



MK1K OPEN WATER SWIM CARNIVAL

EVENT / SAFETY BRIEFING

SUNDAY 3RD OCTOBER, 2021

This guide contains details about the race, which will help your event to run smoothly on the day. Please read it **THOROUGHLY** to ensure you are familiar with the event check-in process and the course prior to race day.

PLEASE NOTE: Information contained in this briefing supersedes any previous information distributed about timings and procedures for the MK1K

It is important to remember that whilst more sporting events are starting to take place, we have a responsibility to keep each other safe. Be kind. Be considerate. Be Covid-Safe.

Feeling Unwell

Please protect yourself and your fellow swimmers. DO NOT travel to the event should you feel unwell in the 14 days before the event or have been in contact with infected person/s.

Should you feel unwell at the event, please report to the on-site medical personnel immediately.

Should any person fall ill after the event and display Covid-19 symptoms, they must contact the race organiser immediately at info@lovesportsevents.co.uk

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

EVENT DAY SCHEDULE

0745-0815	Event check-in for 3 race & 2 race swimmers. Swimmers will collect their race kit from the registration area in front of the Watersports Centre. Please form a queue and wait until you are called forward to collect your race bag. You should then proceed to get 'swim ready' and attach your bag label if you are using the bag drop. You will receive 2 tags – one for your bag and one for your wrist.
0835	3 race and 2 race swimmers should be ready to join the swim entry queue which will form at the end of the swim area pontoon. Bags can be dropped in the bag drop area.
0845-0855	Race 1 starts (rolling start) for swimmers who have chosen the 3 race or 2 race option Swimmers will be called forward from the queue to enter the water. Please follow the instructions of the start marshal.
0940	All swimmers must have exited the water and should return to the Swimmer Area between races (ensure you keep warm between swims!)
0945-0955	Race 2 starts (rolling start) for swimmers that have chosen the 2 race or 3 race option.
1040	All swimmers must have exited the water. 2 race swimmers should remove their timing chips & drop in the buckets supplied near the swim exit.
0945-1015	Event check-in for 1 race swimmers
1045-1055	Race 3 starts (rolling start) for swimmers that have chosen the 3 race option and swimmers doing the 1 race option
1150	All swimmers to have exited the water. Swimmers should remove their timing chips and drop them in the buckets provided. Please remove the timing strap before you drop the chip in the bucket (this is yours to keep)

KEY TIMES:

RACE 1: 0845 (3 RACE & 2 RACE SWIMMERS)

RACE 2: 0945 (3 RACE & 2 RACE SWIMMERS)

RACE 3: 1045 (3 RACE & 1 RACE SWIMMERS)

WHAT TO BRING WITH YOU • Your NOWCA wristband (see further information below if you haven't yet collected a band from a NOWCA affiliated venue) • Swimsuit / wetsuit. Wetsuits aren't compulsory unless the water temperature dips below 15 degrees on the morning of the event (see further information at the end of the briefing) • Towel / changing robe / warm clothing • Goggles • Tow Float (optional for all swimmers but MANDATORY for those aged 12-16) • Pre-filled water bottle. We will have drums with water to refill your bottles. We do not provide single use cups.	WHAT YOU WILL RECEIVE IN YOUR RACE BAG • MK1K branded swim cap (you must wear this during your swim) • Timing chip & timing strap • PH1500 Sachet for pre-race hydration (should be mixed with 500ml water) • getbuzzing bar • Fruit All finishers will also receive a medal at the end of the swim **If you wish to wear 2 caps, the event cap must be the outer cap
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THE SWIM Swimmers will complete 1 loop of the 1km course for each swim. If you have entered multiple races, you must exit the water between each swim and return to the swimmer area (behind the Watersports Centre) until the start of the next race. You will have approximately 50 minutes to complete the 1km loop.	ENTERING / EXITING THE WATER Swimmers should line up at the top of the pontoon on the lake side of the Watersports Centre, 5 minutes before the start of each swim. Event staff will direct you along the pontoon where you will tap your timing chip just before entering the water via the start pontoon. You may sit down and slip into the water or perform a safety jump to enter the water (legs split, arms out to sides) NO DIVING, PLEASE Swimmers will enter the water 1-2 at a time. Should you need to acclimatise before commencing your swim, please enter the water and move away from the pontoon to allow swimmers behind you to enter unimpeded. Upon completion of your 1km loop, you will exit the water via step ladders and make your way back along the pontoon to the Watersports Centre. You can collect your bag between swims. Ensure you keep warm between swims!
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SWIM COURSE SAFETY

Please take care when entering and exiting the water and be aware of the other swimmers in the water. There will be safety kayaks on the course but they will keep clear of swimmers unless they see a swimmer in difficulty or are dealing with a situation.

Should you get into trouble in the water, keep your mouth out of the water by floating on your back, and raising your arm in the air if you require assistance.

A kayak will approach you. Continue to take deep breaths whilst remaining on your back (you can rest on your tow float if you are using one). Don't approach the kayak unless the lifeguard instructs you to. The kayak will tow you to safety or perform a rescue in an emergency situation.

Advanced first aid will be in attendance, in addition to qualified open water lifeguards.

SWIMMER MUST NOT SWIM BACKSTROKE. Breaststroke and front crawl are allowed.

FACILITIES

Swimmers will have access to change rooms but please come prepared with appropriate kit to change outside, as changing facilities are limited.

There are toilets and showers in the Watersports Centre.

Additional public toilets are located near the Observation Wheel.

Please respect social distancing measures in place at Willen Lake when using indoor facilities.

BAG DROP

We will provide a bag drop area where belongings can be kept between swims. **Please, no oversized bags.** If you have a robe you wish to have easy access to, please fasten it securely to your bag.

We will provide one bag tag which should be attached to your bag prior to dropping it in the bag drop area. A corresponding tag should be attached to your wrist.

Whilst bag drop will be monitored by event staff, we urge you not to leave any valuable items in your bag.

GETTING TO THE VENUE / CAR PARKING

<https://www.willenlake.org.uk/discover-willen-lake/plan-your-visit/getting-here/>

The closest car park to the Watersports Centre is North Bay Car Park

<https://www.willenlake.org.uk/discover-willen-lake/plan-your-visit/car-parking/>

FOOD & DRINK

Visit the new Bar & Kitchen by Benugo, conveniently located in the Watersports Centre.

<https://www.willenlake.org.uk/discover-willen-lake/plan-your-visit/benugo-bar-kitchen/>

RESULTS / PRIZES Your swim results will be available immediately following your swim at https://resultsbase.net/event/5856 Swimmers choosing the three race option will have their times added for each swim with the fastest being crowned MK1K Champions. All finishers will receive an MK1K eco-medal.	PHOTOGRAPHY / SOCIAL MEDIA Please note that photographs and footage will be taken throughout the MK1K. These images may be used by Love Open Water, Love Sports Events and NOWCA for marketing and publicity, in marketing communications, websites, social media and any third party publication to promote the MK1K. Please contact the event organiser if you do not wish your image to be used. Please share your photos and tag #mk1k
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NOWCA WRISTBAND All swimmers must have a NOWCA safety wristband. If you are not currently a NOWCA member (membership must be valid on event day), you must download the ACTiO app to renew or purchase no later than Friday 1st October. (PLEASE ENTER THE SAME EMAIL USED FOR YOUR RACE ENTRY). You may also manage your account or sign-up using the desktop version of ACTiO https://actio.nowca.org/ If you haven't collected your NOWCA band prior to event day IT CAN BE COLLECTED AT EVENT CHECK-IN. You must wear your NOWCA band AND timing chip during the event.

TIMING CHIP Timing chips should be returned following your final race. There will be tubs located near the end of the pontoon. If you are doing multiple races, please only return the timing chip following your FINAL SWIM. Swimmers failing to return timing chips to the tubs provided will be charged a £20 replacement fee.

WATER TEMPERATURE Wetsuits are only compulsory at Love Open Water hosted events, if the temperature drops below 15 degrees on the morning of the event. We will monitor the water temperature in the week leading up to the event. Should there be a possibility of the temperature dropping below 15 degrees, we will issue an online form for participants to complete if they wish to swim skins (non-wetsuit). Only those wishing to swim skins under 15 degrees should complete the skins application form. Check the latest water temperature here https://loveopenwater.co.uk/mk/
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MORE INFORMATION

For further information about [Willen Lake](#) please visit their website. If you require any further information prior to the event, please contact us directly info@lovesportsevents.co.uk