



SWIMMER BRIEFING

ROYAL DOCKS · LONDON

2026

Saturday **12th September 2026** · Royal Docks Watersports, London E16 2QT ·
Registration from 0730

⚠ READ CAREFULLY

There will be NO swimmer or safety briefing on event day.

Please read this whole guide before you travel to the venue — it covers everything from planning your journey to collecting your finisher medal.

Event date	Saturday 12 th September 2026
Registration from	0730
Pre-event Registration	Friday 11 th September 2026 from 1630-1830
Pre-event Free Swim	1700-1900
Location	Royal Docks Watersports, 1012 Dockside Road, London E16 2QT
What3words	badge.fired.punt
Contact	support@lovesportsevents.co.uk
Stay updated	Follow the Dock2Dock group on the NOWCA Wild app https://app.nowcawild.co.uk/tabs/groups/22



Key Event Info!

Here are the things every swimmer should know before reading on:

- A tow float is **COMPULSORY** for every swimmer, every distance — no exceptions. This is to be provided by you. Tow floats will also be available to purchase at the event.
- If you leave the water early or don't finish, you **MUST** tell a Finish Marshal (pink hi-vis) or a safety search will be triggered.
- A continuous siren means stop and look for a safety crew member — it's the signal for a water emergency.
- The event provided swim cap must be worn on the **TOP** of any other headwear (standard size). If you need to wear your own (larger cap / silicone allergy) it **MUST** be the same colour cap as your designated distance colour
- This is a NOWCA member event. You **MUST** hold a valid NOWCA membership and wear your NOWCA safety wristband throughout the event.
- You can collect **a new NOWCA wristband or replacement band** at pre-event registration on Friday 11th September, or **during your designated distance registration** on Saturday 12th September. You do not need to notify the Dock2Dock team or the NOWCA team beforehand.
- Replacement bands cost £3.00. There is no charge if you are collecting your band for the first time.
- On event day (Saturday), you may only collect your race pack from registration during the allocated registration window for your distance. Exceptions occur for parents / guardians checking in with children who are swimming in different distances.
- Wetsuits are not compulsory except for swimmers aged 12-16 (and if the water temperature drops below 15°C on the day of the event)
- The wearing of **ANY** neoprene is considered **wetsuit** category.
- You can change from skins to wetsuit or wetsuit to skins **at event registration**.
- You can change from mass start to rolling start at event registration. You may only change from rolling start to mass start **if spaces are available in the mass start**
- **DO NOT** cross any of the timing mats at the start area until you are ready to enter the water.
- If you are no longer able to attend the event, please let us know – support@lovesportsevents.co.uk



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1

Before You Leave Home

Most last-minute stress on event day comes from things that are much easier to sort out from home. Work through this section in the weeks before the event.

1.1 Registration & membership

- Make sure your NOWCA membership subscription is up to date— this is required to check in and swim. Join now:

<https://actio.nowca.org/root/home>

- Check and ensure your profile, medical info and emergency contact information is up to date.
- If you don't yet have a NOWCA wristband, you can collect this at the event, prior to collecting your race pack or at any NOWCA venue during opening times. Check ACTiO for locations

<https://actio.nowca.org/root/home>

- If you've lost your NOWCA wristband or forget to bring it, you can collect this at the NOWCA tent prior to collecting your race pack
- Join the DOCK2DOCK group on the NOWCA Wild app for reminders in the run-up to the event.
<https://app.nowcawild.co.uk/tabs/groups/22>
- **Print or save your Boarding Pass to your phone.** 15k/10k will get race numbers assigned by email a few days before; all other swimmers will receive a QR code and are assigned a number at check-in

1.2 Confirm your distance

Distance changes are permitted up to 10 days before the event, **subject to availability**. Contact the D2D Team to request a change

<https://lovesportseventsco.freshdesk.com/support/tickets/new>

Note: All distances are sold out, so distance changes are not guaranteed. See **Unofficial Finishers** for further options

1.3 Wetsuit or skins?

- Full-length wetsuits are mandatory for **swimmers aged 12–16** — no shorties allowed.
- Wetsuits are optional for swimmers **aged 16 and over**.
- Neoprene gloves, booties, sleeves and shorts are optional — **wearing any neoprene places you in the Wetsuit category**. Gloves must not be webbed.

Water temperature rules

- Above 24°C: Wetsuits NOT permitted.
- Below 15°C: All swimmers must wear a wetsuit or complete a Skins Pass form. If you plan to wear a wetsuit, no form is needed. **A skins pass form will only be issued, if the water temperature is tracking towards 15°C**
- Check the water temperature on our website:
https://lovesportsevents.co.uk/our_support/dock2dock-updates-2026/

1.4 Hire or buy equipment

Our equipment partner **Adventure Kit Hire** offers wetsuit and tow float hire for all participants. Book in advance - availability is limited close to the event.

<https://www.adventurekithire.co.uk/pages/dock2dock>

1.5 Plan your journey

By car

There are several paid parking options available nearby. Pre-book where possible — the area gets busy with other events. Search **Dockside Road Carpark (E16 2QT)** on the **JustPark** app or website.

Accessible Parking

There are no council car parks within a short reach of the event location. Information about Blue Badge parking:

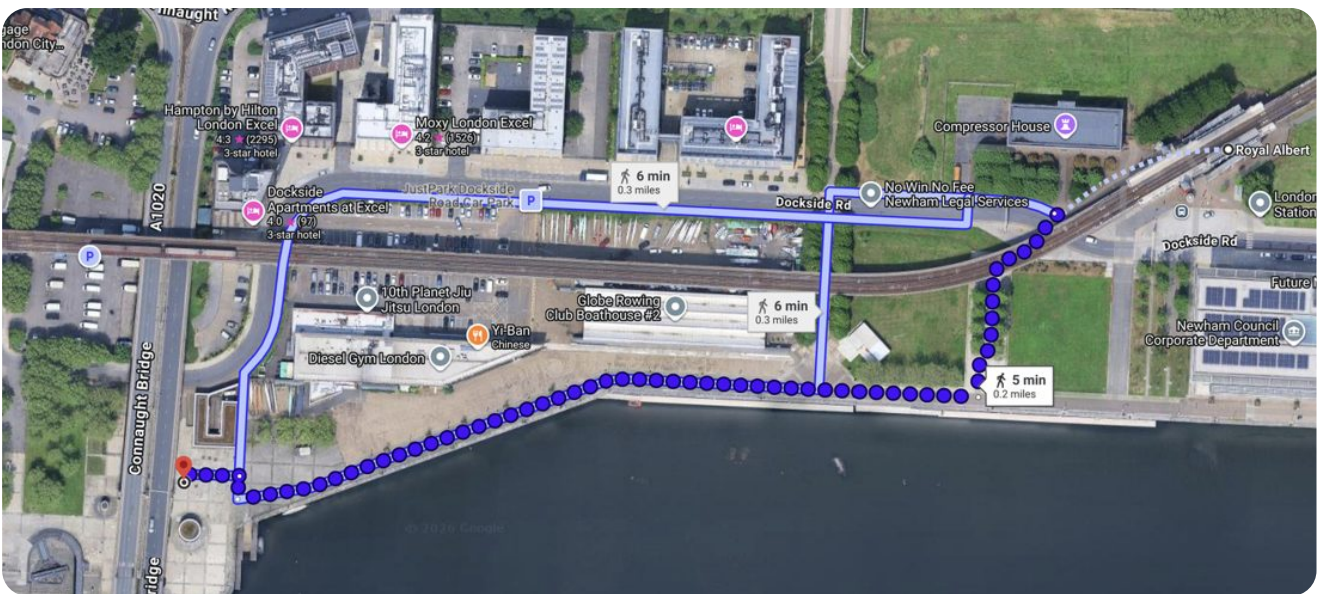
<https://www.newham.gov.uk/health-adult-social-care/accessible-transport/2>

ExCeL London has accessible spaces across its car parks. Spaces should be booked in advance via their website. The closest car park is Waterfront 1, approximately 0.5 miles from the event village

<https://www.excel.london/visitor/getting-here/parking-and-taxis>

By train

- Royal Albert DLR - approximately ¼ mile to the east of the event village.
- Prince Regent DLR – approximately ¼ mile to the west
- Custom House (Elizabeth Line / DLR) approximately ¾ mile to the west



By bus

See Transport for London for services closest to Prince Regent DLR - <https://tfl.gov.uk/plan-a-journey/>

By bike

Bicycle parking is available on the north side of Royal Docks Watersports near to the coffee shop or you can chain your bike to the fencing around the dock, away from the busy start and finish areas.

Do not chain bicycles to the portable Heras fencing which surrounds the bag drop area.

Google is very accurate for getting you from the DLR stations to the event village. In Google maps, search for Dock2Dock London – this is the event village location.

1.6 Pack your bag

Mandatory items:

- ☐ Your boarding pass (printed or on your phone) - **emailed to you 2 days prior to the event**
- ☐ NOWCA wristband (or collect / replace at the event – £3 for a replacement)
- ☐ Swimwear
- ☐ Tow float - ensure you bring one with you or purchase one at the event
- ☐ Swim cap (your own in the correct distance colour if not using event issued cap)
- ☐ Any required medication

Optional but useful:

- ☐ Wetsuit
- ☐ Goggles
- ☐ Slides / flip flops to wear to the start area
- ☐ Towel
- ☐ Warm clothing for after the swim
- ☐ Water bottle (we do not supply single use cups in the Event Village)
- ☐ Nutrition and hydration products
- ☐ Suncream
- ☐ Own nutrition/drink bottle/s for Ramada Feed Station (15k & 10k only)

Distance	Hat colour
15K	Green
10K	Blue
5K	Orange
3K	Yellow
1.5K	Pink

2 Arriving at the Event Village

2.1 Registration



Friday 11th September 2026

■ Pre-event race pack collection 1630 – 1830

■ Pre-event swim 1700–1900

- Pre-event registration will be at the event village.
- There is no registration windows per distance, it's first come first served.
- The swim will be held in Royal Albert Dock using the event finish ramp for entry / exit
- Bag drop and change tents will be available.
- The pre-event swim must be pre-booked via ACTiO and is for Dock2Dock participants only. (Limited spaces)
- **If booked in to swim, arrive early enough to collect your race pack (and NOWCA wristband) first.**

■ Saturday 12th September 2026 – registration from 0730

0730-0830	Registration for 15k Swimmers
0830-0840	Group warm up with Catch Head Coach (start zone)
0845	Mass Start for 15k
1345	Final Lap cut-off for 15k (must have started the final lap)
0745-0830	Registration for 10k Swimmers
0845-0855	Group warm up with Catch Head Coach (start zone)
0900	Mass Start for 10k
0905-0935	Rolling Start Window for 10k
1345	Final lap cut-off for 10k (must have started the final lap)
0830-0945	Registration for 5k Swimmers
0930-0940	Group warm up with Catch Head Coach (start zone)
0945	Mass Start for 5k
0950-1120	Rolling Start Window for 5k
0945-1045	Registration for 3k Swimmers
1115-1125	Group warm up with Catch Head Coach (start zone)
1130	Mass Start for 3k
1135-1205	Rolling Start Window for 3k
1045-1200	Registration for 1.5k Swimmers
1200-1210	Group warm up with Catch Head Coach (start zone)
1215	Mass Start for 1.5k
1220-1300	Rolling Start Window for 1.5k
1530	SWIM COURSE CLOSES - ALL SWIMMERS

Checking in

Head to the Registration Tent near Connaught Bridge. Look for the giant **REGISTRATION** flag.

Times are set to reduce overcrowding and ensure a smooth registration process. **You may only enter the registration area during your allocated registration window.**

Before you join the queue, ensure your NOWCA wristband (if you have one) is on your wrist and visible.

- Your NOWCA wristband will be scanned to confirm your membership is current and details are up to date. No band yet? You'll be directed to the inside queue to collect one first.
- You will be issued with your event swim cap and then will join the queue to collect your race pack
- Ordered merch? Proceed to the Merch tent after you have collected your race pack



At the registration desk

Have your boarding pass ready to be scanned (printout or on your phone). The team will scan this and check your distance, category (wetsuit or skins) and start window (mass or rolling). Mass start swimmers will have their hand marked with an **M**

You'll receive an envelope with your race number containing:

- An **AXIS tag timing band** – attach to your **ANKLE**
- 2 numbered wristbands – one for your wrist, one for your bag. **You MUST wear the wristband, even if you are not using bag drop**



Dock2Dock	1000	WRISTBAND	1000
Dock2Dock	1000	BAGGAGE TAG	1000



Ensure you have the relevant tags before leaving the registration area, and your hand is marked with an M if you are in the mass start.

10k & 15k swimmers will also be issued with a zip lock bag which is to be used for your own nutrition / hydration to be dropped at the start area prior to entering the water.

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 the event day. Simply arrive, get swim ready, and then head straight to the swim start area after dropping your bag.

■ 2.2 Swim-Ready Checklist

Before you drop your bag

- ☐ Timing band attached to your **ANKLE** and visible
- ☐ NOWCA wristband on either **WRIST** and visible
- ☐ Bag tag attached to your **BAG** & matching numbered tag on your **WRIST**
- ☐ Dock2Dock Swim hat visible (**TOP LAYER** of headwear)
- ☐ Tow float attached
- ☐ Goggles
- ☐ Nutrition – own or in the event provided bag (15k & 10k swimmers)
- ☐ Correct start time confirmed
- ☐ Correct wave confirmed
- ☐ Swim course checked
- ☐ Finish area checked – so you know where to get out

■ 2.3 Using the Bag Drop

A secure bag drop is available - drop your bag just before heading to the swim start. Those in the **mass start** have priority.

Before you get to the bag drop desk:

- Ensure the bag tag is attached to your bag and visible
- Matching numbered band is on your wrist
- Ensure you have removed everything you need for your swim



There is no in-person safety briefing on event day, so this section matters. Please read it in full, even if you've swum with us before.

■ 3.1 If you get into difficulty

Safety craft (powerboats and kayaks) are on the water throughout the event. They keep their distance unless they see a swimmer in difficulty so if you need help, make yourself visible:

1. Turn on to your back and float.
2. Tilt your head back.
3. Raise one arm in the air.
4. Take deep breaths and slow your breathing.
5. A kayak will approach you — continue floating, treading water, or resting on your tow float while you talk to the safety crew member.

⚠ SAFETY — READ CAREFULLY

If you hear repeated whistle blasts, ensure you stop to check for nearby safety crew – they may be signalling to you.

Do not approach the kayak unless a safety crew member instructs you to. If you're unable to continue, the safety team will tow you to safety or call for a powerboat. Advanced first aiders and qualified lifeguards are on course at all times.

■ 3.2 Water emergency

If a mass evacuation is necessary (severe weather, security alerts, or other circumstances) this will be signalled by a **continuous sounding foghorn**. **Stop** and look for the nearest safety crew member for instructions.

If an evacuation is called

- make your way calmly and as quickly as possible to the north dock wall and wait for further instruction from the safety team.
- If you need help exiting, let the water safety crew know.

Stay in that dockside area until you're told otherwise — don't leave unless a safety crew member or event staff tells you to.

⚠ SAFETY — READ CAREFULLY

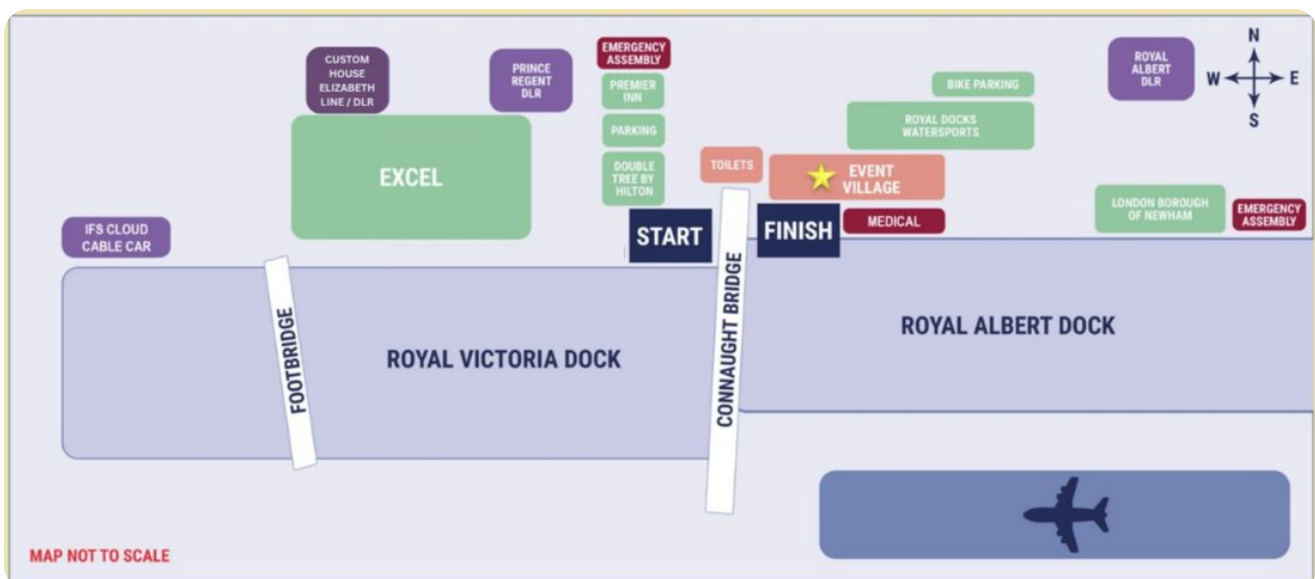
If the swim can continue but you don't want to rejoin it, you must walk back to the swim finish area and check in with the Finish Marshal. Do not leave the event site before doing so.

If the swim is unable to continue, please proceed to the swim exit area so that you can be accounted for. Please do not leave site before doing so.

3.3 Dockside emergency

If there's an emergency on land (Event Village, swim start, swim finish), follow the directions of event staff and volunteers. Two emergency assembly points are in place:

- **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** (go east along the side of the dock)



3.4 Medical support

Advanced first aid personnel and qualified lifeguards are positioned on the course, and medical staff are based at the finish area.

■ 3.5 Water entry

NO DIVING allowed. Enter the water feet first only, either by sitting down and sliding in or performing a safety jump (split legs, arms out).



■ 3.6 Water quality

Water quality is tested monthly at six locations across the Royal Docks. The latest water test results are on the Royal Docks Waterways website

<https://londonsroyaldocks.com/environment/>

Although the water quality is consistently rated 'Excellent', all outdoor swimming carries some risk. The decision to swim rests with each swimmer.

To reduce the risk of illness:

- Avoid swallowing the water
- Do not swim with open cuts or abrasions
- Do not attend the event if you feel unwell



■ 4.1 Pre-swim warm up

Our coaching partner, Catch, will host warm-up sessions before the start of each swim distance. Led by Head Coach, Rebecca Wetten, group warm-ups will take place at the swim start area 15 minutes before each mass start. Refer to the event schedule for the timings.



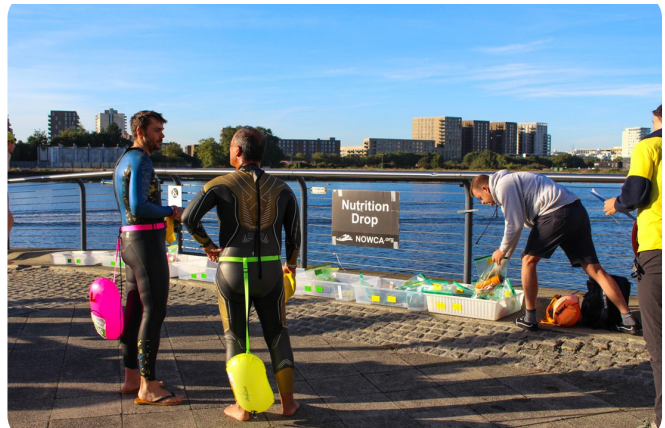
■ 4.2 Swim Start

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

15k and 10k swimmers drop their nutrition bags/bottle **in the boxes to the left of the ramp to the swim zone**. Make sure your race number is marked on the bag and bottle/s – these are made available to you on the **Ramada Feed** during your swim. Know your race number – you will need it at the Ramada Feed for every lap check in.

Be swim-ready before you go down the start ramp – volunteers conduct checks

- Timing band secured on your ankle and **visible** (mandatory)
- NOWCA wristband **visible** (mandatory)
- Numbered wristband **visible** (mandatory)
- Swim cap on your head (mandatory)
- Tow float attached (mandatory),
- Goggles on (optional)



■ 4.3 Mass Start

Mass start swimmers (a limited number per distance) will have their hand marked with an M at registration.

- The Start Marshal will call **MASS START** swimmers into the swim zone - your timing band will activate once you step on to the ramp, so you **do not cross over prior to being called down, or leave the swim zone once you have entered it.**
- You will be let into the water 5 minutes before the scheduled start time.
- Once assembled, the Start Marshal will count down, and a siren will set you off and start your official swim timing.
- **If you entered the Mass Start but missed this, join the rolling start queue and start with this wave.**



4.4 Rolling Start

You can start at any time **within the rolling start window for your distance** (see event schedule)

- When swim-ready, assemble near the swim start. Once the mass start has set off, rolling starters will be invited into the swim zone.
- Join the start queue in **any order**
- Your timing band activates once you step on to the ramp. Your swim times starts once you cross the timing mat on the start pontoon. **Do not cross back over the mats once you have entered the swim zone.**
- If you wish to acclimatise before swimming off, you move AT LEAST 10 METRES AWAY from the start pontoon to allow other swimmers to continue entering the water behind you.
- **If you entered the Mass Start but missed this, you will still be able to swim.** Join the rolling start queue and enter the water with this wave.



If you are at risk of missing the cut-off time, start as early as possible within the rolling start window for your distance.

■ 4.5 Course direction

- All courses run anti-clockwise — after entering the water, swim towards City Hall & the Cable Cars. ExCeL is on your right-hand side and Canary Wharf is straight ahead.
- Kayak safety crews help direct swimmers
- Final course maps will be issued separately to the Swimmer Briefing.
- Course maps are also displayed in the event village



It is your responsibility to follow the correct swim course. Check maps before you swim.

1.5k and 3k swimmers can walk west towards ExCeL, along the dock pathway to see the turning buoy. It will be positioned approximately 500m from the swim start.

■ 4.6 Know the hazards

Royal Victoria Dock footbridge — 15K, 10K & 5K

There's a large elevator shaft at the west end of ExCeL, near the large Sunborn yacht. Outbound swimmers must swim to the **LEFT** of it — don't swim between the dock wall and the shaft.



Connaught Bridge

Keep to the **RIGHT OF THE MIDDLE** when swimming under the bridge — a rope line will be positioned under the bridge to separate swimmers.



Dock sides

Keep to the middle of the docks, on the correct side of the buoys, and well away from the dock walls.

5.1 Feed stations

Refer to the course maps for exact feed locations.

- **You must remain in the water** while using feed stations.
- Don't crowd the feed stations — tread water until space is available.
- Hand back used cups, banana skins, gel wrappers and any other packaging to feed station staff — including packaging from your own nutrition
- If you need help or are in distress, alert feed station staff immediately; they can assist you from the water
- ALL 15k & 10k swimmers **MUST** check in at the **RAMADA FEED** each lap - your progress is recorded for safety. No need to stop, just swim close enough to shout your number and be acknowledged before carrying on.

Feed Station	Location	Stocked with
LOW Feed	West end of Royal Victoria Dock (east end of Good Hotel) Approx 1k into the 5k course Available to: 5k, 10, 15k	Water, VOOM electrolytes, bananas
RVD Feed	As you are approaching Connaught Bridge from the west, on the right-hand side Approx 3k into the 5k course Approx 1k in for 1.5k & 3k swimmers Available to: All swimmers	Water, VOOM electrolytes
RAD Feed	East end of the 5k loop Approx 4k into the 5k course Approx 2k in for 3k swimmers Available to: 3k, 5k, 10k, 15k	Water, VOOM electrolytes, bananas
RAMADA Feed	Next to the start pontoon End of each lap (5k/10k) Available to: 10k, 15k	Water, swimmer supplied nutrition bags / bottles only

6 Finishing Your Swim

6.1 Approaching the finish

The swim finish is on the east side of Connaught Bridge. Look for the **FINISH** feather flag and sign on the Dock wall as you approach the bridge - veer to the right **BEFORE** you reach the bridge if you're finishing

If you're continuing for another lap (10K/15K), stay to the **LEFT** of the swim finish and continue under the bridge for your 2nd / 3rd lap.

The finish ramp doesn't extend to the dock bottom — keep swimming until you reach the volunteers who will help you from the water. Medical staff are at the finish if you need assistance.



Sight your finish early

Before your swim, take a few minutes to identify the finish area and pick a sighting point that will help you navigate accurately to the exit.

■ 6.2 Timing

Your AXIS timing band is scanned **twice** after you exit the water – progress over both mats to record your time correctly: as you leave the water at the top of the first ramp, and again at the bottom of the 2nd ramp.



6.3 Medal

Collect your participant medal for your swim distance



6.4 Refuel tent

Pass through the Refuel area for snacks and your finishers gift. Bars are GF and vegan approved



6.5 Bag collection

Return to the Bag Drop area and present your numbered wrist tag. You will enter the secure bag drop area to collect your own bag and then proceed to the exit **where you will have both bands checked.**

If you require assistance collecting your belongings, event volunteers will be on hand to help.



■ 6.6 If you don't finish

If you don't complete your original distance, or withdraw for any reason, **you MUST check in with a Finish Marshal (pink hi-vis top)**. They will be located at the finish ramp or in the NOWCA tent next to the Refuel tent.

Failing to report your withdrawal may result in disqualification and can trigger a swimmer safety search.

Did Not Finish (DNF)

Recorded if you are brought back to the village by boat, have exited the water anywhere apart from the official swim finish, or don't complete a full distance as per the UOF conditions below.

Unofficial Finisher (UOF)

You need to complete a full loop for an official finisher result. You'll be recorded UOF if you start a longer distance and finish a shorter one

Start 15k > complete 10k

Start 10k > complete 5k

Start 3k > complete 1.5K



7

Mandatory Kit & Race Rules

These rules apply to every swimmer, at every distance, regardless of experience. **There are no exceptions.**

7.1 Swim hat

- Your Dock2Dock swim hat colour is specific to your distance and helps the safety crew identify you in the water. It must be visible at all times, worn on top of any other headwear.
- If you have a silicone allergy or need to wear your own cap for hair/head reasons, it must be the same colour as your distance's official cap.

7.2 Wetsuits & neoprene

- See **Section 1.3** for the full rules on wetsuits, skins and water-temperature thresholds.

7.3 Tow float

- A bright tow float, supplied by you, is mandatory for every swimmer at every distance. Bring one or purchase one at the event.

7.4 Headphones

- Prohibited unless they are bone-conducting headphones that still let you hear instructions from the safety team.

7.5 Permitted strokes

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

■ 7.6 Timing band

- Your AXIS timing band should be worn on your **ANKLE ONLY**

■ 7.7 NOWCA Wristband

- Worn on your **WRIST ONLY**

■ 7.8 Race Number Wristband / Bag Identification Tag

- One tag to on your **WRIST** and the corresponding band on your **BAG**

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

■ 8.1 Event Information / Assistance / Finish Tent

Located next to the Refuel Tent (opposite the registration area). Swimmers requiring assistance or any specific additional needs should visit this tent to speak to one of our event staff.

■ 8.2 Toilets

Portable toilets are available near the Event Village under Connaught Bridge, close to Dockside Road, including 2 accessible toilets. They're stocked with hand sanitiser and toilet paper and serviced throughout the day — if there are any issues, please inform staff at the NOWCA tent or anyone in a bright yellow event shirt.

DO NOT use the toilets to change. Designated changing tents are available in the event village

■ 8.3 Changing

A number of change tents are available near the Bag Drop area under Connaught Bridge, including a large, accessible change tent.

■ 8.4 Bag drop

You may leave one REASONABLE sized bag and a changing robe at Bag Drop. Ensure the changing robe is attached securely to your bag.

Bag Drop is located underneath Connaught Bridge. Drop your bag and then proceed to the swim start area on the dockside in front of the DoubleTree by Hilton.

■ 8.5 Hydration station

Arrive with your own water bottle — the Hydration Station in the Event Village has drinking water, but no single-use cups are provided.

■ 8.6 Food & drink

Food trucks operate within the Event Village. Other options within a 5 minute walk include:

- DoubleTree by Hilton
- Prime Coffee London (underneath Yi-Ban)
- Yi-Ban Chinese Restaurant (overlooking the event village & Royal Albert Dock)
- Fox Connaught
- Hampton by Hilton London Docklands
- Moxy London ExCeL
- Holiday Inn Express London

■ 8.7 Spectators & seating

Spectators / family are welcome anywhere in the event village but must remain out of the restricted swim zone / swim finish areas.

There is limited seating in the event village but lots of grassy areas and a large forecourt overlooking the dock. Feel free to bring a picnic blanket or chairs to set up in the area.

■ 8.8 Photos & filming

Official photographers and videographers are present throughout the event, in the Event Village, swim start area, swim course, finish area and prize presentation. By taking part in the Dock2Dock swimmers acknowledge that photos and videos may be captured and used for event promotion, marketing, social media and future event communications.

Drones are strictly prohibited in this area of the docks due to the proximity to London City Airport. Anyone using drones will be reported to airport security and may be subject to prosecution.

■ 8.9 Dogs

We love dogs. Please ensure they are kept on a lead and pick up after them.



Swimmers requiring assistance on the day should visit the Info / Assistance Tent opposite the registration tents, next to Refuel. Volunteers will be on hand to assist. Look for the NOWCA branded gazebo opposite the registration area.

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

There are 2 accessible toilets on the same level as the main event forecourt.



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).



The 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 mobility aids, these will be brought from the start area to the finish area by event volunteers.

10 After Your Swim

10.1 Results & prizes

Live results are available at:

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

Prizes are awarded to overall winners in each gender, distance and swimsuit category (Skins/Wetsuit)

Prizes are only awarded where there are more than three entrants in the relevant gender/category.

- Only swimmers in the **Mass Start** are eligible for prizes.
- Unofficial Finishers (UF) are not eligible for prizes.
- There are no prizes for age groups

The prize presentation takes place at 2:00pm near the finish area.

Results

If you are viewing the results on your phone, turn it to landscape orientation to see all of the information available.

You can download your results certificate from the official results page. Click on your name to see the download option.

10.2 Help us protect the docks

Dock2Dock is committed to reducing its environmental impact and protecting the docks environment.

- Use designated waste bins and recycle wherever possible.
- Return feed station cups, gel wrappers and other packaging to volunteers — never throw them in the water.
- Take personal rubbish home with you if bins are full.
- If you see something on the ground that has potential to end up in the water, please scoop it up and put in the provided bins, or ask one of the volunteers.

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 impacting other water users.

If you need assistance, get in touch:

Online (prior to event day)

- Contact the team <https://lovesportseventsco.freshdesk.com/support/tickets/new>
- Website: dock2dock.co.uk

Visit the Event Village

- Registration Tent
- Finish Marshall Tent / Special Assistance (next to Refuel)

Speak to

- Event staff
- Volunteers

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



12 Our Official Partners

Event partner



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

Event partner



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

Charity partner



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

Charity partner



LEVEL WATER is the official charity partner of the Dock2Dock. Their mission is to help kickstart a love of swimming in children with disabilities by providing access to swimming lessons and opportunities.

levelwater.org

Nutrition & Hydration Partner



VOOM NUTRITION provides energy made of more for your athletic journey. They supply nutrition bars and hydration for swimmers at our event.

voomnutrition.co.uk

Wetsuit Partner



ADVENTURE KIT HIRE offers premium gear for swimmers as well as snow sports, triathlons, cycling, and fitness – all in one place. They offer wetsuit hire for our event participants.

adventurekithire.co.uk

12 Our Official Partners (continued)

Training Partner



CATCH is an innovative swim coaching app that empowers swimmers of all levels to train smarter, build confidence and connect with a vibrant community both in the pool and in open water.

catchswim.com

Merchandise Partner



SUNDFOERR offer premium sustainable changing robes, towelling robes and SwimSense water testing kits for open water swimmers and outdoor adventurers. They offer customised change robes and towel robes for our event.

sundfoerr.com

Merchandise Partner



OWN THE ADVENTURE produce sustainable, British-made kit for open water swimmers. Their swimsuits also carry an important reminder for self-care and wellbeing. They offer customised swimwear for our event.

owntheadventure.co.uk

Merchandise Partner



NOTCH create personalised bracelets and charms, crafted with care and made to wear every day. Their products are designed to celebrate achievements, identity and connection. They offer customised charms for our event.

notch.io

Gift Partner



BARRACUDA BAY is a vibrant company dedicated to enhancing your aquatic adventures with a stunning range of brightly coloured products specifically tailored to water-based activities. They supply the swimmer gifts for our event.

barracudabay.co.uk

Good luck and enjoy your swim!