



Welcome to the Nepean Aquatic Centre Open Water swim hosted by Nepean Aquatic Centre Swim Club on Saturday 24th October 2020 at the Sydney International Regatta Centre, Castlereagh Rd, Penrith.

Venue Access

Please proceed along old Castlereagh Road and enter the Regatta Centre via Gate A (General Entry) where you will find a marshal who will direct you to the parking area on the island. There will be another Regatta Centre staff member in place before driving over the bridge. They will be stopping vehicles to conduct a count of people in each vehicle to ensure that we do not exceed our limit of 500 participants as allowed under the current public health order.

Terms and Conditions of Entry

The following terms and conditions of entry must be adhered to under our COVIDSafe plan:

- If you or any member of your household are feeling unwell or have any symptoms of COVID-19, please do not attend the event.
- If you or any member of your household have tested positive for COVID-19, please do not attend the event.
- If you or any member of your household have visited any of the locations listed on the NSW Health website here, <https://www.nsw.gov.au/covid-19/latest-news-and-updates> or Victoria in the last 14 days, please do not attend the event. Please note that this page is updated daily, so we ask that you check back regularly to this page prior to the event.
- If you are unable to attend due to the reasons above, Nepean Aquatic Centre Swim Club will provide you with a full refund for your entry.
- **We request that only one spectator attend the event per household and they must accompany a competitor. Venue staff will be keeping count of event participants entering and leaving the venue on the day and will not permit any further entries once the entry limit of 500 has been reached. Anyone who does not comply with this request puts the participation of another competitor in jeopardy if the maximum number of participants is exceeded.**
- Please practice proper hygiene whilst present at the event and if you do begin to feel unwell during the day, please leave the venue. There is a COVID testing site open to the public located on the southern side of the Regatta Centre. There will be several hand sanitiser stations available at race registration as well as fully stocked bathroom facilities.
- Nepean Aquatic Centre Swim Club encourages the wearing of masks at the event for spectators and competitors whilst seated in the grandstand area and competitors whilst they are completing the race check in and body numbering process, although this is not mandatory.
- Please be mindful of social distancing at all times, particularly for spectators when selecting a seat.
- There will be a COVID Marshall in attendance at the Regatta Centre and we respectfully ask for your cooperation with complying with instructions from the marshal
- **We ask that you minimise your time at the venue and only attend for the period that you need to swim. We will not be conducting a presentation on the day. Competitors in the 2.5km swim**

who do not have a sibling swimming in the 5km event will be required to leave the venue by 9.15am. Showers will not be available at the venue.

- **Competitors in the 5km swim should not arrive any earlier than 9.15am unless you have a sibling swimming in the 2.5km event. This will allow us to keep the number of participants on the island below the maximum of 500.**
- Nepean Aquatic Centre Swim Club encourages competitors to bring any food or drink they require with them and do not share this with others. If Competitors or Spectators do purchase food or drink from the venue, please do not share this with anyone outside your household.
- Please bring with you, all of your own equipment that you need to compete and please do not share this with others.
- If you have not already done so, we encourage you to download the COVIDSafe app.

Waiver Form

Swimming NSW require all competitors to sign a waiver form. If a swimmer is under 18 years of age, a parent or guardian must sign the form. Signed waiver forms must be handed in when you register. You will not be able to register without a signed waiver form. A copy of the waiver is attached to this email and is available to download from the Swimming NSW web site [here](#). To save time, please print this at home and bring it with you. Spare waiver forms will be available adjacent to registration.

Race Registration

**** DO NOT APPLY SUNSCREEN BEFORE HAVING YOUR RACE NUMBER APPLIED ****

Registration will take place at the marquees in front of the grandstand. In the event of inclement weather, race registration will take place under cover at the rear of the grandstand.

7.00am – 7.30am 2.5km competitors

9.30am – 10.00am 5.0km competitors

Upon handing your waiver form in and getting your name marked off, you will receive a slip with your race number.

Take your race number slip to a Nepean Aquatic Centre Swim Club volunteer who will first wipe down your arms and shoulders with a disposable sanitising wipe. Another volunteer will then apply your race numbers to both upper arms and both shoulders. Please be advised that the numbering process does take time so don't leave it until the last minute.

Warm up

Warm up will be available for 2.5km swimmers between 7.00am and 7.45am at the western end of the main competition lake only. Warm up for 5km swimmers will be from 9.30am – 10.15am

Pre-race briefing

The race referee will hold a pre-race briefing for each distance at the following times:

2.5km 7.45am 5.00km 10.15am

Please maintain social distancing during the race briefing. A copy of the race briefing is available to read [here](#).

Race start

Competitors in the 2.5km and 5km swim race will commence on the opposite side of the lake from the grandstand. Swimmers will be required to enter the water via a chute to have their numbers recorded by the clerk of the course. Please maintain a safe distance of 1.5m between yourself and the swimmers in front of you as you line up to have your number marked off. Once on the pontoon, please enter the water immediately and make your way across to the start line which is approximately 150m from the pontoon. Please allow 2-3min to make your way to the start line. Once at the start line, please listen to directions from the starter and the race referee. The water along the bank is shallow if you prefer to stand until the race start.

Course Maps

A course map is available [here](#) and will be available to view at race registration

Water temperature

The race referee will take the water temperature prior to the first event on Saturday morning and that will be communicated to competitors during the pre-race briefing. As a guide, the water temperature just off the pontoon next to the finishing tower was approx. 22°C on Wednesday this week.

Water Safety

There will be a minimum of four boats on the water. In addition to this there will be kayaks paddling alongside the swimmers. The race referee will include water safety instructions in the pre-race briefing. If you require first aid, please report to the first aid hut to the west of the grandstand.

Start times

We have made some slight amendments to the start times which were originally published. The start times will be as follows:

2.5km Male 8.00am

2.5km Female 8.15am

5km Male 10.30am

5km Female 10.45am

Race finish

The finish line for all distances will be under the arch in front of the finish tower. Swimmers will be required to reach up and touch the finish arch with either hand. The race referee will give final directions at the pre-race briefing. Please exit the water via the carpet just past the finishing tower so that the clerk of the course can mark your number off.

Presentation and Results

Unfortunately, we will not be able to hold a presentation on site after the event this year due to the COVID restrictions. Medals for 1st, 2nd and 3rd in each age category will be posted to your club during the week following the event.

The results will also be posted on the Nepean Aquatic Centre Swim Club website under the “open water” tab as soon as possible after the event and will be uploaded to Swim Central.

A message from the committee

Up until the last week of September we had resigned to the fact that we would not be able to run this event due to the COVID restrictions. Following the lifting of restriction on inter regional competition in community sport in late September, The Committee decided to press ahead to deliver swimmers with an opportunity to compete at an open water event. We sincerely thank you for supporting the event at such short notice and we apologise that we were unable to deliver the same quality event as we have over the past 5 years.

Regards,

The committee,

Nepean Aquatic Centre Swim Club Inc.

**2020 Nepean Aquatic Centre Swim Club
CHIEF REFEREE'S BRIEFING**

Good Morning.

My name is and I'm the Chief Referee for this event.

The other Referees on the course are:

The Water Temperature is:C The Air temperature is:.....

The swimming course is a 2.5km loop, swimming in an anticlockwise direction keeping all four large buoys on your left side when turning. Before you enter the water, you are required to go through the entry point to be checked into the water. Entry to the water is located on the western side of the finish tower. Once in the water swimmers are to make their way across the lake to the starting line which is indicated by two small orange buoys.

Swimmers competing in the 2.5k event will complete one lap.

Swimmers competing in the 5k event will complete two laps only entering the finish chute on your last lap.

When finishing you must enter and remain within the finish chute to finish the race including touching the touch pad/vertical wall at the finish point.

Should you experience any difficulties in the water, please raise one arm above your head, and Water Safety will come to you to assist. If you leave the water for any reason, other than at the finish of the race it is mandatory that you report to the medical team for assessment, then the Clerk of the Course situated at the finish.

In the event of abandonment of the race a warning signal will be the starting signal/or whistles sounded repeatedly. The Referees and Water Safety will also advise you to immediately leave the water and make your way back to the entry point.

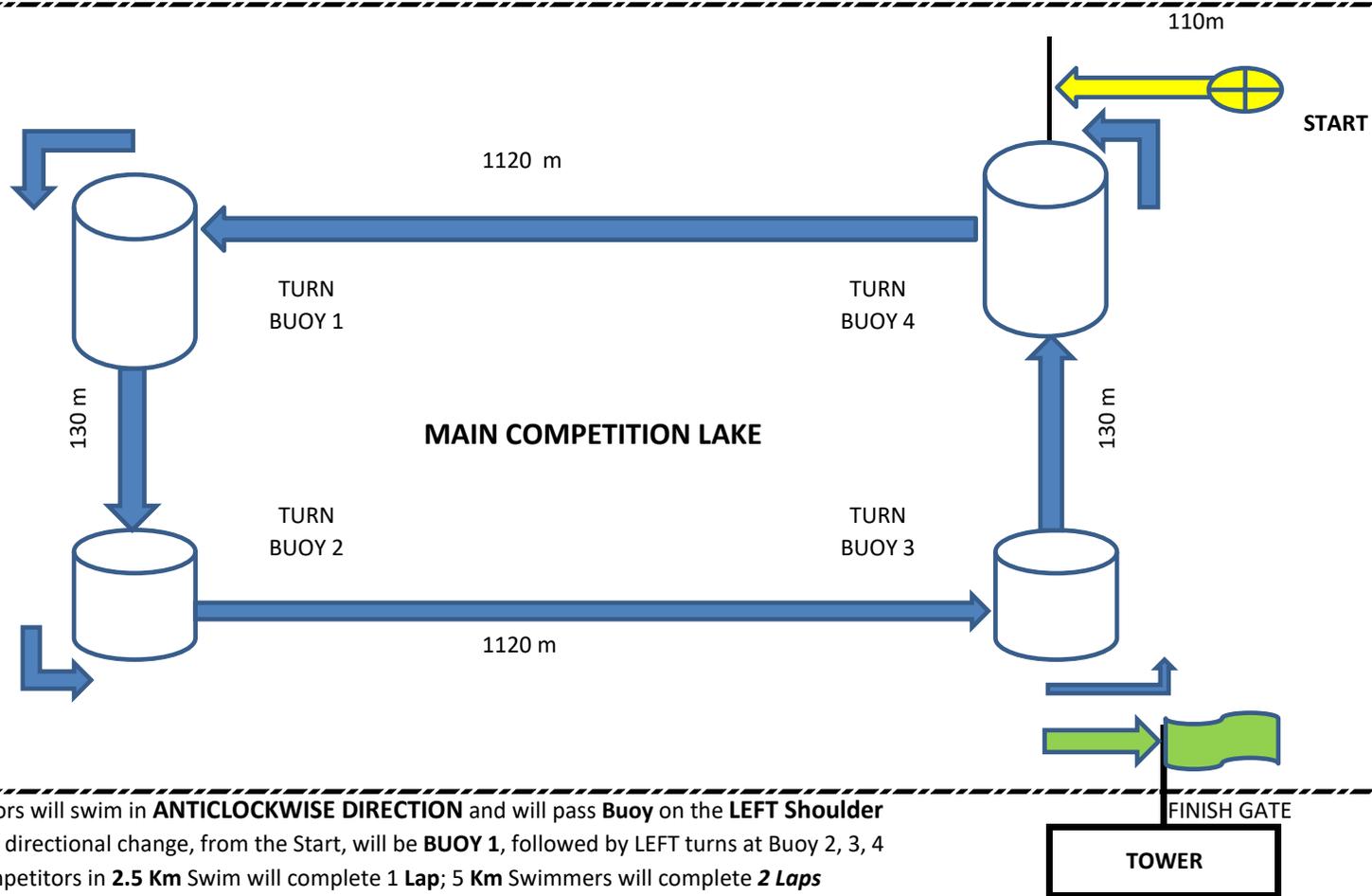
If you have any questions please ask them now.

Good luck and I wish you all the best with your swim



COURSE MAP

2.5 Km Open Water swim: 2.5 Kms Course x 1 Lap
5 Km Open Water swim: 2.5 Kms Course x 2 Laps



Competitors will swim in **ANTICLOCKWISE DIRECTION** and will pass Buoy on the **LEFT Shoulder**
First (left) directional change, from the Start, will be **BUOY 1**, followed by LEFT turns at Buoy 2, 3, 4
Competitors in **2.5 Km** Swim will complete **1 Lap**; **5 Km** Swimmers will complete **2 Laps**
When **Finishing Competitors** must swim through finish line, as per Referee's Instructions, to have their finish times recorded