



**& KIDS AQUATHLONS**

## **Competitor Information**

Thank you for entering Swim Bewl & Kids Aquathlons on June 30<sup>th</sup> 2019

### **Arrival at Bewl**

Competitors are not charged for entry at Bewl however it is absorbed into the race entry. However, we do need entrants to print off a confirmation of entry. **We will resend your booking confirmation email (incase you have deleted it) to all entrants the week leading into the race.** If you forget to bring confirmation you are competing, the gate will charge you £3. Any spectators arriving separately will need to pay the £3.

There is plenty of parking, toilets and the waterfront café at Bewl, overlooking the swim start.

## Registration & Arrival

Registration for all events opens 8:15am (see map). Registration will stay open until the swim starts (11:30am), so if you are competing in one of the endurance swims, you do not need to arrive too early.

We ask all kids Aquathlon entrants to arrive, register and be ready for a 9:30am race briefing.

If you are a member of the BTF please bring your , if you are not registered with BTF, please do not worry you will be allocated under day insurance.

You will be given everything you need at registration, including any purchased Swim Bewl T-shirts (some stock will be available, please bring cash as we have no card facilities!).

### Kids Aquathlons

The races are under a BTF Permit and follows guidelines on water temperature (see page 7 for details) . The water temperature decision can only be confirmed by the temperature test 1 hour prior to the events. (BTF guidelines. We will update on Facebook the temperature of the water 1-2 days prior to race day so you have a good idea of what to expect.

After the swim, kids will exit via the concrete ramp (see map). Trainers and running tops (number belts) will be left close to swim exit, so kids can do a quick transition before heading off for their run. Some form of top must cover the chest, and the race number must be displayed on the front, so either a t-shirt, tri-suit or whole body swim costume.

Depending on race entries for each aquathlon distance, we may combine categories into one race, and we will confirm this at registration.

A race briefing before EACH distance will be done by the swim start, so that all kids are comfortable before starting.

We will award 1<sup>st</sup> / 2<sup>nd</sup> & 3<sup>rd</sup> category (boy/girl) after all the aquathlons are completed.

## Endurance Swims.

**Wetsuits** – Are inline with the BTF permit water temperatures. See Wetsuit BTF regulations (Page 7) further down the race info.

**Course** - The course is being set up on the reservoir on Saturday. Dependent on factors with the venue and other reservoir uses, we intend to have a 1km lap format, same as 2017 & 2018.

**Lap Exit** – After each completed lap every swimmer will have a short exit, you will be channeled through over the timing mats, passed the hydration / nutrition tables before entering back into the water. There, will be a place to sit and rest if needed! Plus give spectators the chance to cheer you on! Toilets can be found 100m from swim exit at the Café if required

**Medical** – Wealden event medical cover will be in place the whole event (swim & kids) , and on hand at each swim lap exit if you have any concerns.

**Water Safety** – A big team of experienced canoe safety team from Blue Response and Bewl Waters own safety boat on the water the entire event duration. Race briefing will include what to do if you have having any problems in the water during the swim.

**Hydration / Nutrition** – For the 5km and 10km swimmers this is a very important part of the event for performance and safety. At each swim exit lap there will be water, coke and some nutrition. You are also welcome to leave your own bottles of drink / food (please label) on the tables or with a spectator to pass to you. Once you get the lap distance confirmed at registration it should give you an idea of how often you will exit the water for fluid and energy and therefore how much to consume.

Ensure you are well rested, hydrated, fueled and physically capable before starting the event on Sunday.

**Cut off / Changing distance during swim** - The whole event has to be completed at 4pm, giving the 10km swimmers around 4hrs 15 mins. There is no cut off for 5km (4pm!).

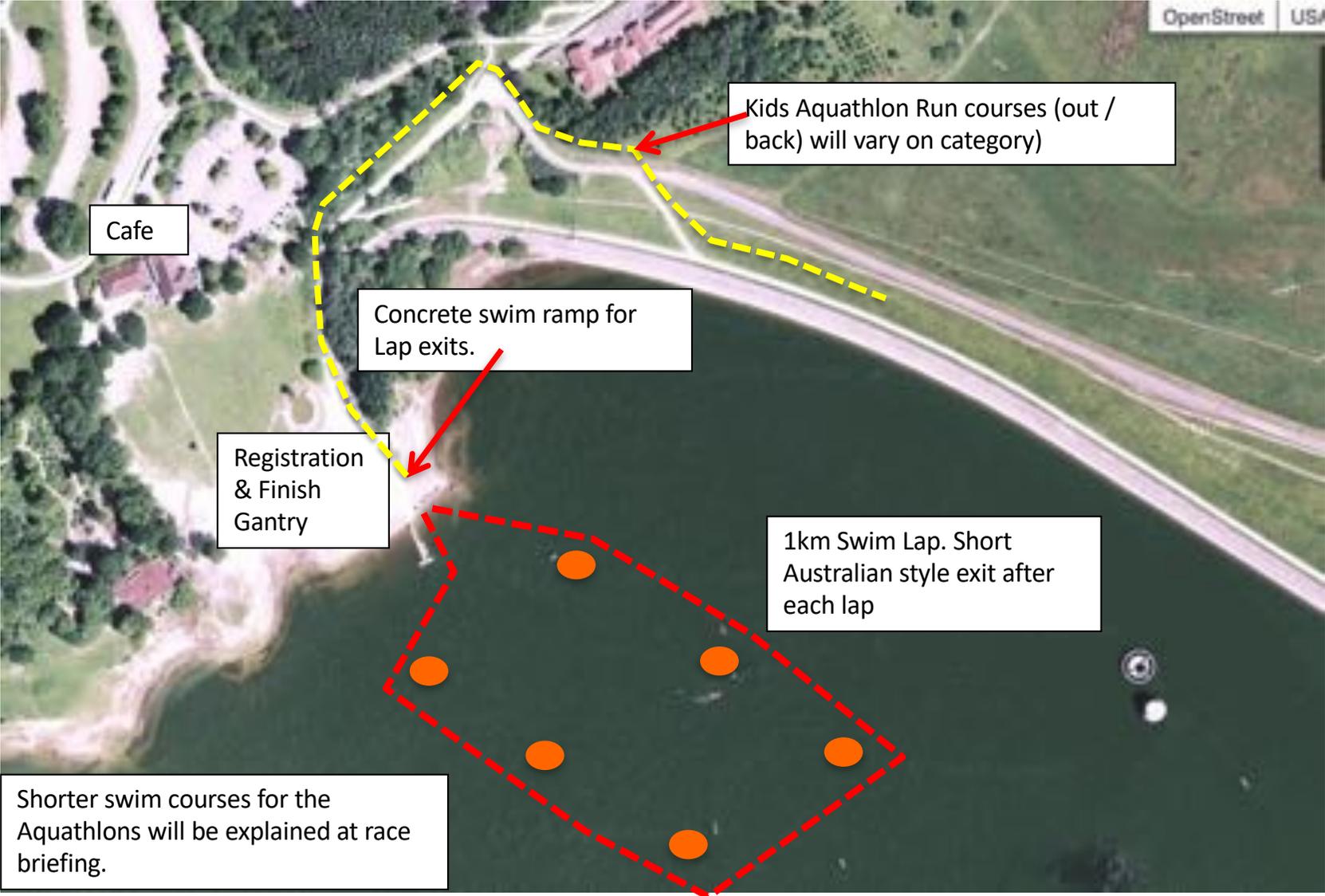
If you finish early you will be included in the results and listed as distance completed. However, you wont qualify for podium prizes if you drop down a distance DURING the race. We are able to swap you into a different distance category at registration.

**10km Cut off** - as the event has to finish at 4pm and reservoir be clear, if it is looking impossible for a 10km swimmer to complete another lap within the time frame left, we will kindly ask that your swimming day is completed at that point! Again you will be on the results with distance completed, and receive a finishers medal.

## Swim Bewl 2019 – Estimated timetable

Time	
<b>8:15am</b>	Registration Opens
<b>9:30am</b>	Kids Aquathlon race start.
<b>11:00am</b>	All Aquathlon races expected to be completed and presentations. (trophies for 1 <sup>st</sup> -3 <sup>rd</sup> Boy / Girl in each category)
<b>11:30am</b>	Race briefing for all endurance swimmers. Held at registration overlooking the swim start and reservoir.
	Swimmers start. Wave starts are by distance, and 10km swimmers will start first to allow maximum time before the cut off. Small gaps of 5-10 mins between waves to give some clear water.
<b>Prize Givings</b>	Prize giving will be held for each distance as that event is completed, we won't expect everyone to wait until 4pm! All finishers get a bespoke medal, trophies for podium male / female in each distance.
<b>4pm.</b>	Event completed.

# Swim Bewl (aquathlons) map— (final layout and route will be confirmed at registration and race briefing)



# Bewl Race Layout Overview



## Wetsuit Guidelines – Temperatures

- The events sits under BTF permit guidelines. These rules are the same for any open water event under a BTF permit.
- Final water temp is taken 1 hr before race start.
- Please come prepared for both wetsuit, and non-wetsuit swim.
- Between 14° C -22° C wetsuits are optional.
- Please see BTF table below

## Camping



Bewl Water now offer public camping.

Please visit

<https://www.bewlwater.co.uk/camping/> and confirm your camping arrangement direct with Bewl Water.

a.) The use of wetsuits is forbidden or mandatory if the following combinations of distance and water temperature are attained:

Swim length	Forbidden Above	Mandatory Below*
Up to 1500m	22°C	14°C
1501-3000m	23°C	15°C
3001-4000m	24°C	16°C

\*when mandatory, the wetsuit must cover at least the torso

*This line is intentionally omitted;*

Modifications:

- a.) At temperatures below 11°C it is recommended that open water swimming does not take place. The above temperatures are based on water temperatures alone and assume that the wind chill factor is negligible. If wind chill is significant, swim distances may be reduced at higher temperatures.

# Advice on Open Water Swimming from Blue Response.

## Sea versus Air

Both the water and the air temperature will have an effect on your thermal comfort whilst swimming however water will draw heat away from your body 4 times quicker than air and therefore water temperature is of greater concern when deciding how long you can safely spend swimming. It is important to understand your own ability to withstand water temperatures when deciding on your swim distance and whether or not to wear a wetsuit for the race.

## Hypothermia

If our core temperature continues to drop the following signs and symptoms may occur followed by unconsciousness and death if we do not get ourselves out of the water and begin the process of reheating;

- slurring of speech,
- becoming introverted,
- slowing of physical activity and/ or muscle spasticity
- confusion and forgetfulness
- lack of coordination and disorientation
- Hallucinating

**If you feel you are being affected by the cold start to make your way back towards and via the shortest possible route. Staying in the water is never the better option.**

It may be tempting to start sprinting towards the shore line and this may initially make you feel warmer as it increases heat production but it will also use up any existing energy very quickly. Best practise is to turn onto your back and use a breast stroke kick to get yourself back to safety. This may take a little longer but it will conserve the crucial energy you require to maintain your core body temperature.

Once you are on land, take the following steps:

- Take shelter from the elements
- Remove bathing suit and replace with dry clothing, preferably with a waterproof/windproof outer layer
- Keep your head covered. 50% of heat can be lost through the head when in cold environments so a quick change over between swim cap and woolly hat.
- Take sips of a warm drink and eat high energy food such as chocolate

### DO NOT:

- Have a hot shower
- Use direct heat such as hot water bottles
- Drink alcohol

## WETSUITS & Open water swimming

Days of wetsuit wearers being frowned upon by the open water swimming community has come to an end, with the ASA recommending that anyone swimming in a water temperature of 16°C or lower wear a wetsuit. The benefits of wearing a wetsuit are obvious; you can stay in the water for longer, allowing you to swim greater distances. Many sea swimmers still opt not to wear a wetsuit as the buoyancy created from the neoprene coupled with salt water can have a dramatic effect on your stroke. As well as this many see open water swimming as somewhat spiritual in being one with the water and feel that a huge part of that is lost when they wear a wetsuit. Should you choose not to wear a wetsuit then acclimatising yourself to the conditions is vital.

**Ensure that your head is covered.** Blood flow tends to remain pretty constant to the scalp and brow even when the body is taking action to protect its heat from being lost to the elements and up to 50% of body heat can be lost through the head in cold environments.

In the winter months you may choose to wear a neoprene hood/cap. These come in various shapes and thicknesses and can be bought from most surf shops. These should not be worn in the summer months as they can have an adverse effect and cause you to retain heat which can cause heat stroke.

**RULE:** Club hats are to worn at all times during swims. They not only keep you warm but also make you visible and recognisable. Should you choose to wear a neoprene hood/cap then your club cap should be worn over the top of it.

### Habituation and Acclimatisation

Habituation is the process of adapting to getting into cold water and therefore reducing the effects of cold water shock. **Cold water shock** can occur on initial immersion in cold water. The characteristics are:

Your breathing rate can increase to a point of hyperventilation which can cause aspiration of water and drowning. In order to reduce the effects

- keep your head out of the water
- turn onto your back
- and use minimal arm action until your breathing is under control.

If you continue to do this on a regular basis, your body will adapt to the process of getting into cold water and you should see the effects reduced each time. In order to increase your body's ability to stay in the cold water for longer periods of time, we go through a process called acclimatisation. This is a gradual process and should happen over weeks not days. We strongly recommend that you have safety cover with you during an acclimatisation swim i.e. if you are trying to swim for longer than you have done before in a given temperature.