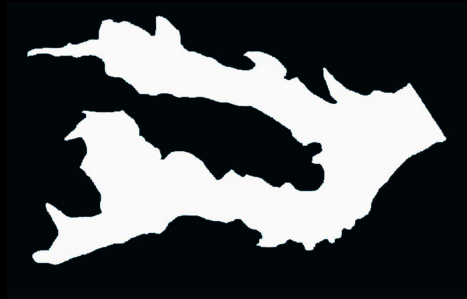


**SwimRutland  
NightSwim**



**31/08/2019**

Your Event Guide  
SwimRutland NightSwim

# Are You Afraid of The Dark?

We're delighted to be welcoming you to Rutland water this August for our annual Night swim.

Each year several hundred people swim into the night taking in the unique atmosphere experienced when swimming under the stars.

You'll be exceptionally well looked after by our safety crews who are highly skilled and incredibly professional. They'll be on hand to take care of you should you require any kind of assistance whilst taking part in the night swim.

SwimRutland NightSwim is truly for everyone, we do not time the event and encourage everyone to relax and soak up the atmosphere. No one is judging technique or comparing results, we just have a really fun evening with swimming, glow sticks, music and refreshments.

We are delighted that you will be joining us.

If you need anything in the meantime please don't hesitate to get in touch. We look forward to seeing you all very soon.

Thank you so much for supporting the event

All the best,

The SwimRutland Team



## Event timetable

**Saturday 31/08/19**

<b>Whitwell site open</b>	<b>8:00am</b>
<b>Registration opens</b>	<b>5:00pm</b>
<b>Bag drop opens</b>	<b>7:15pm</b>
<b>Registration closes</b>	<b>7:45pm</b>
<b>Event briefing</b>	<b>7:50pm</b>
<b>Sunset</b>	<b>7:53pm</b>
<b>Bag drop closes</b>	<b>7:55pm</b>
<b>Lights out</b>	<b>7:59pm</b>

### **Swim Start 8:00pm**

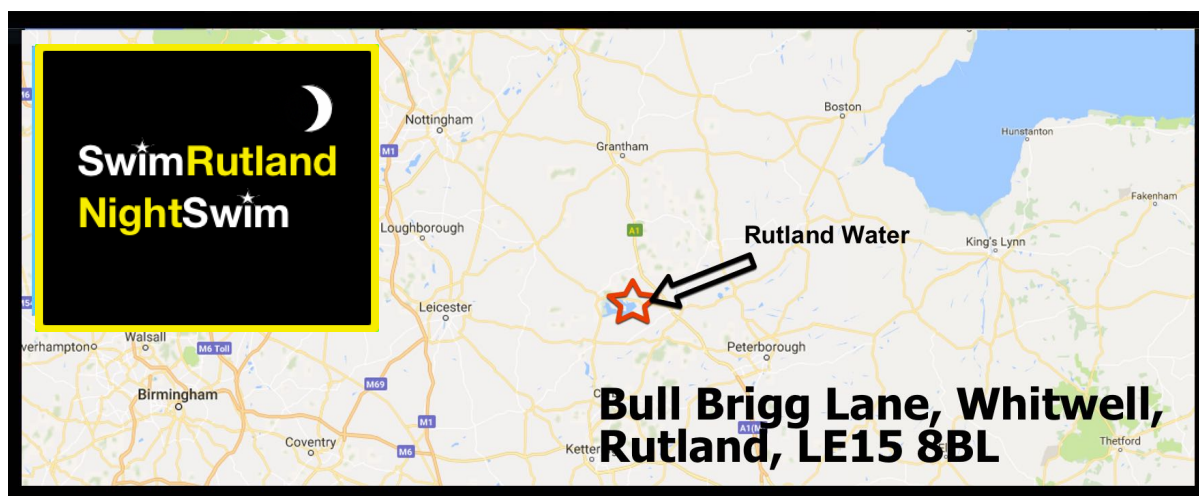
You can start at any time after 8:00pm until the cut off. There is no need to rush into the water. We enter at dusk so that people can get their bearings in the last bit of light. Some may prefer to hang back and enter in the pitch black. It's your choice.

### **Long course closes 9:20pm**

It may be necessary to condense swimmers onto the shorter course towards the end of the event. Please follow instructions from safety crew.

<b>Short course closes</b>	<b>9:30pm</b>
<b>Post swim snacks served</b>	<b>9:00pm - 9:45pm</b>
<b>Changing rooms close</b>	<b>10:00pm</b>
<b>Whitwell site closed</b>	<b>11:00pm</b>

## Getting to the venue



Sat Nav: Rutland Watersports, Bull Brigg lane, Whitwell LE15 8BL

The event takes place from the shore of Rutland Water in the Village of Whitwell, located on the North shore of Rutland Water between Barnsdale and Empingham.

Rutland water is scattered with facilities around its perimeter with Whitwell being its major hub for Watersports, Cycling and Climbing.

Getting to the site is easy and once you're there we have signposted the site to ensure a stress free visit. Just follow the SwimRutland signs to event registration.

### **From Oakham A606**

Travel along the A606 towards Stamford along Rutland Waters North shore. You will pass through Barnsdale with Rutland water on your right hand side the entire way. Turn right just as you enter the village of Whitwell. Follow the winding road until you reach the entry barriers. Directions will be clear from this point to get you to registration.

### **From Stamford A606**

Travel along the A606 towards Oakham, pass through the village of Empingham, then through Whitwell. As you exit the village turn left just at the brow of the hill and approach the national speed limit signs.

(After the Village of Empingham you will get a view of the swim course and Rutland Water on your left hand side.)

### **On the A1 Northbound**

When driving on the A1 Northbound continue north until you see signposts for Oakham, Rutland Water and the A606. Take the junction for Oakham. The slipway you require is located just outside the town of Stamford, there are several junctions for Stamford before you reach this point, waiting for the correct junction will bypass the town. Earlier exits take you through the town unnecessarily. **A606 Oakham.** Follow the road for several miles, through the Village of Empingham and on to Whitwell. The site entrance is on the left as you exit the village.

**On the A1 Southbound**

When travelling from the North head towards the town of Stamford. Look for signs towards Oakham A606 and Rutland Water.

Take this slipway then turn Right towards Oakham on the A606 on the very outskirts of Stamford.

**A47 from the East (Peterborough)**

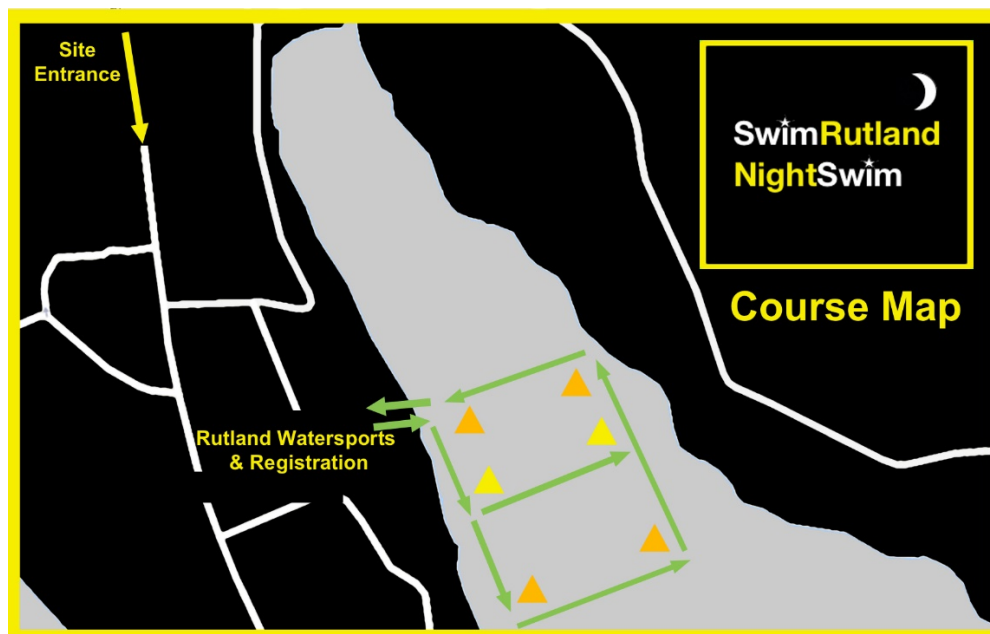
On the A47 leaving Peterborough take the A1 Northbound toward Stamford at the Village of Wansford. Continue north until you see signposts for Oakham, Rutland Water and the A606. Take the junction for Oakham. There are several junctions for Stamford before you reach this point. They will take you through the town unnecessarily. **A606 Oakham**. Follow the road for several miles, through the Village of Empingham and on to Whitwell. The site entrance is on the left as you exit the village.

**A47 from the West (Leicester)**

Follow the A47 from Leicester until you reach the small Town of Uppingham. Take the second left on the roundabout on the A6003 towards Oakham. Continue along this road until you find yourself on the Outskirts of the town of Oakham. When you reach the roundabout on the outskirts of the town, turn right onto **A606 towards Stamford**. Follow this road where you will see Rutland Water on your right hand side. As you reach the Village Whitwell, you are looking for a junction on your right where you will see SwimRutland well signposted.

**Registration is located next to Rutland Water sports and Aqua Park.**

## The Course



### You choose your distance

Swim as much or as little as you like. We will have two linked courses. One will be a larger loop marked with Orange buoys. The smaller loop will be closer to the entry and exit area. This will be marked with yellow buoys. (We appreciate that you may not see the difference in colours in the dark, but it will help you get your bearings when it's dusk during the first lap).

The course will be kept extremely simple.

The map outlines our proposed course. It might be subject to last minute changes if the weather effects particularly exposed areas.

Any changes will be highlighted in the race brief. The course is more likely to change than most other events as swimming in choppy water at night isn't fun.

Please swim around in the direction indicated.

You can choose either loop or a combination of both.

Only enter and exit through the well-marked area by the slipway.

We will use glow sticks to mark the course.

**Yellow = Swimmers**

**Green = Marker buoys**

**Blue = Safety crew**

**Red = Hazard**

Red lights and glow sticks will mark hazards such as jetties and boats on the outskirts of the course.

When entering the event you acknowledged that the course may be changed to keep everyone safe. SwimRutland reserve the right to change the course without notice if there is any doubt over the safety of swimmers. Their decision is final and will be made in conjunction with key stakeholders in this event.

## Compulsory Kit

Please note that **Swim buoys** are compulsory equipment for this event.  
The hire cost is included in your entry fee.

This is a **wetsuit** compulsory event. This is a stipulation from the lake owners and exceptions cannot be made. You can hire wetsuits from Rutland Water sports or contact Advance performance in Peterborough for a more swim specific option.  
Rutland Water sports will have hire suits available on the evening of the swim. You will not be allowed to participate unless you are wearing a wetsuit.

**Swim Hats** will be provided. This must be worn and helps us to identify you via the race number.

Anyone with latex allergies should make event staff aware at registration.

### **Safety equipment (all collected at registration)**

Wrist band and whistle

Bright yellow swim hat

Swim float

Glow stick



## **Safety**

**(please read this bit. The rest is helpful, this is vital)**

Swimming in the dark creates a number of safety issues. We appreciate your co-operation in helping us create a safe event for everyone. By sticking to the guidelines, we can ensure everyone enjoys SwimRutland NightSwim.

We expect plenty of people to soak up the atmosphere and take it all in. We therefore need you to be very clear when you need assistance. Visibility is obviously compromised so your co-operation is paramount.

If you experience difficulties whilst out on the course please follow the safety procedure.

1. Stop, hold onto your swim buoy and rest.
2. If you cannot continue please try to attract attention by raising your arm.
3. If you struggle to gain attention please use your safety whistle to attract a marshal.
4. Please continue to very clearly blow on the whistle until a marshal locates you
5. hold onto the bow or stern of the kayak, please do not try to climb into the boat
6. follow instructions clearly

Please stay on the course at all times.

If you are unsure then please ask a marshal for assistance.

Please wear your swim hat, swim float, wrist band, whistle and glow sticks at all times.

We need your glow sticks to be visible throughout the swim, we suggest you put them underneath your goggle strap at the back of your head for the most effective positioning.

It perhaps sounds strange, but the darker it gets the better we can see you!

There are no records to be won, so please be courteous when swimming around the course. This event is accessible to all and we appreciate your co-operation exercising caution when passing other swimmers.

It's not fun being swam over in the daylight, let alone in the dark. Please do not race through people if you are a faster swimmer.

Equally, slower swimmers and those just taking in the atmosphere please do not block the course in large groups for more advanced swimmers to have to negotiate.

Anyone not swimming in a sensible and courteous fashion will be asked to leave the swim course immediately.

Safety cover for SwimRutland will be provided by the team at Rutland water sports. They will be on the water at all times during the event.

If a kayaker assists you, please wait for instructions and do not try to mount their craft. There are handles on the very front and back of each kayak. These are the ideal place to hold onto. If you simply need a rest please be mindful that holding onto a kayak will reduce the number of active safety craft. Your swim float is designed so you can hang onto it and rest at any point on the course.

Medical services will be located at registration. Please visit them if you have any issues during this event.

If you need assistance resulting in you leaving the water, unfortunately you cannot re join and continue with the event. The safety crew will get the final decision on anyone's ability to continue and may ask you to board a safety craft for a lift to the recovery area.

### **Check in/Check out**

It is vitally important that we check each swimmer in and out of the water. Please be patient during this process. We will work as quickly as possible. Please do not enter or exit the water through any other means other than the official swim start or finish chutes.

If you pull out of the event for any reason, it is your responsibility to let officials know. Anyone leaving the event through any other location other than the official entrance/exit will potential endanger other swimmers and will therefore be disqualified from any other future events.

### **Swim entry tickets**

Each swimmer will be issued with an entry ticket. This will match the number on your swim hat. Please bring it to the swim entrance where you will hand it to event staff before you enter the water. This will eradicate any queues as you enter the water. It's important that we check everyone in and out of the water. This is the most efficient way to prevent a substantial wait. Please be patient as you exit, we need to check you out. Swimmers should be dispersed by that point.



## **General event information**

### **Parking**

**When you arrive please take a ticket as usual at the entry barrier.  
(otherwise it won't let you in)**

Parking is Included in your entry fee. Barriers will be lifted when you exit. No need to do anything, no ticket required to exit, just drive out the site once you've finished the event.

### **Toilets**

There are toilets located across the site at the various public spaces. The main facilities are located at Rutland Watersports. Public toilets are located on the side of the building as well as Rutland water sports. The closest disabled access toilets are located here on the side of the building.

### **Changing Rooms & Showers**

You will find changing rooms and showers located at Rutland Watersports, a small walk from registration.

### **Camping**

If you wish to camp, you will need to book through Rutland Watersports, the campsite is available on the weekend of our event. Other camp sites are available locally but this is by far the most convenient.

### **Mementos**

All swimmers will receive a t-shirt to commemorate their achievement.

### **Event timing**

SwimRutland NightSwim is not a race, therefore we will not be timing the swim.

### **Contacting us**

We always try to be as contactable as possible but please understand there might be a delay getting back to you on the week of the event.

We try to answer any urgent emails as a priority.

Please write URGENT (if it is actually urgent) clearly in the email title if you have an enquiry close to the event.

All other enquiries will be answered as soon as possible.

swimrutland@gmail.com

Most general enquiries can be answered on the website or in this guide.

### **Bag drop**

Please bring any **non valuable** items you would like storing to the Bag drop tent near registration. We will attach a luggage tag with your race number on. (Please check it corresponds) **Please no valuable items in the bags.** Bag drop is for warm clothing, footwear, or any items you required prior to the start.

Bags will be stored in a dry place for you, when you finish please visit bag drop and show them your race number to retrieve your bag.

We will not take responsibility for valuables including wallets, keys and phones. If left in the bags they are done so at entirely your own risk.

### **Glow sticks**

All swimmers will be issued with a yellow safety glow stick. Please wear this at all times in the water.

Yellow glow sticks should be worn underneath your goggle strap on the back of your head.

Marshals will be on hand to assist with positioning.

### **Wrist bands.**

All swimmers will wear a rubber SwimRutland wristband with a safety whistle attached.

Please wear these bands for the duration of your swim.

### **Water quality**

Water quality is monitored by Anglian water, we will obtain a full water quality report in the week running up to the event to ensure all is well.

In the unlikely event of unsuitable water quality the event will be postponed or cancelled.

### **Adverse weather**

In the event of adverse weather we might be forced to change the location of the course. We will keep as close to the original plan as the weather will allow.

In extreme weather we may be forced to cancel the event, we will issue a credit note if this is the case.

## Registration

Registration will take place in the classrooms that are part of Rutland Water sports.  
If you've swam with us before. We are in exactly the same place. We've just upgraded from tents to the building adjacent.

If you've never swam with us before, don't worry, follow the signs.  
(it's the same place you register for inspire2tri swims on a Sunday)

**Saturday 5:00pm - 7:45pm**

Please follow our SwimRutland signs to registration

**There is no distance allocation this year. You can swim as far as you like within the time allowed.**

### The Registration process.

Arrive in good time, for safety reasons we cannot allow late swimmers to join the event.

Double check your individual number on the printouts provided

Inform us of any changes in your emergency contact details or medical situation.

Collect your Swim hat, float, wrist band, whistle, t-shirt and glow sticks.

Change ready for your swim

Use the bag drop provided to store **non valuable** items during the event.

**Please do not use your glow stick until the start of the swim.**

Attend the compulsory event briefing 10 minutes before swimmers enter the water.

You may enter the water in your own time. No need to rush but please be present for the briefing before the start of the swim.

## Once you finish

Exit through the designated area

Please assist the marshals in signing you out of the swim

**Under no circumstances re-enter the swim once you've been signed out.**

(only once the above is complete)

Collect your t shirt

Help yourself to the drinks and snacks available

Drop your float in the cages provided, please don't walk off with them.

Collect your bag from bag drop

Changing and warm showers are available at Rutland Water sports

**Feet up, relax, eat, drink, listen to music, chat and enjoy the evening.**

**We won't be rushing off so please join us.**

## **Beginners check list**

Open water swimming is substantially different to swimming in a pool. If prepared it's exciting and gives a unique sense of freedom. Failure to prepare can result in unnecessary stress and danger. Please read the following carefully and ensure you've done everything you can to prepare for this event. If anything is not covered in this document please email [swimrutland@gmail.com](mailto:swimrutland@gmail.com) and we will be happy to assist

### **Prepare for the conditions**

The event should not be your first time in open water. Attend your local open water swim session in advance. Inspire2tri host weekly training session at Rutland water and offer the perfect opportunity to familiarise yourself with the venue and conditions.. Get used to the temperature, swimming in a wetsuit and the lack of a lane to keep you on course.

### **Swim shorter events**

If you get the opportunity to swim in a group before this event then we recommend you take it. This could be an informal open water swim session or another event.

Talk to a coach or consult your local triathlon club. Our friends at inspire2tri offer comprehensive coaching and guidance.

### **Learn the course**

The course will be published well in advance, maps will be provided to each competitor. The course is clearly marked and buoyed. You'll get a good view of the swim course on the trip to Normanton on the Rutland belle. Keep an eye out the window! The course is a point to point swim. You can see the finish line from the start.

### **Ensure your personal health**

If in any doubt about your personal health and ability to complete the challenge, please ensure you seek medical advice.

### **Don't use new gear on event day**

New gear is great, we all enjoy a bit of new bling. But it's a risk you don't need to take. New kit can be amazing, however it can be uncomfortable or faulty. A test run will ensure you don't get caught out.

### **Warm up**

Warm up on race day, get prepared and ensure your body is ready for the challenge. A good warm up is important for any exercise, swimming in open water is a tough physical undertaking. We will allow plenty of opportunity and advice in warming up for the swim. Be sure to do some light cardio exercise before the start of the swim.

### **Start easy**

Don't go out all guns blazing. It's tempting! It's easy to get over excited, but make sure you're not the person who hits a wall half way through. You might be very capable of the distance on a normal day but don't allow yourself to get to over excited and ruin your ability to complete the distance.

### **Be alert and ask for help**

Be aware of your surroundings, keep an eye on your position, try to stay on course and within the buoys, if in doubt find a safety marshal and ask for help. Even if you just need a rest, that's fine. Try to prevent a minor issue escalating into a major one. If your fellow swimmers need assistance raise your hand and wait for a marshal. If in any difficulty yourself roll onto your back and hang onto your swim float. Marshals will be with you as soon as possible. Feel free to hang onto static objects or safety craft. Please do not try to get into the craft unless instructed. Climbing aboard a kayak in a panic could cause the craft to capsize leaving the paddler in danger.

### **Pay attention to warning signs**

Discomfort, cramp light headedness, unusual shortness of breath and fatigue are all warning signals, please seek assistance if you encounter any of these symptoms.

### **Swim at your own pace**

It's easy to get carried away in the heat of the moment, let other people race away! You'll catch them! The best way to complete the challenge to your best potential is to stick to your own plan,

Don't swim at max effort from the start

concentrate on your breathing rhythm until you settle into the event.

Thank you for reading the event guide  
See you soon

[www.swimrutland.com](http://www.swimrutland.com)  
[swimrutland@gmail.com](mailto:swimrutland@gmail.com)