



Competitor Information (Updated Wednesday 30th June)

Thank you for entering Swim Bewl & Kids Aquathlons on July 4th 2021

Water Temperature on Wednesday 30th June was 17 degrees, wetsuits will be optional, any Non-Wetsuit swimmers please ensure you are confident and acclimatised to these temperatures.

Competitors are not charged for entry at Bewl, it is absorbed into the race entry. However, we do need entrants to print off a confirmation of entry and display in your car window. **We will resend your booking confirmation email (incase you have deleted it) to all entrants the week leading into the race.** Any spectators arriving in separate vehicles will need to pay normal car parking charge (£5)

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

Each athlete will be emailed a Covid Health Declaration to complete and return.

Kids Aquathlon Information – (PAGE 1)



SOCIALLY DISTANCED RACE BRIEFING FOR ALL KIDS RACES AT 8:50AM. (Transition area)

- Aquathlons will aim to start at 9am , starting with Novice through to Youth
- **Kids can register at race HQ anytime from 7:45am.**
- Each category will have a separate transition area available as soon as you register. Transition will close once race briefing has finished at 9am, so all kids must have registered and sorted their transition kit.
- Each category will be called by PA announcement to the swim start area.
- No assistance during the race or transitions from parents.
- A social distanced queue will be formed at the swim start area for each category, Kids can queue in any order within their race. (marshals will assist)
- Athletes will have a rolling start over timing mats as they enter the water, to achieve social distancing.
- Please note there are no set wave times due to the adapted Covid format, we will work through each category, so all athletes should be ready from 9am and will be called to the start area.

Kids Aquathlon Information – (PAGE 2)

- Wetsuit rules are in line with BTF water temp (optional between 14-22 degrees). See Table on slide below. Above 22 degrees, it will be a non-wetsuit swim, please come prepared for both (there is a chance it could be non wetsuit).
- For the run a 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.
- Trophies are awarded for the top 3 Boy / Girls in each Category.
- [Trophies Posted out after the race, no results on the day \(please read 'RESULTS PAGE' further down this information\).](#)
- SafeGuarding Officer will be Jo Holdaway, go to Race HQ for any issues.
- See Swim & Run maps further down information.

We are there to help, and once you turn up, we will aim to make the race as simple and enjoyable as possible. Don't panic, we will ensure all the kids are happy and aware of the race details before they start! Once you arrive you can ask us any details!

Distances below. (there may small variations due to open water and layout of the grounds)

- Novice Try an Aquathlon (8+yrs) – 25m swim / 600m run.
- TriStar 1 (9-10yrs) – 150m swim / 1200m run
- TriStar 2 (11-12yrs) – 250m swim / 2000m run
- TriStar 3 (13-14yrs) – 400m swim / 3000m run
- Youth (15-16yrs) – 400m swim / 3000m run



Swim Bewl 2021 – Timetable

Time	Kids Aquathlon Timetable
7:45am	Kids Aquathlon Registration Opens
8:50am	Race Briefing for ALL KIDS at Transition by swim start
9:00am	Kids Aquathlon races start. Novice thru to Youth.
10:00am – 10:30am	All Aquathlon races expected to be completed

Time	Endurance Swim Timetable
10:45am	Registration for Open Water Swims Races opens
11:45am	Race Briefing ALL Swimmers
12 midday.	Swimmers start. 10km swimmers will start first to allow maximum time before the cut off (4hrs). Rolling start system.
4pm-4:15pm	Event completed.



2km | 5km | 10km Endurance Swims (Page 1)

- Registration opens from 10:45am (based at swim start area)
- You will receive swim hat and timing chip.
- We will ask you to mark your race number on your hands
- Race briefing (socially distanced!) for ALL swimmers will be held at 11:45am at the swim start area.
- 10km Swimmers will start straight after race briefing (12 midday) in a rolling start system (due to Covid restriction permit). 10km swimmers first to allow maximum 4hrs time for each 10km swimmer.
- We will start on a rolling start over timing mats, and aim to get all swimmers into the water whilst maintain social distance at the start. We expect it to take 10-15 mins to get everyone into the water, but please be ready for midday.

2km | 5km | 10km Endurance Swims (Page 2)

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 Monday 28th June, and we will email out confirmed swim course map. Dependent on factors with the venue and other reservoir uses, we intend to have a 1km lap format, same as 2017, 2018, 2019.

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 – Blue Response 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 team from Blue response will provide water safety 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 bottled water only, you are welcome to leave your own bottles of drink / food (please label) on the tables or with a spectator to pass to you. Due to Covid restrictions permit we cannot supply our normal nutrition. 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. 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 won't 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 RULE- 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.

Results & Trophies

MyLaps championship timing will be used to time the event.

Due to the rolling start system we have to implement at this event, the timing team will need more time to input specific start times for each athlete whilst the event is happening, and the BTF permit encourages athletes to race and leave promptly due to Covid therefore;

Provisional results will be uploaded online after the event has finished, please keep checking www.tlsports.co.uk after the event. Results will be finalised after 48hrs.

Trophies will be sent out following the event.

Trophies awarded.

Endurance Swims

1st | 2nd | 3rd Male & Female Each swim distance

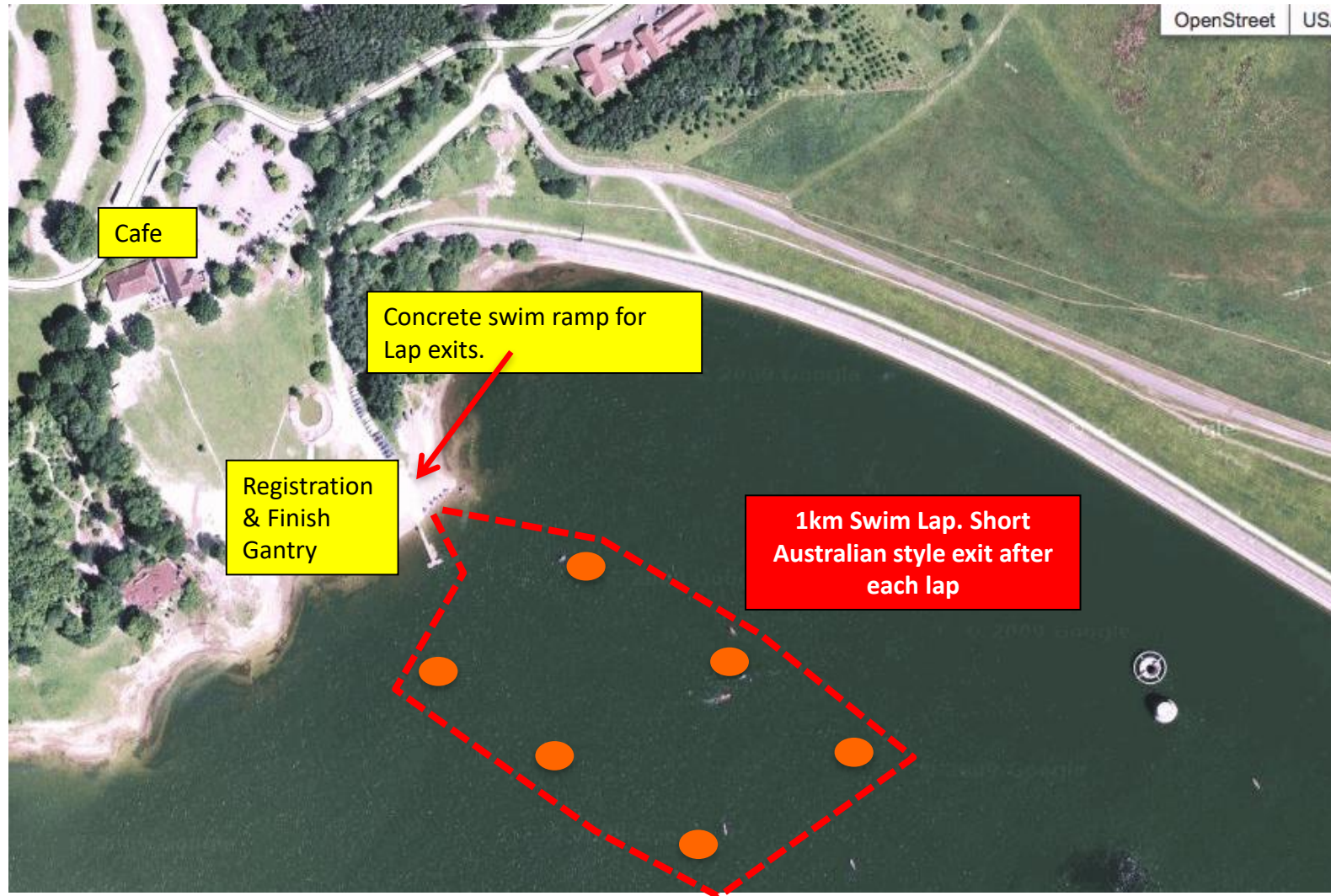
AG winners receive a race discount voucher

Kids Aquathlons

1st | 2nd | 3rd Boys & Girls for each category.

2km | 5km | 10km Swims

Course is a 1km lap, with a short (20m) 'Australian style exit' each lap, over timing mats, access to fluid and back in. Swim course is being laid out on Monday 28th June, we will confirm any changes.



Kids Aquathlon Swim Courses

The Swim courses are being laid at Bewl on Monday 28th June, we will add and email out confirmed swim course maps for the aquathlons the week leading into the race.



Kids Aquathlon Run Courses

All kids runs head out onto the Dam Wall, each category will turn at different points to achieve the correct distance.



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 the temperature ranges below wetsuits are optional.
- Please see BTF table below

Camping

Bewl Water now offer public camping. Please book asap as they get full, especially as due to Covid and everyone doing StayCations!!

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

Bewl do not allow Carvans or Motorhomes, only tents and small vans.

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.