

FINAL SWIMMER INFORMATION PACK

**Welcome to the
5th arena Chillswim Coniston 5.25 mile swim.**

Please note that every swimmer will be required to take the participant bus from registration to the start, approx ONE HOUR before your swim start time.

Please ensure that you register in good time to allow for this! If you have forgotten which wave you are in [download the start list here](#). Good luck with your swim and we hope to catch up with you all at some point during the day.

Colin & The Chillswim Team



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Key Event Timings

Friday 1st September		REGISTRATION OPENING TIME
18:30 – 20:30	Registration open at John Ruskin School (JRS), Coniston. LA21 8EW . It is a good idea if you can pick up your pack the night before the swim. JRS will be the event HQ for the weekend and where you will be parking for the event.	
Saturday 2nd September EVENT DAY REGISTRATION OPENING TIME		
06:45	Registration opens at John Ruskin School (Changing rooms, toilets and showers are available at the school). Food available by the school cafeteria after the swim.	

Bus Times:

Bus dept.:	Transporting:	Pace group	Swim Start Time:
07:35	Wave 1	50 – 65 mins/mile	In the water 08:20
08:15	Wave 2	45 – 49 mins/mile	In the water 09:00
08:55	Wave 3	36 – 44 mins/mile	In the water 09:40
09:35	Wave 4	32 – 35 mins/mile	In the water 10:20
10:15	Wave 5	28 – 31 mins/mile	In the water 11:00
10:55	Wave 6	Sub 27 min/mile, *with sub 23 min/mile leaving after the main group.	In the water 11:40*

OTHER TIMINGS	
12:00	Bus shuttle starts operating to and from John Ruskin School to the finish. Spectators are welcome to use this though priority is given to swimmers on the return leg.
15:00	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.
15:30(approx.)	Age group prizes, overall wetsuit & non-wetsuit trophies! A great chance to catch up with fellow swimmers, and tuck into tasty food at John Ruskin School



IMPORTANT INFORMATION ON YOUR START TIME AND SWIMMER PACE.

If you are too fast for the wave you have selected (i.e. A 30 min swimmer in a 50 minute wave,) then the safety team will have to make 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 all 700+ 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.**
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 and registration is at John Ruskin School, Coniston, LA21 8EW.
- 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; from there you can take the 505 bus to Coniston.

Places to stay

- Check out www.golakes.co.uk for accommodation advice.
- National Trust has a good campsite on the shores of Coniston Water at Hoathwaite.
- Caravan park www.crakevalley.co.uk is situated opposite the start

We recommend that you stay the night before the event in the local area 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 we will stage the event on Sunday 3rd Sept.



Parking

If the weather is good we will be providing parking free of charge (very rare in the Lake District), on the field at John Ruskin School. There are pay and display signs, but Chillswim is covering these charges for our swimmers. However if it is very wet, the school will not allow cars on the field 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

We have secured limited parking (max of 30 cars) for spectators opposite the start area at Crake Valley Park (Caravan and camping park), LA12 8DL. There will be a charge by the Caravan Park of £3 for parking. Please note if this is full, there is NO other parking available at the start (as we have to turn around the buses). NO spectator cars are allowed on the start field and the nearest alternative parking is in the small National Trust and National Park layby type car parks, which can generally fit about 5 cars in. Drinks and snacks will be available at Crake Valley Park.

Spectators

The buses to the start are only for swimmers, buses for spectators are available to the finish. We recommend that spectators park at John Ruskin School and either walk to the finish area (it is approx. 20 mins walk) or use the shuttle bus provided.

If it's not too wet then there will be parking in the farmers field opposite the finish area car park for £3 per car. **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 back to the School.** We did have cars do this last year and this delayed the shuttle buses and we had some cold swimmers waiting for the bus. Thank you!.

FINISH

The swim ends at Monk Coniston Car Park, however there is no parking here as the car park is closed to the public for the event marquees, medics, and our shuttle buses. Chillswim provides shuttle transport for all swimmers back to John Ruskin School. Please note that on the return shuttle buses priority will be given to swimmers.



Steps to taking part in the arena 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 eve/Saturday morning, go to race registration – PLEASE BRING PHOTO ID TO COLLECT YOUR RACE PACK.**
 - Collect your goody bag, which is a lovely large lime green arena Chillswim Coniston Swim shopping bag. Inside will be some of our sponsors' products.
 - 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 that you will leave at the baggage storage.
 - 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).
 - A certificate celebrating your participation in the swim
 - 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:** get changed in the school and find the correct classroom for your wave to leave your bag (with one of the wristbands from your race envelope as an identifier). Once you have finished the swim you need to show our lovely volunteers your wristband and the corresponding wristband on your bag to remove it. 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 some fields to the start area from the bus drop off point.

- **NON WETSUIT SWIMMERS:** You should take a bag to the start with clothes in and this will be transported to the finish for you (there are no changing rooms at the start, so have your swim togs on ready to go).
- 4. GET TO THE START:**
- Park at John Ruskin School for your bus shuttle. Buses are strictly for swimmers only, and seats have been allocated for swimmers according to the waves. Please note that it is not possible for spectators to go on the buses to the start (it will take up a swimmer's spot!). See the previous section for advice for spectators.
 - Use the school loos before you leave!
 - There are a limited number of portaloos at the bus drop off area (not in the start field)
 - You can wear some old flip flops or even socks for the short walk approx. 5 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 at the start put everything you don't need into one bag and leave it at the baggage bus (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.
- 5. SWIM: The Course**
- There are 5 ORANGE buoys to indicate each mile, 4 Yellow buoys to show you where the feed stations are situated, and one orange buoy at the start to help guide you across the first bay. Keep all buoys on your left on the course. At the finish there are two long orange tube buoys to guide you into the finishing straight.
 - 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 like Swallows & Amazons).
 - 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 the first three feed stations. You can wait in a car until the event shuttle bus will 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. 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.





- **Cut off time - Due to the safety cover requirements of this swim, 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.**

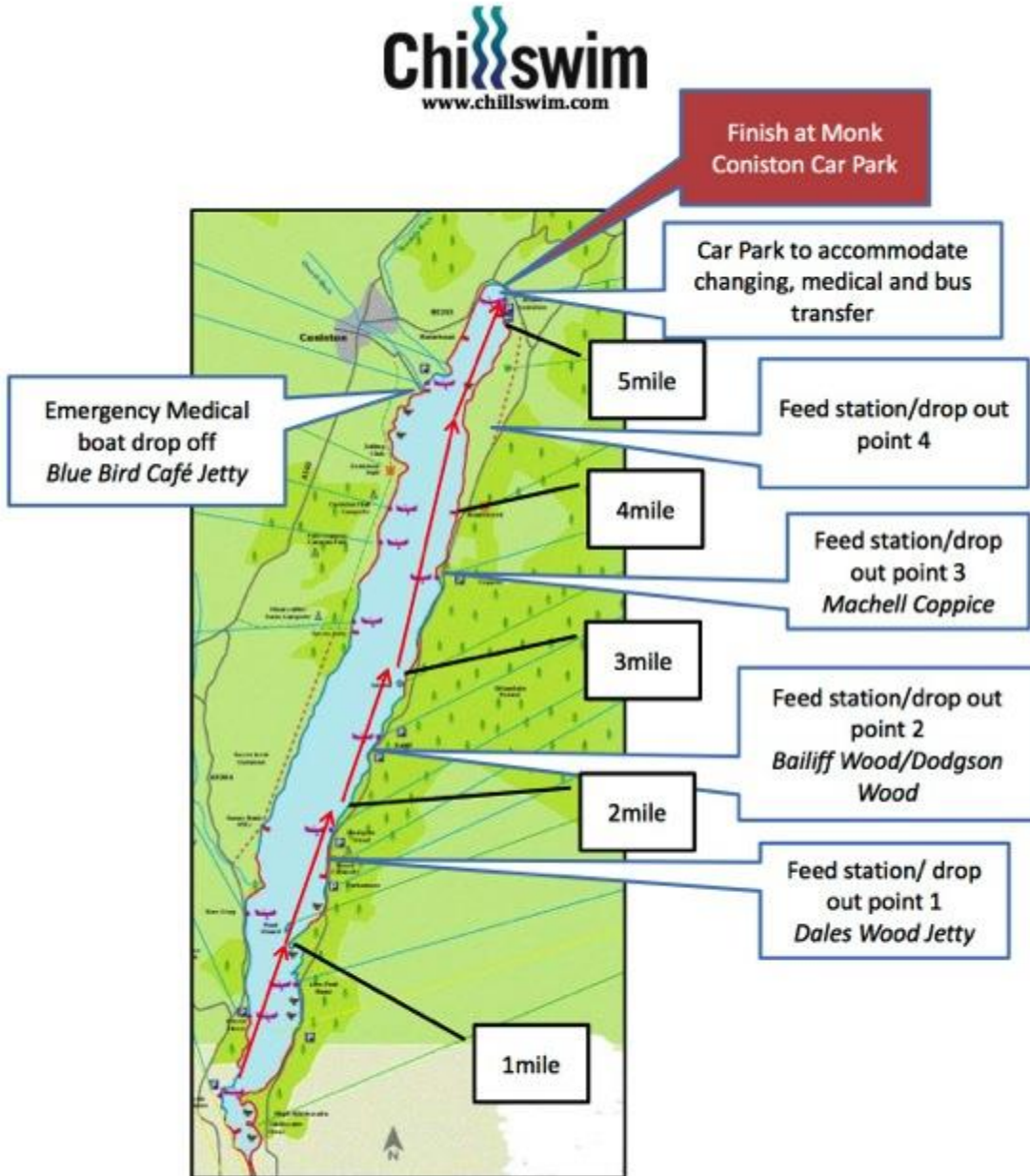
6. FINISH:

- The finish is beside Monk Coniston Car Park. Depending on the level of the water 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, 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; we will have staff to assist you to exit the water.
- As you exit the water you will go over a timing mat. You will receive your medal here, then go on to the secondary finish area in the car park area for drink.
- Non-wetsuit swimmers only will have your bags will be waiting for you in the baggage marquee; you can collect your bag yourself, but please show your wristband along with your bag number to claim your bag.
- Shuttle mini-buses will be operating for the short trip back to John Ruskin School.

7. CELEBRATE: After the event

- We will have hot food available for purchase provided by the awesome John Ruskin School. It's also a good chance to meet other swimmers from the event and a few staff members and volunteers who aren't still stripping out the course. Prize giving will be around 3:30 pm (or sooner if we have the results earlier) **age group winner** Medals and top 3 overall trophies for wetsuit and non-wetsuit swimmers.

The Course Map



Feed station information

We have 4 feed stations on the water. Our nutrition partner for the event is OTE, who will be providing gels and energy drinks.

You don't need to stop at the feed station, but they are there if you need a pick me up! Each feed boat will be equipped with drinks and energy products to keep you going. These feed stations are being staffed by very kind volunteers who will hand you drinks and/or energy food when you are within arm's reach of the boat. Getting a feed from the boat is simple, hold onto your tow-float for stability (not the boat!), and take your drink or gel. Allow swimmers behind you to get to the boat. Give the EMPTY cup/gel packet back to the boat and off you go. The gels have a 'no litter tab' so you can't tear the top all the way off, which will ensure swimmers leave no trace when swimming. Just give your litter to the boat crew.

What's at each feed station:

- Feed station 1: OTE Energy drink (Blackcurrant & Lemon/Lime), Water, Jelly Babies,
- Feed station 2: OTE Gel (Blackcurrant & Lemon/Lime), Water
- Feed station 3: OTE Energy Drink (Blackcurrant & Lemon/Lime), Water, Jelly Babies,
- Feed station 4: OTE Gel (Blackcurrant & Lemon/Lime), Water
- Finish: WATER, and hot blackcurrant drink

Our nutrition partner: OTE

The OTE Sports brand has been created with you, fellow athletes and sports enthusiasts, in mind. The OTE range of naturally flavoured energy products and recovery drinks have been developed by experienced sports nutritionists and athletes, the professionals who know exactly what you want and what you need.



**20% discount with our new nutrition partner
OTE Sports Nutrition using the discount code:
OTECHILL – try out these great products before
the event at www.otesports.co.uk**

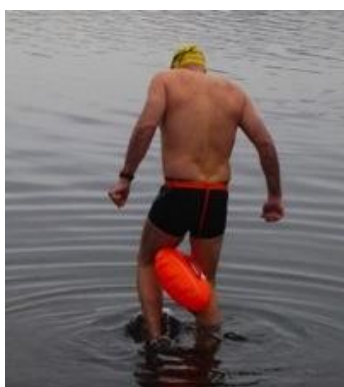


Using a Tow-Float

A tow-float or inflatable dry-bags are mandatory for all swimmers at the arena Chillswim Coniston event. If you don't have one you can rent or buy from Swim Secure at the registration area. This year tow-floats are NOT included in the entry package. To buy in advance please visit www.swimsecure.co.uk

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](#)

OUR EVENT PARTNER IS WWW.SWIMSECURE.CO.UK -
 The UK's leading supplier of swimming dry bags and tow-floats:



Medical Provision (Provided by British Red Cross)

Medical and first aiders will be situated:

- Start/finish
- Feed station 1, 2 and 3
- Monk Coniston Car Park (marquee)
- FIRST-AID vehicle
- Main medical centre & 2 X ambulance at the Blue Bird café
- Medic on the swimmer pick up bus

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 meters 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.



Chillswim Coniston Partners

Chillswim are proud to have such wonderful partners who wanted to be involved with such a unique open water swimming event, some of which will be exhibiting on the day or have provided items for the goody bags. Please support them as much as possible by visiting their stands and saying hello or taking up any promotional offers that they have.

Location Partner

Lake District National Park

Sponsors:

Arena Swimwear

Supporters:

Tunnucks Bars, Willow Water, SWIM SECURE, Up& Go, OTE & the wonderful Dry Robe

They support us, so please support them by buying their wonderful products.

Would you like to become a CHILLSWIM SPONSOR? Big Chill Swim & Chillswim Coniston have been featured on BBC (Blue Peter), BBC (Truth about stress), BBC & ITV news in addition to lots of online and printed press coverage including Times, Guardian & FT. If your company would like to sponsor Chillswim events please contact Chillswim's Director Colin Hill on: Colin@chillswim.com

Supporters: Get involved at Chillswim Coniston!

We have over 720 swimmers and a workforce of 170+ on event day. We have over 120 event professionals working with us and are looking for some willing hands and smiling faces across a variety of roles to get involved. It's a great opportunity to see how an event works from the other side of the water! **If you have a friend who may be interested in volunteering at the event please email us.**

Our crew are across 5 locations and shift times vary according to role, all roles except the finish crew can expect an early start (approx 6.30am) in order for us to be ready for the first swimmers in the water. We expect the last swimmer to be out of the water by 3pm though some roles will finish before then, some will not finish until after 3pm.

