



## **FINAL SWIMMER INFORMATION PACK**

**WELCOME TO THE 8<sup>th</sup> EDITION OF CHILLSWIM CONISTON 5.25  
MILES END TO END SWIM – Saturday 5<sup>th</sup> September 2020**

**Please note that every swimmer will be required to take the participant bus from Registration at Race HQ to the start.**

**Please ensure you are ready to board the bus at the NEW EVENT RACE HQ AT MONK CONISTON CAR PARK, LA21 8AH approximately ONE HOUR before your swim start time.**

Please ensure that you register in good time to allow for this.

There will be a number of changes to the event this year to meet **COVID SECURE GUIDELINES** – these will be noted throughout this document.

Good luck with your swim and we hope to catch up with you all at some point during the day.

**The Chillswim Team**



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# Endurance Revolution



Swim \* Cycle \* Run  
#EnduranceRevolution



### **COVID SYMPTOMS & SOCIAL DISTANCING**

Should you be exhibiting any COVID symptoms, for example, a high temperature, persistent cough, loss of taste/smell etc please do not attend the event. Stay at home, follow government guidelines regarding self-isolating & ensure you recover before attending any further events. You **MUST NOT** attend this event if you are exhibiting any COVID symptoms.

During the event please ensure that you keep 2mtrs away from all other competitors & all of our marshals at all times.

At Feed Stations our marshals will be wearing appropriate PPE and using hand sanitiser meeting COVID SECURE GUIDELINES – please note gloves are not appropriate in these circumstances unless changed after each and every swimmer – hand sanitiser between each serving is the recommended process.

Please do not congregate in groups and please use the hand sanitiser whenever you pass it and when requested to please wear the provided mask on the start buses.

It is important that everyone plays their part in ensuring that all social distancing measures are met. We have to implement very strict rules to enable the event to go ahead. Please help us to ensure that we can continue with further events in the future.

### Key Event Timings

<b>Friday 4<sup>th</sup> September</b>		<b>REGISTRATION OPENING TIME</b>
<b>16:00 – 20:00</b>	Registration opens adjacent to the Finish Area at Monk Coniston Car Park, Coniston <b>LA21 8AH</b> . It is a good idea if you can pick up your registration pack the night before the swim. Monk Coniston will be the event HQ for the weekend and where you will be parking for the event.	
<b>Saturday 5<sup>th</sup> September</b>		<b>EVENT DAY REGISTRATION OPENING TIME</b>
<b>06:45</b>	Registration opens at Race HQ at Monk Coniston (Car Parking and Toilets are available at Race HQ). Food is also available from the vendors at Race HQ.	

### Bus and Start Times:

Bus Dept:	Transporting:	Pace Group:	Swim Start Time:
07:30am	Wave 1A (Red Hats)	65-60 Mins/Mile	In the water 08:10am
07:30am	Wave 1B (Red Hats)	59-50 Mins/Mile	In the water 08:15am
08:10am	Wave 2 (Green)	49-41 Mins/Mile	In the water 09:00am
08:30am	Wave 3 (Yellow)	40-38 Mins/Mile	In the water 09:20am
08:50am	Wave 4 (Orange)	37-35 Mins/Mile	In the water 09:40am
09:30am	Wave 5 (Blue)	34-31 Mins/Mile	In the water 10:20am
10:10am	Wave 6 (Pink)	30-28 Mins/Mile	In the water 11:00am
10:50am	Wave 7A&B (Light Blue)	Sub 27 Mins/Mile with sub 23 Min/Mile leaving after	In the water 11:30am
11:30am	Wave 8 (Violet)	3 Mile 60-40 Mins/Mile	In the water 12:00pm
12:00:pm	Wave 9 (Violet)	3 Mile 39-24 Mins/Mile	In the water 12:30pm

<b>OTHER TIMINGS</b>	
<b>15:00</b>	All swimmers out of the water – THIS IS OUR CUT OFF TIME – OUR WATER SAFETY TEAM MUST FINISH AFTER THIS TIME – SO PLEASE LISTEN TO ANY INSTRUCTIONS FROM THEM.
<b>15:30(approx.)</b>	Finish Area clear – all swimmers to make their way to the event car park. We are unable to hold any prize presentations due to COVID Secure Guidelines. All prize winners will be notified via email and prizes emailed/posted.

### **IMPORTANT INFORMATION ON YOUR START TIME AND SWIMMER PACE**

If you are swimming too fast for the wave you have selected (i.e. A 30 min swimmer in a 50 minute wave,) then the safety team will be forced to ask you slow down, as you are taking away safety resources from the rest of the swim group. So please make sure that you start in the correct wave for you! Check the start list if you have forgotten the pace you submitted.

### **CHANGING YOUR DETAILS:**

1. **PACE:** Thanks to those of you that updated your pace via the registration system over the past months. This system is now closed, and no further changes can be made online. Buses and water safety ratios have been calculated on the existing data for the hundreds of registered swimmers. If your pace is incorrect on the start list, please see the timing crew at registration who will update your details and swim start group if necessary. **YOU WILL STILL NEED TO BOARD YOUR ORIGINALLY ALLOCATED BUS TO THE START** (unless you wish to move into a slower wave).
2. **CATEGORY:** We have two categories of swim: wetsuit and non-wetsuit. If you have forgotten which category you entered please check the start list. If you wish to change category, please see the timing crew at registration who will update your details.

### **Getting to the venue**

- Event HQ, Event Car Park and Registration is situated in 2 fields adjacent to Monk Coniston Car Park, Coniston LA21 8AH.
- Coniston is approximately 29 miles from J36 of the M6. These 29 miles will take you about an hour on the country roads even if there is no traffic.
- The nearest railway station is Windermere and from there you can take the 505 bus to Coniston.

### **Places to stay**

- Check out [www.golakes.co.uk](http://www.golakes.co.uk) for accommodation advice.
- National Trust has a good campsite on the shores of Coniston Water at Hoathwaite.

We recommend that you stay the night before the event in the local area if possible as the start time for some of you will be before public transport begins. The contingency plans for the event are explained later in this document, but if it is a truly horrendous day and we can't get on the water at all then if possible we may stage the event on Sunday 6<sup>th</sup> September.

### **Parking**

We will be providing parking free of charge (very rare in the Lake District), on one of the 2 x fields adjacent to Monk Coniston Car Park. This will allow swimmers to finish the event and then walk 100m from the finish into the event Car Park to change at their vehicles. These are privately owned/managed fields but Chillswim is covering the hire charges for our swimmers. However, if it is very wet, the fields may become waterlogged and participants will have to use & pay at one of the many pay and display car parks in Coniston and walk to the venue. Pay and display car parks are signposted around Coniston.

### **Start Parking**

PLEASE NOTE there is **NO PARKING** available at the start (as we have to allow turning space for the buses). NO participant or spectator vehicles are allowed on the start field or in the small car park nearby any vehicles attempting to park could jeopardise the COVID SECURE status of the event and will be requested to move on. Drinks and snacks will be available to buy at the start field for participants – supplied by Crake Valley Park.

### **Spectators**

Unfortunately, this year due to COVID SECURE GUIDELINES we are unable to encourage any spectators to attend the event. The Start and Finish areas will only be accessible for swimmers, event officials and marshals. The buses to the start are for swimmers only.

We recommend that if you do bring supporters with you that they spend the day in Coniston and park at one of the signposted Car Parks in town.

**Please stress to your supporters, that they should not park along the narrow roads to the Finish area, as this prevents the buses from reaching the swimmers to take them to the start.** Event staff will be in the area to ask vehicles to move on. Thank you!

### **Finish**

The swim ends at Monk Coniston Car Park, however there is no access other than for swimmers and event staff – the area is closed to the public and spectators for the event marquees, medics, and our shuttle buses. Please note that due to COVID SECURE GUIDELINES finishing swimmers will be asked not to congregate in this area and to move through the finish area and return to their vehicles in the event car park 100m from the finish.

### Steps to taking part in the Chillswim Coniston 5.25 mile swim

1. **PREPARE:** Arrive fully prepared for the swim having trained in various temperatures and in varying weather conditions. **NOTE: You can change to wetsuit or non-wetsuit on the day, just let the TIMING TEAM know when you collect your chip as the results categories will need to be updated.**
2. **REGISTER: On Friday evening/Saturday morning, go to race registration – PLEASE BRING PHOTO ID TO COLLECT YOUR RACE PACK.**
  - The Registration area will be located in a large marquee in the field next to the Event Car Park Field (50m away)
  - To meet COVID SECURE Guidelines we will limit numbers inside the marquee, please expect to queue and please do so in a socially distanced manner paying attention to the distance markers in the queueing area.
  - Collect your Chillswim Coniston Hoody.
  - You will also receive your race envelope, inside will be:
    - Your swim hat (this is for safety purposes you can wear this over your own hat if needed, but please wear the hat provided).
    - Two coloured wristbands with your personalised race number. One is for your wrist to allow you onto the correct bus and the other is to be used on the bag for skins swimmers only that you will take with you to the start and leave for us to transport back to the finish (more info below)
    - A personalised race number to stick on your tow-float/dry bag. Please attach this to your tow-float once it is inflated and still dry (a job for whilst you are on the bus going to the start) – please note TOW FLOATS ARE MANDATORY
  - Collect your timing chip to wear around your ankle for the swim - **DON'T FORGET THIS!** No chip, no time!



### **3. CHANGING & BAGGAGE**

- **WETSUIT SWIMMERS:** to meet COVID SECURE GUIDELINES we need to ask you to change at your vehicle in the event car park adjacent to Monk Coniston Car Park and leave your bag in your vehicle. If you are travelling alone please place your car key in a waterproof bag and



carry it in your Tow Float or in your wetsuit – if you are not confident with this and are travelling alone, have a look for a car key safe via an internet search. Board the bus to the start in your wetsuit & swim gear. An old pair of flip flops will be handy for the 3-minute walk across from the event car park field and/or the registration field to the start buses and also across the fields to the start area from the bus drop off point – we will sanitise all footwear left at the start and return it to the finish area ready for you as you finish.

- **NON-WETSUIT SWIMMERS:** You should take a bag to the start with clothes in and attach a wristband with your number on - this will be transported to the finish for you (there are no changing rooms at the start, so have your swim gear on ready to go). There will be changing shelters at the finish for non-wetsuit swimmers n.b. access will be managed to meet COVID SECURE GUIDELINES.

#### 4. GETTING TO THE START:

- Park at the event car park adjacent to Monk Coniston Car Park and if you have already registered walk across to the event area for your shuttle bus to the start. If you have not registered walk to the Registration field next to the Event Car Aprk to Register. Buses are strictly for swimmers only, and seats have been allocated for swimmers according to the waves. Please note that due to COVID SECURE GUIDELINES all swimmers will be required to take a temperature check, to hand sanitize and to wear the mask provided before boarding the start buses. Your race number will also be logged to comply with TEST and TRACE.
- Use the portaloos in the event car park before you leave.
- There are a limited number of portaloos at the start area.
- You can wear some old flip flops or even socks for the short walk approx. 3 mins across a marked route (through fields) to the start area. Please note we are not offering a baggage transfer service for wetsuit swimmers.
- NON Wetsuit swimmers arriving at the start area should put everything you don't need into one bag and leave it at the baggage bus with one of your numbered wristbands attached (don't put anything breakable in your bag!).
- You will be individually checked into the start area, please assist with this by listening to instructions and being patient. Your tow-float, timing chip, swim hat and wristband will all be checked at this point.
- Once the start is open for your wave, calmly go into the water. It's a long way, so start off steady! There is no gun start the timing system will record your start time as you pass the timing point when entering the water.

#### 5. SWIM: The Course

- There are 5 x NUMBERED LARGE TRIANGULAR YELLOW buoys to indicate each mile, 4 SMALL TRIANGULAR YELLOW buoys to show you where the feed stations are situated, and one LARGE YELLOW DUCK (yes a duck) buoy at the start to help guide you across the first bay. Keep all buoys on your left on the course.
- From the start you will gradually make your way across to the eastern shore/right hand side aiming to go right of Peel Island (or Wild Cat Island if you are Swallows & Amazons fan).

- You should stay on the right hand side of the lake during your swim, approx. 50 metres or less from the shore. If conditions are choppy, then swim closer to the shoreline for shelter.
- Safety kayakers and powered boats will be moving along with the swimmers; if you need assistance, grab hold of your tow float and then wave one arm in the air.
- If you feel that you need to drop out, there is a medic on the shore at each of the feed stations. You can wait in a vehicle if cold until the event shuttle bus can pick you up and drop you off at the finish point (please return your timing chip to a member of staff).
- Any medical emergencies will be taken to the Blue Bird Café exit where the medical teams and ambulances are situated.
- The feed stations are situated at mile 1.5, 2.5, 3.5 and 4.5 miles. See the feeding station section for more information.
- Throughout the last ½ mile there will be aquatic plant life (long weeds) that you will see and feel as you swim – please do not be concerned.



- **Cut off time - Due to the safety cover requirements, there is a cut off time for completion of the swim. Swimmers still in the water at 15:00 will be taken to the finish in a support boat.**

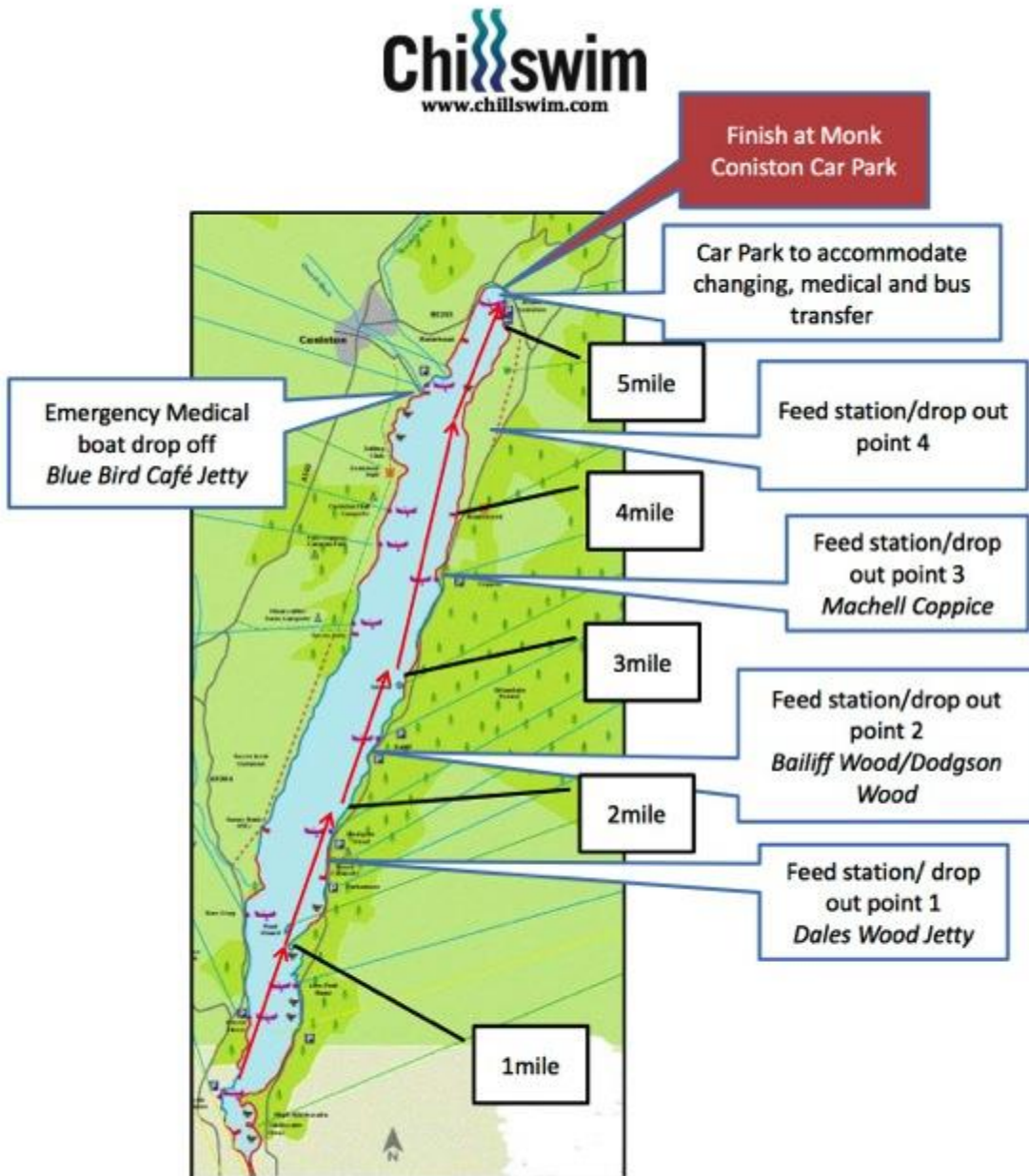
## 6. FINISH:

- Unfortunately due to COVID SECURE GUIDELINES we are unable to allow spectators at the finish area this year but we will have a live feed on our Facebook page throughout.
- The swim finish line is in the area immediately in front of Monk Coniston Car Park. The level of the water on event day will depend on how shallow the water is to get to the exit point. If it is shallow for up to 15 metres from the exit try to stay on your front for as long as possible and kick until you can proceed no further (act like a whale beaching itself). Then carefully stand up, we will have staff to assist you to exit the water.
- As you exit the water you will pass through a timing point where your finish time will be recorded. You will receive your medal here, then go on to the secondary finish area in the car park area for warm or cold drink or both.
- Non-wetsuit swimmers only will have your bags waiting for you in the baggage area; you can collect your bag yourself, but please show your wristband along with your bag number to claim your bag.



- Wetsuit swimmers will be asked to make their way back to the event car park 100m away.
- Swimmers will be encouraged not to congregate at the finish area to meet COVID SECURE GUIDELINES
- We will have hot food available for purchase in the Event Registration Field which is 50m from the finish with a further 50m distance to the Event Car Park field.
- Prize giving will be possible in person this year but we hope to announce the winners via our Live Feed at the Finish line around 3:30 pm (or sooner if we have the results earlier) - age group winner prizes and top 3 overall prizes for wetsuit and non-wetsuit swimmers will be emailed/posted out to the winners.

The Course Map



### **Feed Station Information**

We have 4 feed stations in boats anchored adjacent to the route on the water. You don't need to stop at the feed station, but they are there if you need a pick me up! These feed stations are being staffed by very kind volunteers who will be operating under COVID SECURE GUIDELINES wearing appropriate PPE to provide you water, and/or energy drinks and/or energy food. Getting a feed from the boat is simple, hold onto your tow-float for stability (not the boat!) and take your drink. Allow swimmers behind you to get to the boat. Give the EMPTY cup back to the boat and off you go.

### **What's at each feed station:**

Each feed station will have HIGH5 Citrus or Tropical Energy Source drink, water and jelly babies (and a vegan alternative). We are not providing gels this year to cut down on waste. All of the cups at our drink stations this year (and previous years) are biodegradable, we are also not giving out plastic single use bottles at registration this year.

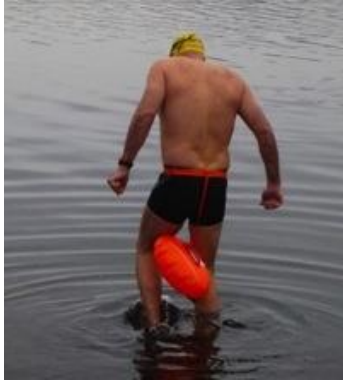
### **Using a Tow-Float**

We were the first UK company to have tow-floats as part of an event! A tow-float or inflatable dry-bag are mandatory for all swimmers at the Chillswim Coniston event. If you don't have one you can buy from [The Endurance Store](#) at the registration area. This year tow-floats are NOT included in the entry package. To buy in advance please [CLICK HERE](#).

### **Tow-floats:**

- Increase visibility of each swimmer, which will assist the safety team.
- Provide some floatation, which the swimmer can turn around and hold onto if they need a rest during the swim.
- Help identify you during the swim; you will have a personalised race number sticker to attach to the float.





**How to wear a tow-float:**

- Inflate your float by putting an equal amount of air into the two valves.
- The short orange leash is attached to the float and to the belt.
- Adjust the belt so it is snug around your waist.
- Line the leash up in the centre of your back.
- If you have not used a tow-float before [watch this video](#)
- Please note that Tow Floats **are not** given out as part of your entry fee.

### **Blue Green Algae**

As happens in most years there have been reports of blue green algae in most bodies of water around the UK. Although there are no concerns of any significant blooms that are likely to affect this event, if you do get ill please consult your doctor asap.

### **Water Safety**

The event has its own independent Water Safety Officer, provided by Swim Safety Limited, who will be looking at the water conditions on the day. The course is set up to run from South to North, which is with the prevailing wind. The nature of this event requires a level of competency in open water in varying weather conditions.

Our event will provide swimmers with a professional water safety team, and the course will stick close to the shoreline after crossing the first section (please swim a max distance of 50 metres from the shoreline). It is a mandatory requirement that all swimmers wear a tow-float (see above) and if you don't already have one you can get one at registration. The safety of our swimmers is always our priority, so we would like to make you aware of the possible contingency plans in case of extreme weather, which are detailed below:

1. If the forecast is bad for both Saturday and Sunday a 5-mile course will be set up in the bay to the South of the Blue Bird Café with a large a loop as possible (approx. 4 x 1.25 miles).
2. If weather conditions are extreme for Saturday but feasible for Sunday then the event will be moved to the Sunday (if we can provide sufficient water safety cover), with the normal course or the option above.

**Please check in at registration as normal, whatever the weather!**

**If there is adverse weather, please check your emails, Twitter and Facebook/Chillswim to ensure you have the latest information.**

*Please note, as per the event terms and conditions, we will do everything that we can to offer participants a chance to swim on event day and that refunds will not be given to participants who are unwilling or unable to follow the contingency plans if weather conditions dictate that these must be followed.*

**Thank you for reading this and see you in the water soon!**