



Safety Briefing

THERE WILL BE NO SAFETY OR EVENT BRIEFING ON EVENT DAY.

Please read this guide carefully and thoroughly.

The aim of this document is to set out the swim course safety and emergency procedures.

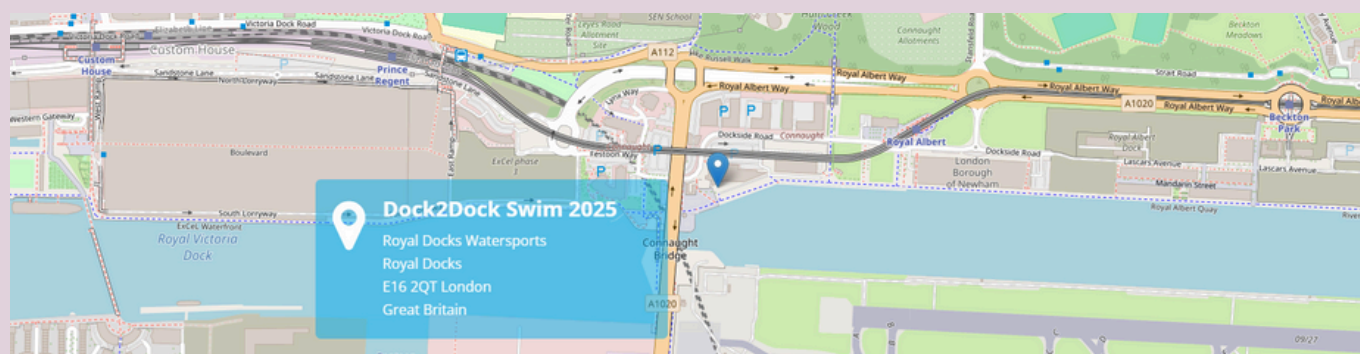
PLEASE ENSURE YOU ALSO READ THE *SWIMMER BRIEFING*.

Follow our group on the NOWCA Wild app - ***Dock2Dock*** - to get updates and reminders in the lead up to the event.

EVENT DATE: Saturday, 16 August 2025

LOCATION: Royal Docks Watersports
1012 Dockside Road
London E16 2QT

CONTACT US: info@lovesportsevents.co.uk



SAFETY & EMERGENCY PROCEDURES

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Dock2Dock

On Course Safety

During the event you need to take care and be aware of other competitors in the water.

There will be safety craft (powerboats and kayaks) on the water, but they will keep clear of swimmers unless they see a swimmer in difficulty or are dealing with a situation.

Should you get into difficulty or need assistance:

- Turn on your back and float
- Tilt your head back
- Raise your arm in the air
- Take deep breaths and slow your breathing
- A kayak will approach you.

Continue to float on your back, tread water, or rest on your tow float whilst communicating with the safety crew member.

DO NOT approach the kayak unless instructed to do so by the safety crew member.

If you are unable to continue, the safety team will tow you to safety or perform a rescue.

Advanced first aid personnel will be in attendance, in addition to qualified lifeguards on course.

In the event of an emergency (inclement weather, accident, evacuation), please follow the instructions of the water safety crew (if you are swimming) or the land-based staff and volunteers (dockside).

Listen carefully and follow the instructions of our safety crew – they are there to help you and to keep everyone safe.

Strokes

You may swim front crawl and breaststroke. Backstroke is not allowed.

SAFETY & EMERGENCY PROCEDURES



Dock 2 Dock

Water Emergency

If you hear continuous blowing of whistles, you should stop and look for the nearest safety crew member for instructions.

If an emergency is required, you should make your way calmly and as quickly as possible toward the north dock wall and wait for further instruction from the safety team.

If you require assistance to exit, please make this known to the water safety crew.

You should remain dockside, in the area you have exited the water until you receive further instruction.

Do not leave this area unless instructed to do so by the water safety crew or event staff.

In the event of a water evacuation due to a passing storm, it's possible you will be able to re-enter the water and should follow the instructions of the water safety crew.

If the swim can continue but you do not wish to rejoin the event, **YOU MUST RETURN BY FOOT TO THE SWIM FINISH AREA AND CHECK-IN WITH THE FINISH MARSHAL.**

DO NOT leave the event site before doing so.

Dockside Emergency

In the event of an emergency dockside (event village, swim start, swim finish) all participants should follow the directions of the event staff and volunteers.

There are 2 emergency assembly points:

- Behind Premier Inn London Docklands which is on the north side of the DoubleTree Hilton, and
- East end of the London Borough of Newham council building (head towards Royal Albert DLR)

SAFETY & EMERGENCY PROCEDURES



Dock 2 Dock

ALL SWIMMERS in ALL DISTANCES MUST wear:

- **The Dock2Dock swim hat** issued in the race pack
 - **A bright tow float**, supplied by the swimmer
- This applies to all swimmers regardless of your experience or ability. **THERE ARE NO EXCEPTIONS.**

Swim Hats

Our swim hats are standard size and the colours represent your swim distance. It also helps our safety crew identify swimmers in the water and ensure you are on the correct course.

The Dock2Dock swim hat **MUST** be visible at all times in the water.



Please ensure you wear your Dock2Dock swim hat on the **TOP** of any other headwear. If you have a silicone allergy or have a specific cap for your hair/head, you may use this to swim in, but it **MUST BE THE SAME COLOUR** as the D2D cap for your distance.

Wetsuits

FULL LENGTH WETSUITS (INCLUDING SLEEVELESS) ARE MANDATORY FOR SWIMMERS AGED 12-16 YEARS OLD - NO SHORTIES ALLOWED.

Wetsuits are **NOT** compulsory for swimmers aged 16 years+

Neoprene

Neoprene gloves, booties, sleeves, shorts are optional. Gloves should not be webbed. Wearing any neoprene is considered **WETSUIT CATEGORY.**

Headphones

Headphones are **NOT ALLOWED** unless they are bone conducting - allowing you to hear instructions from the safety team.

MANDATORY EQUIPMENT



Dock2Dock

WATER TEMPERATURE

- 2024 Water Temperature 18.1°C
- 2023 Water Temperature 23.6°C
- 2022 Water Temperature 21.2°C
- 2021 Water Temperature 18.8°C

Check the **EVENT UPDATES** on our website for the latest water temperature for London Royal Docks.

Above 24°C

If the water temperature is above 24°C on the day of the event, wetsuits **WILL NOT** be allowed.

Below 15°C

Should the water temperature drop below 15°C, **ALL SWIMMERS MUST WEAR A WETSUIT OR COMPLETE A SKINS PASS FORM.**

The water temperature will be monitored in the weeks leading up to the event. If the record shows the temperature dipping, a Skins Pass Form will be issued to all swimmers.

Swimmers who wish to swim Skins (non-wetsuit) in sub-15°C temperature are required to complete and submit this form. The forms will be reviewed and swimmers will be notified **ONLY IF** they **DO NOT** meet the criteria.

If you plan to wear a wetsuit, you will not be required to complete the form.

WATER TEMP



Dock2Dock

Changing Skins/Wetsuit Category

You can change from Wetsuit to Skins (and vice versa) online up to Monday, 11 August 2025.

Changes can be made directly via your entry on Results Base by logging into your account and then choose EDIT QUESTIONS.

Follow the instructions here:
<https://resultsbase.net/page/updates>

You can also make this change during event check-in.

Back End Demo Event

Saturday 01 January 2028

Test Male

5Km

Wave 2

Race number

Not yet assigned ⓘ

ⓘ INFORMATION

✎ CHANGES

👤 Edit participant

🏠 Change distance/wave

➔ Change owner

👕 Change size/shop products

❓ Edit questions

🚑 Edit Emergency details



WATER TEMP



Dock2Dock

NO DIVING ALLOWED.

You may enter the water feet first only by sliding into the water or performing a safety jump (split legs, arms out).

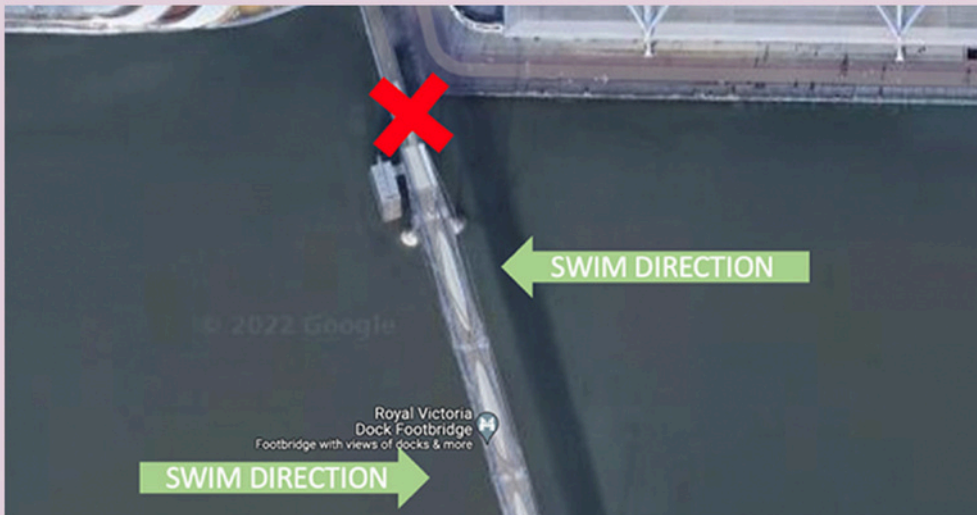


WATER ENTRY



Dock 2 Dock

Royal Victoria Dock Footbridge



20k, 15k, 10k & 5k swimmers:

There is a large elevator shaft in Royal Victoria Dock at the west end of ExCel. Outbound swimmers must remain to the LEFT of this and not swim between the dock wall and the shaft. Kayak safety crew will be stationed here.

Connaught Bridge

When swimming under Connaught Bridge, please keep to the RIGHT OF THE MIDDLE (there will be a buoy positioned under the bridge as a guide)



SWIM COURSE HAZARDS

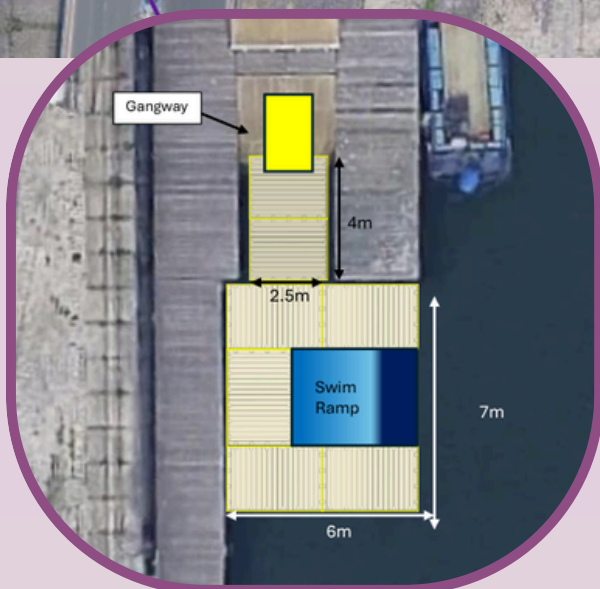
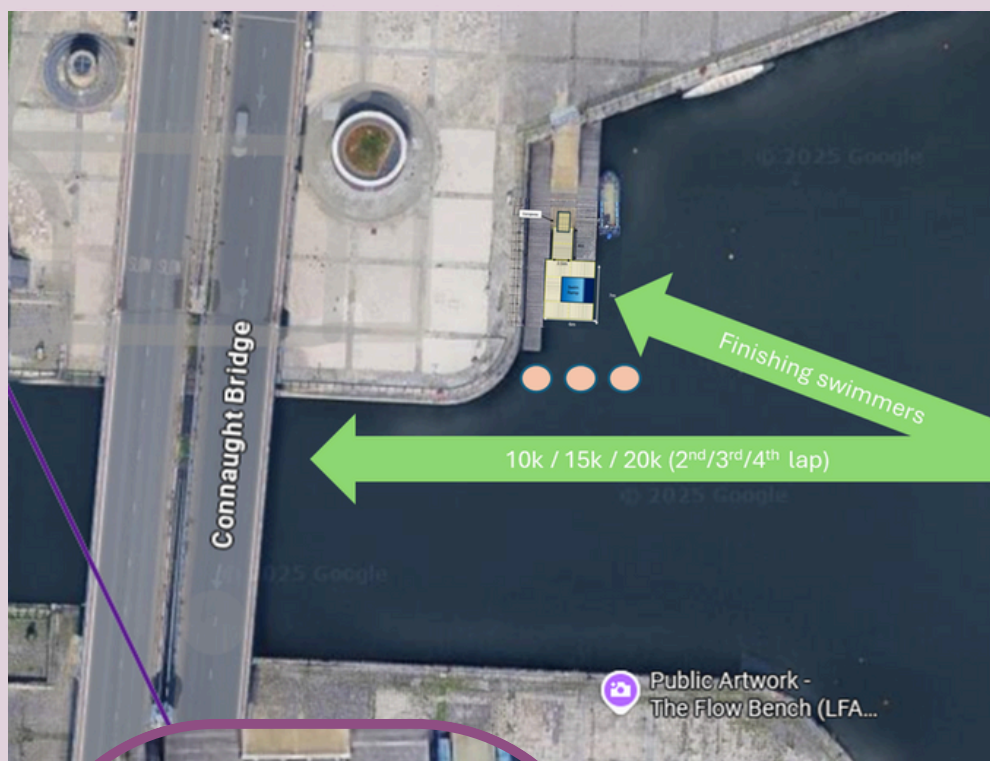


Dock2Dock

Dock Sides

All swimmers should keep to the middle of the docks (ensuring you stay on the correct side of the buoys). Please swim well away from the dock walls.

Approaching Finish



As you approach the Connaught Bridge, there will be a large buoy with a finish sign. Ensure you stay to the RIGHT of this if you are finishing your swim as this will guide you to the finish ramp.

10k, 15k and 20k swimmers should stay to the LEFT of this buoy to continue for the 2nd/3rd/4th lap.

PLEASE ALSO READ THE SWIMMER BRIEFING DOCUMENT FOR COURSE DETAILS FOR YOUR SPECIFIC SWIM DISTANCE.

SWIM COURSE HAZARDS



Dock2Dock

Please also read the **SWIMMER BRIEFING** for course details for your specific swim distance.

The Swimmer Briefing document sets out what to expect and will help you prepare for the day - starting from your arrival at the venue, through to finishing your race, collecting your bag and leaving the venue. Additional information about facilities, eating & drinking options, transport and other event information is also included.

WHAT'S NEXT



Swimmer Briefing

THERE WILL BE NO SAFETY BRIEFING ON EVENT DAY.

Please read this guide carefully and thoroughly. It contains the following information:

- ◆ Event information
- ◆ Event village
- ◆ Swimmer Information by distance

The aim of this swimmer briefing is to set out what to expect and help you prepare for the day - starting from your arrival at the venue, through to finishing your race, collecting your bag and leaving the venue. Other relevant information about facilities, eating & drinking options, transport & other event information is also included.

PLEASE ENSURE YOU ALSO READ THE SWIM COURSE SAFETY & EMERGENCY PROCEDURES DOCUMENTS.

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