



**WEYMOUTH & PORTLAND LIONS CLUB
CHRISTMAS DAY 2015, HARBOUR SWIM.**

BRIEFING TO SWIMMERS



Key times for the event.

- Registration will start at **09.45** on 25th December 2015
- Registration will close at **10.45**
- The first swim will commence at 11.00

Where will registration take place?

At the Old Rooms Inn (on the Brewers Quay side of the Harbour)

What do I have to do at Registration?

- ❖ **You will be asked to**
 - Pay the entry fee of £5 (under 16 years exempt)
 - Sign the registration form
 - Hand over your sponsorship form for checking

Please note: If you want to swim with your friends then you must register together at the same time

- ❖ **Say which of the following classes you wish to enter:-**
 - Family fun swim – Non competitive
 - Junior Competitive (Boys and Girls)
 - Ladies competitive
 - Open competitive
- ❖ You will then be **allocated a coloured wristband** accordingly

What Happens at the Start?

- **Swimmers will be called forward by class/wrist band colour** into the 'starters enclosure'
- Swimmers will be marshalled onto the start pontoons on the Brewers Quay side of harbour
- **Number of swimmers.** Each swim will have a maximum of 50 swimmers at any time (because of risk of overloading pontoons)
- **The organisers reserve the right to run more than one swim for each class** or combine classes depending on entry numbers

What do I do with clothes, towels etc?

- You can put any clothes, towel etc. into a plastic bag (to be issued) for transportation by boat to the other side of the harbour (or you can simply leave them with relatives or friends)
- Please note that no cross harbour boat transport (other than for clothing etc.) will be provided

Safety Warnings

- **Access onto the pontoons will be strictly controlled.** Only swimmers with the appropriate colour wristband will be allowed onto the pontoon immediately before the start of their swim.
- When entering the water **beware of movement of the pontoons.**
- Be aware that especially at this time of the year **the water will be cold**, wear a wet suit if possible.
- **Indicate at any time if you need assistance.**
- **It is not advisable to swim if you been drinking heavily the night before**

The Swim

- **A modular floating beach** will be in position at the finish to help you out of the water. It's highly buoyant and you can easily crawl out onto it.
- As in previous years, lifeguards and stewards will be on hand to help you leave the water if necessary
- At the end of your swim, in the interest of safety, **please exit the pontoon and ramp immediately.**

After your swim

- **Collect your clothes** from the winners enclosure at the top of the ramp
- **Winners Medals** will be presented after each swim as soon as possible after leaving the water.
- **Photographs and videos** taken on the day maybe used by Lions for publicity purposes.

If you have any problems or feedback regarding the swim please contact Mark Lockie at harbourswim@weymouthlionsclub.co.uk Or write to us at: Weymouth & Portland Lions Club, c/o Hotel Rembrandt, 12-18 Dorchester Road, Weymouth, Dorset DT4 7JU



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