-fitness. If NOT, then you had better get a move on!

Ideally, we are looking for you to be able to maintain a rate of at least 2.5km/hour - if not 3km/hour - as a base speed. This way, you'll have a chance at completing the swim in about 2 hours (or thereabouts). Obviously, if your base speed is any lower, it will take you longer to swim the length of the lake - the more time in the water, the colder you may become, and therefore the harder the swim.

We have a number of swim sets that we have been developing over the winter period which are now on our website - under the RESOURCES section. [<http://www.swimyourswim.com/resources>]

We suggest that you should be swimming, in a pool (whilst the temperatures are low), approximately 3 times a week, and aiming to reach the base swim speeds we've mentioned above.

We suggest that if you are a 2.5km/hr swimmer you use our INTERMEDIATE SWIM SETS as a focus for your swims.

If you are a 3km/hour or faster swimmer you should try using our ADVANCED SWIM SETS.

Each of our swim sets is designed to take an hour - BUT YOU ALSO NEED TO BE DOING A FEW LONGER SWIMS as you build up to the actual event. When doing a longer swim, you can simply repeat the set or take two with you!

You will need to ensure that as the temperatures start to rise (from mid-March) you get some practise in the open water.

If you are new to open water, we'd suggest that you book onto one of our iTOWS Courses. The Introduction to Open Water Course is running every Thursday from mid-April and costs £25. [<http://www.swimyourswim.com/coaching/itows>]

If you're an experienced open water swimmer, then from the end of March or beginning of April, you need to be getting into the open water, and putting in the hours and distance. You may need to combine time in the pool and time in the lake!

We would love to see you at Hatfield at one of our weekend sessions where we'll be available for advice, coaching and to assess your swim-ability. Please let us know by email if you're coming down, so we can be there to greet you!

SYS Contact Information

You should be able to contact us (depending on mobile reception) on the following numbers:

Alistair Beattie	Leon Fryer
07798 683909	07967 633214
alistair@swimyourswim.com	leon@swimyourswim.com

DISCLAIMER

Please complete this form and return it to us. Without this form completed and signed by yourself you will NOT be able to enter the swim. You can complete it, scan it and email us on info@swimyourswim.com. You can complete it and post it to us at Swimyourswim Ltd, 61 Spring Lane, Sheffield, S2 2JQ or you can bring your completed disclaimer to one of our swim sessions.

YOUR DECLARATION					
Your name					
Event Name					
Event Date					
<p>I understand that cold water swimming is an extreme sport and has potentially serious health risks. I agree to operate under the instruction of the Swimyourswim coaches at all times during the Swimyourswim event swim.</p> <p>I understand, and agree, that I enter the water on this Swimyourswim event under my own volition and free will, and at my own risk, and therefore I am fully responsible should any injury, accident or misfortune occur to myself.</p>					
Signature			Date		