



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.

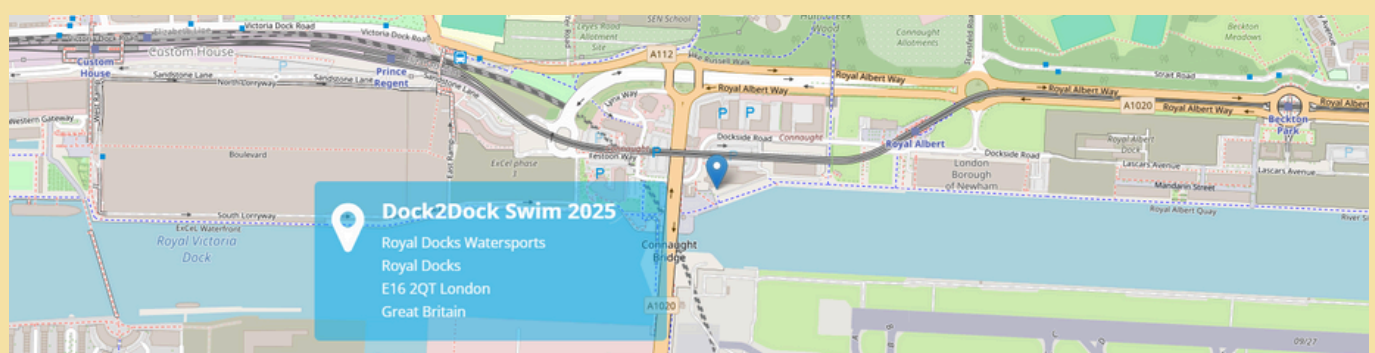
PLEASE ENSURE YOU ALSO READ THE SWIM COURSE SAFETY & EMERGENCY PROCEDURES DOCUMENTS.

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





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Dock2Dock

EVENT PREPARATION

NOWCA account / membership

- Swimmers **MUST** have a NOWCA membership to check-in and swim.
- Check and ensure your profile, medical info and emergency contact is up to date.
- Pick up your NOWCA band at event check-in (regardless of where you have set as your collection venue).
- Get a replacement band at event check-in if you have lost yours (£3).

Race pack collection

(Friday / Saturday)

- Book your race pack collection to ensure a smoother check-in experience on event day and avoid any unnecessary delays.
- If your plans change, you can rebook a Friday/Saturday check-in or vice versa.
- To book - log in to the ACTiO app, search for DOCK2DOCK, and then book your race pack collection (Friday or Saturday).

FREE pre-event swim (Friday)

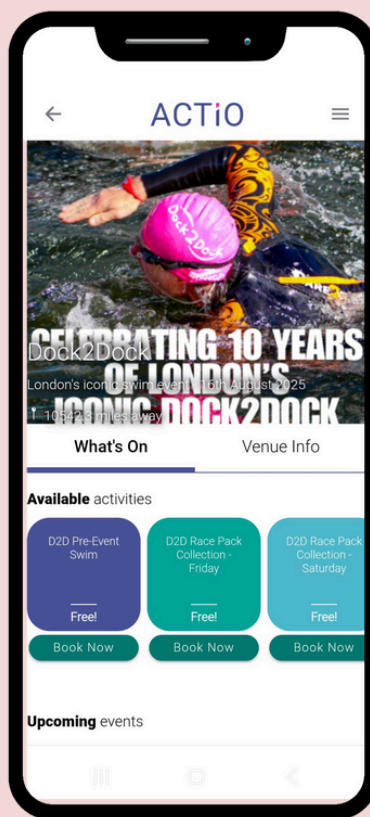
- The free session is available for event participants only.
- Very limited places so booking is essential.
- To book - log in to the ACTiO app, search for DOCK2DOCK, select Pre-Event Swim, and then book your timeslot.

Distance changes & transfers

- As all distances are sold out, you will need to email us by 6 August to request a distance change.
- The transfer window is now closed. Entries cannot be transferred to someone else.
- Wetsuit/Skins preferences can only be changed at event check-in.

Equipment

- Tow floats are compulsory - ensure you bring one with you or purchase one at the event.



EVENT INFO



Dock2Dock

PRE-EVENT COLLECTION / FREE SWIM

DATE: Friday, 15 August

TIME: 1630-1900

ADDRESS:

Royal Docks Watersports
1012 Dockside Road
London E16 2QT

WHAT3WORDS: ///badge.fired.punt

We will be available at the event village for the following:

- NOWCA band collection / replacement.
- Collection of pre-ordered merchandise.
- General enquiries.
- Free swim – booking via ACTiO.
- Event check in and race pack collection.

The pre-event swim will be held at the event village **NOT** at the Love Open Water pontoon in Royal Victoria Dock. You must have a pre-booking for the swim as there will be limited spaces - and this session is for event participants only. There will be a small swim course set up in Royal Albert Dock, near the swim finish.

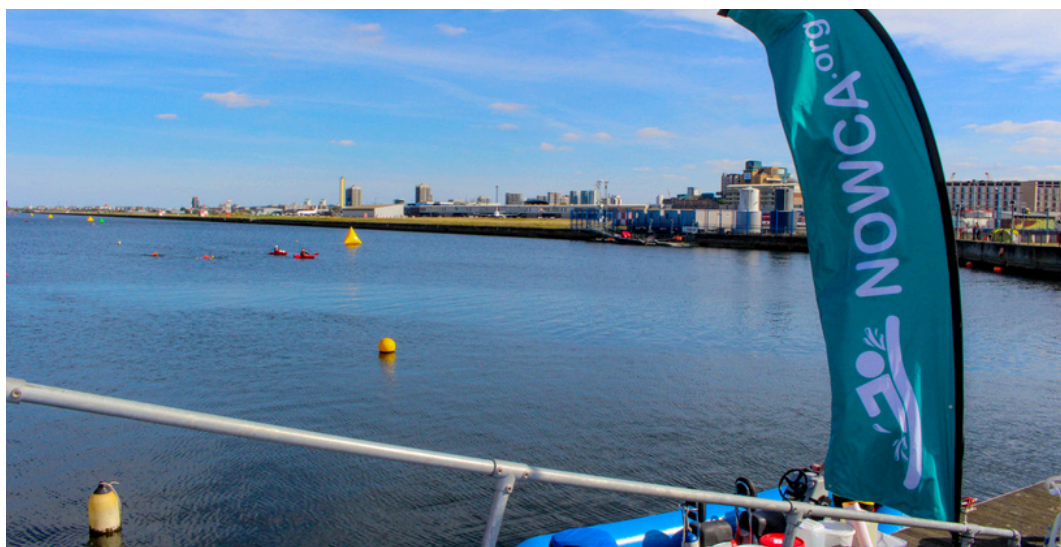
Event check-in / race pack collection MUST BE DONE IN PERSON.
You cannot check-in / collect on behalf of someone else.

If you check-in and collect your race pack on Friday, you **DO NOT** need to check-in again on event day (Saturday). Simply arrive, get swim ready, and then head straight to the swim start area to get scanned for your swim.

EVENT INFO



Dock2Dock



WHAT TO EXPECT ON EVENT DAY

Four Key Things To Do When You Arrive

1. Event check-in
 - a. Scan NOWCA wristband
 - b. Collect race pack
2. Collect pre-ordered merchandise
3. Get changed and secure your timing band to your ankle
4. Bag drop



Eight Key Things To Do When You Finish Your Swim

1. Collect your finisher's medal
2. Pose for your finisher photos
3. Collect snack and gift at the Refuel tent
4. Collect belongings at Bag Drop
5. Get changed
6. Fill up your bottle at the Hydration Station
7. Check out the event village and celebrate your achievement!

EVENT INFO



Dock2Dock

EVENT CHECK-IN

To check-in for the event, head to the Registration Tent on the west end of the village (the end closest to London EXCEL). The queue for registration will form between the gazebos and the bag drop area underneath Connaught Bridge.

BEFORE YOU JOIN THE QUEUE, PLEASE ENSURE YOUR NOWCA WRISTBAND (IF YOU HAVE ONE) IS ON YOUR WRIST AND VISIBLE TO THE EVENT STAFF.

- Join the end of the queue.
- You will be asked to show your NOWCA wristband.
- Your band will be scanned to ensure your NOWCA membership is up-to-date and your details are correct.
- Wait in the queue until you are called forward to collect your race pack.

Please take note of the registration time for your distance. Times are set to reduce overcrowding and ensure a smooth registration process.

There will be a fast-track queue which gives priority to swimmers in the **next distance to start**.

There will be a separate queue for swimmers who need to collect their NOWCA wristband. Once collected, you will proceed directly to the event check-in desk.

Check the signage and listen to the staff announcements.

EVENT INFO



Dock2Dock

Timing Band & Bag Tag

You will be issued with a timing band and 2x bag tags at check-in.

The timing band should be attached to your ankle only.

If you are in a mass start, your hand will be marked accordingly.

You should then attach one bag tag to your wrist, and the other tag to your bag.

If you lose your timing band or bag tags you must return to the event check-in tent.

TIMING BAND for ankle only.



BAG TAGS - one for the wrist, one for the bag.

	1000	WRISTBAND	1000
	1000	BAGGAGE TAG	1000

Race Pack

Your event pack will comprise of the following:

- Dock2Dock swim hat
- A sachet of PH1500 electrolyte hydration
- Ziplock bag for Nutrition Drop (25cm x 25cm) - **10k, 15k & 20k swimmers only**
- Timing band (attach to ankle only)
- 2x bag tags (if using the bag drop service - attach one to your wrist, and the other to your bag)

EVENT INFO



Dock2Dock

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.



20K

15K

10K

5K

3K

1.5K

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.



EVENT INFO



Dock2Dock

Merchandise

If you have pre-ordered event merchandise, you will be able to collect this:

- On **Friday, 15 August, between 1630-1900** at the Merch tent in the Event Village
- On **Saturday, 16 August** at the Merch tent in the Event Village - next to the check-in tent.



Bag Drop

Swimmers are allowed to leave one REASONABLE sized bag and a changing robe at Bag Drop. Please ensure the changing robe is attached securely to your bag.

The Bag Drop will be located underneath Connaught Bridge. You can drop your bag and then proceed to the swim start at the Ramada Pontoon which is situated on the dockside of the DoubleTree by Hilton.

You will be given 2 numbered tags at check-in. Check to ensure the number on your bag drop tag matches the tag for your wrist.

- Attach one tag to your bag.
- Attach the other tag to your wrist.

ENSURE THE TIMING BAND IS ATTACHED TO YOUR ANKLE BEFORE YOU LEAVE THE BAG DROP AREA.

EVENT INFO



Dock2Dock

ACCESSIBILITY

The event village is on one level with ramp access to the toilet locations (underneath Connaught Bridge).

The main village and registration will be situated approximately 100m from the swim start area and the path is paved.



Should you wish to wear footwear to the start area, you can leave your shoes next to the start area and they can be collected from here following your swim. Any footwear not collected, will be disposed of at the end of the day.

There is a ramp from the Dock edge onto the Ramada pontoon and a small step down to the start pontoon (where you cross the timing mat before entering the water).



EVENT INFO



Dock2Dock

ACCESSIBILITY



Swim finish ramp reaches approximately 1 metre below the water surface. It is approximately 15 metres from the water line to the top of the ramp.

Volunteers will be on-hand to assist swimmers out of the water - as well as the start areas and event village.



If you have any specific needs, please contact us at info@lovesportsevents.co.uk.

EVENT INFO



Dock2Dock

SWIM START

The swim zone is located on the east side of Connaught Bridge – outside the Doubletree by Hilton Hotel.

The start queue will begin at the top of the entry ramp and stretch back toward the event village.

Swimmers may join the start queue in **ANY ORDER** as long as it's for the correct distance for that time window.

Ensure you are swim-ready before you go down the start ramp – this means swim cap and goggles on and tow float attached.

Mass start swimmers will be called onto the start pontoon by the Start Marshal, and enter the water first.

The remainder of swimmers will enter the water in a rolling fashion.

Please check which wave you have chosen to start in (Mass or Rolling) and ensure you start in the correct wave.

<https://www.resultsbase.net/event/7231/participants>

You can change your wave during event check-in. Mass starts have limited places.

EVENT INFO



Dock2Dock

Mass Start

The Start Marshal will call swimmers down to the ramp. Your timing band will automatically activate once you step on to the ramp so you **MUST NOT** cross over prior to being called down.

You will be let into the water 5 minutes before the scheduled start time.

Once all swimmers are assembled in the water, the Start Marshal will count down and a siren will set off the Mass Start swimmers.

If you entered the Mass Start but missed it for your distance, you will still be able to swim. Simply join the rolling start queue.



Rolling Start

Once the Mass Start wave has been set off, the remainder of swimmers will be let down the ramp in small groups.

Your timing band will automatically activate once you step on to the ramp. **Your timing will start once you cross the timing mat as you enter the water.**

If you wish to acclimatise before setting off, please ensure you move **AT LEAST 10 METRES AWAY** from the start pontoon to allow other swimmers to continue entering the water.

EVENT INFO



SWIM COURSE

All swim courses will operate in an ANTI-CLOCKWISE direction.

Enter the water and swim towards City Hall and ExCel first.

- Buoys will be placed down the **middle** of the course.
- The buoys should be on your left at all times.
- Check the course map on event day for the buoy colours for each swim course.
- Different coloured buoys will mark the turning point for the 1.5k and 3k distances.
- 1.5k swimmers will make their first 180 degree turn at the buoy in Royal Victoria Dock and their second turn at the buoy in Royal Albert Dock.
- 3k swimmers will make their first 180 degree turn at the buoy in Royal Victoria Dock and their second turn at the buoy in Royal Albert Dock, just in front of the RAD Feed Station.
- 5k, 10k, 15k and 20k swimmers will swim 'end to end'. The 2 ends of the course are marked with buoys in front of the feed stations (LOW & RAD).

Kayak safety crew will also help to direct swimmers.

Refer to the **SWIMMER INFORMATION BY DISTANCE** section for further details about swim courses.



EVENT INFO



Dock2Dock

SWIM FINISH

The swim finish is located on the east side of Connaught Bridge - on the right-hand side as you approach Connaught Bridge after making your final turn. There will be large finish arch at the top of the swim exit ramp and flags to mark the finish area.



There will be a finish sign to guide you to the finish. The finish ramp does not extend to the dock bottom. Ensure you keep swimming until you reach the swim exit - where volunteers are on hand to assist you.



Your timing band will be automatically scanned as you exit, and again at the top of the ramp.

Your timing band will be scanned again after the refuel tent.

Please take a few minutes before you start your swim to check the finish area and choose your sighting point.

The medical team will be positioned at the finish area should you require medical assistance.



EVENT INFO



Medal & Photos

Swimmers will then be able to collect a participant medal for their distance.



Refuel Tent

Head to the REFUEL tent where you can grab a snack and a piece of fruit, as well as your D2D gift. We will have a small number of gluten free and vegan snacks available.



EVENT INFO



Dock2Dock

Bag Drop

Collect your belongings at the Bag Drop area.

Please show your numbered wrist tag to our staff and they will retrieve your bag.

Change into dry clothes as swiftly as possible.

Hydration Station

All swimmers should arrive at the event with their own water.

A Hydration Station will be located in the Event Village where swimmers can access drinking water after their swim. There is no single use cups provided so **PLEASE BYO WATER BOTTLE.**



INCOMPLETE SWIMS

You **MUST** check in with a Finish Marshal (pink high vis top) if you do not complete the distance you started in or if you withdrew from the event for any reason. Failure to do so may result in disqualification and the initiation of a safety search.

If you swim past the finish area and exit the water at a different place, you will be recorded as a **'Did Not Finish' (DNF)**.

You must have completed a full loop to receive a finisher medal and you will be recorded as an **'Unofficial Finisher' (UF)** if you:

- Started in the 20k > finished 15k
- Started in the 15k > finished 10k
- Started in the 10k > finished 5k
- Started in the 3k > finished 1.5k

EVENT INFO



Dock2Dock

FEED STATIONS

Refer to the course maps for feed station names/locations.
You must remain in the water whilst using the feed station.

Please do not crowd the feed stations. You should tread water until space becomes available.

Feed stations will be stocked with:

- Bananas (LOW, RAD Feed)
- PH1000 electrolyte drink (all)
- Water (all)
- PF&H Fuel (gels) - for 10k, 15k & 20k swimmers (RAMADA feed only)

PLEASE ENSURE YOU HAND USED CUPS / BANANA SKINS AND ANY OTHER PACKAGING BACK TO THE FEED STATION STAFF.

If you wish to tuck gels and other nutrition in your wetsuit, please ensure you dispose of packaging at the feed stations.

If you require assistance/are in distress, please alert the feed station staff who will assist you in exiting the water.



NUTRITION / HYDRATION

Swimmers should come to the event with their own water bottles and other hydration and nutrition.

Each swimmer will receive a sachet of PH1500 in their race pack which should be mixed with 500ml of water.

Please BYO water bottle.

A Hydration Station will be located in the Event Village where swimmers can access drinking water and refill bottles.

EVENT INFO



DISTANCE SWAPS

Distance changes are allowed up to ten (10) days prior to the event, and only if spaces are available. Please contact the D2D team to request a change info@lovesportsevents.co.uk

RESULTS / PRIZES

There will be prizes for overall winners in each gender/distance/category (skins/wetsuit) in the 20k, 15k, 10k & 5k.

There will be an overall winner/gender prizes for the 3k, 1.5k & 1.5k Junior.



Eligibility

- Prizes will only be awarded where there are more than 3 entrants in the gender/category.
- Only those in the MASS START will be eligible for prizes.
- Unofficial Finishers will not be eligible for prizes.

This year, there will be a special prize presentation at 2pm near the finish area.

Results will appear live on the Results Base website:
https://lovesportsevents.co.uk/our_support/results/

EVENT INFO



Dock2Dock

FACILITIES

Toilets

Portable toilets will be available for all swimmers and will be located near the event village, beneath Connaught Bridge, next to Dockside Road.

There will also be an accessible toilet.

All toilets will be stocked with sanitiser and toilet paper and will be topped up during the day. If the toilets need attention, please advise the event staff at the NOWCA tent in the event village.

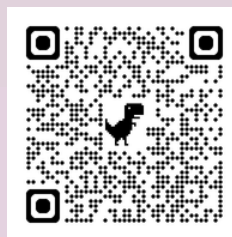
TOILETS SHOULD NOT BE USED FOR CHANGING. Please use the changing tents or the areas surrounding the event village.

Change Rooms

There will be a limited number of changing tents available in the event village, located near the Bag Drop, under Connaught Bridge. There will also be an accessible change tent.

Wetsuit & Equipment Hire

Our event partner, Adventure Kit Hire, is offering wetsuit hire for all participants. Scan the QR code to reserve your wetsuit.



Please ensure you are prepared and pack your swim kit carefully to ensure you have everything you need.



EVENT VILLAGE



Dock2Dock

Food and Drinks

A range of food trucks will be at the event village offering a variety of food and drinks.

There are also a number of dining options close to the event village.

- DoubleTree by Hilton
- Prime Coffee London (next to the event village)
- Yi-Ban Chinese Restaurant (overlooking the event village & Royal Albert Dock)
- Fox Connaught (3 minute walk from event village)
- Hampton by Hilton London Docklands
- Moxy London ExCel
- Holiday Inn Express London



EVENT VILLAGE



Dock2Dock

TRANSPORT AND PARKING

There is no free parking at the event, however there are a number of parking options nearby. Ensure you pre-book parking due to other events on in the area. If you do not pre-book parking, you may be directed to the London ExCel car park (or similar) which is further from the event.

There are various public transport options available.

Please use active travel to the event where possible.

IMPORTANT: There is planned maintenance on the DLR on event day. There will be no DLR service between Poplar and Beckton.

By Car

The postcode for the event village is E16 2QT. There is a number of paid car parks near the event village on the JustPark app.

By Bus

See TFL (Transport for London) for bus links running closest to Royal Albert DLR.

By Train

The nearest train station is Custom House (Elizabeth Line).

The footpath from London ExCel to the Event Village will open on 15 August 2025. This is the best walking route from Custom House - approximately 0.7 miles.

By Cable Car

You can get to Royal Victoria Dock direct via the IFS Cloud Cable Car from Greenwich Peninsula.

By Bicycle

Bicycle parking is available on the car park side of Royal Docks Watersports.

Please ensure you check TFL for any disruptions, prior to travelling to the event. <https://tfl.gov.uk/plan-a-journey>

EVENT VILLAGE



Dock2Dock

PHOTOS & FILMING

Photographs and footage will be taken throughout the Dock2Dock event. These may be used by Dock2Dock, Love Open Water, and NOWCA for marketing and publicity purposes and in third party publications to promote events and open water swimming.

If you do not consent for photography/video, please visit the NOWCA/Information tent in the event village to collect a coloured band to be worn. This will enable photographers to identify you and exclude any images from general publishing.

We also encourage you and your support team to take photos and film the event. Make sure you tag us on your social media posts!

- Facebook: @dock2dock
- Instagram: @dock2docklondon
- Twitter: @Dock2DockSwim

LITTER MANAGEMENT

There will be a number of mixed recycling and general waste bins in the event village. Please ensure you place any waste in the bins provided.

Please DO NOT leave your rubbish in the event village. Rubbish not disposed of responsibly can easily end up in the water and has a serious negative impact on the wildlife in the area as well as other water users.

NEED HELP?

If you have any questions or need help on the day, please ask one of the event staff/volunteers or head to the Information (NOWCA branded) tent in the event village.

All event staff and volunteers will be in bright yellow Dock2Dock t-shirts making them easy to spot!

EVENT VILLAGE



Dock2Dock

SWIM-READY CHECKLIST

- Timing band - must be attached to your ANKLE ONLY and VISIBLE (DO NOT tuck it into your wetsuit or swimwear)
- NOWCA band – must be worn on either wrist and visible
- Dock2Dock swim cap – must be visible (ie. top layer of headwear)
- Tow float
- Goggles – optional
- Nutrition – if you are carrying your own
- Check the course map in the Event Village for course buoy colours so you know where to turn.

MASS START

All 15k swimmers will be part of a mass start - there is no Rolling Start for this distance.

For all other distances:

- Mass start swimmers will enter the water first.
- A 'gun start' will set off the mass start swimmers.
- The remainder of swimmers will enter the water in a rolling fashion.

If you have entered the Mass Start but miss this, you may join the rolling start.

BRIEFING BY DISTANCE

Swimmers will soon receive a separate and printable briefing specific for their swim distance.

The document will outline the time schedule, feed station, and other important information.

- 20k & 15k
- 10k
- 5k
- 3k
- 1.5k

CHECKLIST & MASS START

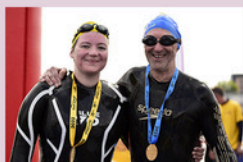


Dock2Dock

All results will be published on the Results Base website.

https://lovesportsevents.co.uk/our_support/results/

Or scan the QR code:



RESULTS



OFFICIAL PARTNERS



NOWCA is the UK's largest network of safe open water venues. We use their robust safety system to support the management of swimmers at our event.

nowca.org



LOVE OPEN WATER offer safe open water swimming at their lifeguarded venues. They support our safety team and logistics for our event.

loveopenwater.co.uk



SEA CADETS is a charity that help and inspire over 14,000 young people throughout the UK. They support the water safety team at our event.

sea-cadets.org



LEVEL WATER is our official charity partner who aims to kickstart a love of swimming in children with disabilities.

levelwater.org

EVENT PARTNERS



OUR PARTNERS

