

# **2011 GEO BAY SWIM**

## **COMPETITOR INFORMATION BOOKLET**

## **INDEX**

<b>Minimum Age</b>	<b>3</b>
<b>Competitors Registration Details</b>	<b>3</b>
<b>Wetsuits &amp; Rash Vests</b>	<b>3</b>
<b>Disabled Entries</b>	<b>3</b>
<b>Pre Race Briefing</b>	<b>3</b>
<b>Course Description</b>	<b>4</b>
<b>Cut Off Times</b>	<b>4</b>
<b>Team Changeover Points</b>	
Gate 1	5
Gate 2	6
Gate 3	6
Gate 4	7
Finish	7
<b>Team Change Over's</b>	<b>8</b>
<b>Personal Effects</b>	<b>8</b>
<b>Withdrawals</b>	<b>8</b>
<b>Safety</b>	
On Water Safety	8
<b>Support Craft</b>	<b>8</b>
<b>Stingers</b>	<b>8</b>
<b>First Aid</b>	<b>9</b>
<b>Pedestrians &amp; Traffic</b>	<b>9</b>
<b>Fluid &amp; Energy Replacement</b>	<b>9</b>
<b>Skin Protection</b>	<b>9</b>
<b>Smoking</b>	<b>9</b>
<b>Rubbish on Course</b>	<b>9</b>
<b>Toilets</b>	<b>9</b>
<b>Personal Responsibility</b>	<b>9</b>
<b>Weather</b>	<b>9</b>
<b>Tips for Paddlers</b>	<b>10</b>
<b>Race Rules</b>	<b>11</b>

## MINIMUM AGE

The Geo Bay Swim competitor age limit is 14 years. Competitors under 14 years of age wishing to compete must apply in writing with signed permissions from a parent or guardian and an accredited swim coach.

## COMPETITORS REGISTRATION DETAILS

On entry you will need to complete the following information for each competitor:

- First name
- Surname
- Gender
- Date of birth
- Address
- Telephone number
- Mobile number
- T Shirt size
- Email address
- Emergency contact name
- Emergency contact telephone number
- Emergency contact mobile number
- Medical conditions
- Support paddlers name

## WETSUITS & RASH VESTS

This is a wetsuit legal swim. Wetsuits or rash vests are encouraged as protection against the possibility of stingers which are common in the bay around that time of year.

## DISABLED ENTRIES

Disabled entries will be available by application.

## COMPETITOR PRE-RACE BRIEFING - COMPULSORY

It is **COMPULSORY** that every competitor and support paddler attends the check-in and Briefing. Check-in will be held at the Busselton Volunteer Marine Rescue Group building located at the intersection of Geographe Bay Road and Georgette Street from 4.00pm on the Saturday evening before the race. The race briefing will be done at the same location immediately after Check-in finishes.

### **\*\*\* WARNING \*\*\***

The event course passes several boat launching sites around the bay and is not closed to the public. Therefore non event water craft **WILL** be on the water with us. Our Safety Management Plan stipulates that one of the primary tasks of the support paddler is provide enhanced visibility of the swimmer in the water for this reason. Support paddlers must remain no greater than a distance of 10 metres from the swimmer they are escorting **AT ALL TIMES!**

*(Except during the race start, at stage gate change areas and at the finish line where congestion would be too great. In these areas a maximum distance of 50 metres may be observed).*

While strong winds at this time of year are rare head winds of 10 to 15 knots have been experienced before. The only safety issues to date from previous events have been with support paddlers not adjacent to their swimmer. This situation poses an unacceptable safety risk and will not be tolerated. If any support paddler is found to be consistently further away from their swimmer than these distances

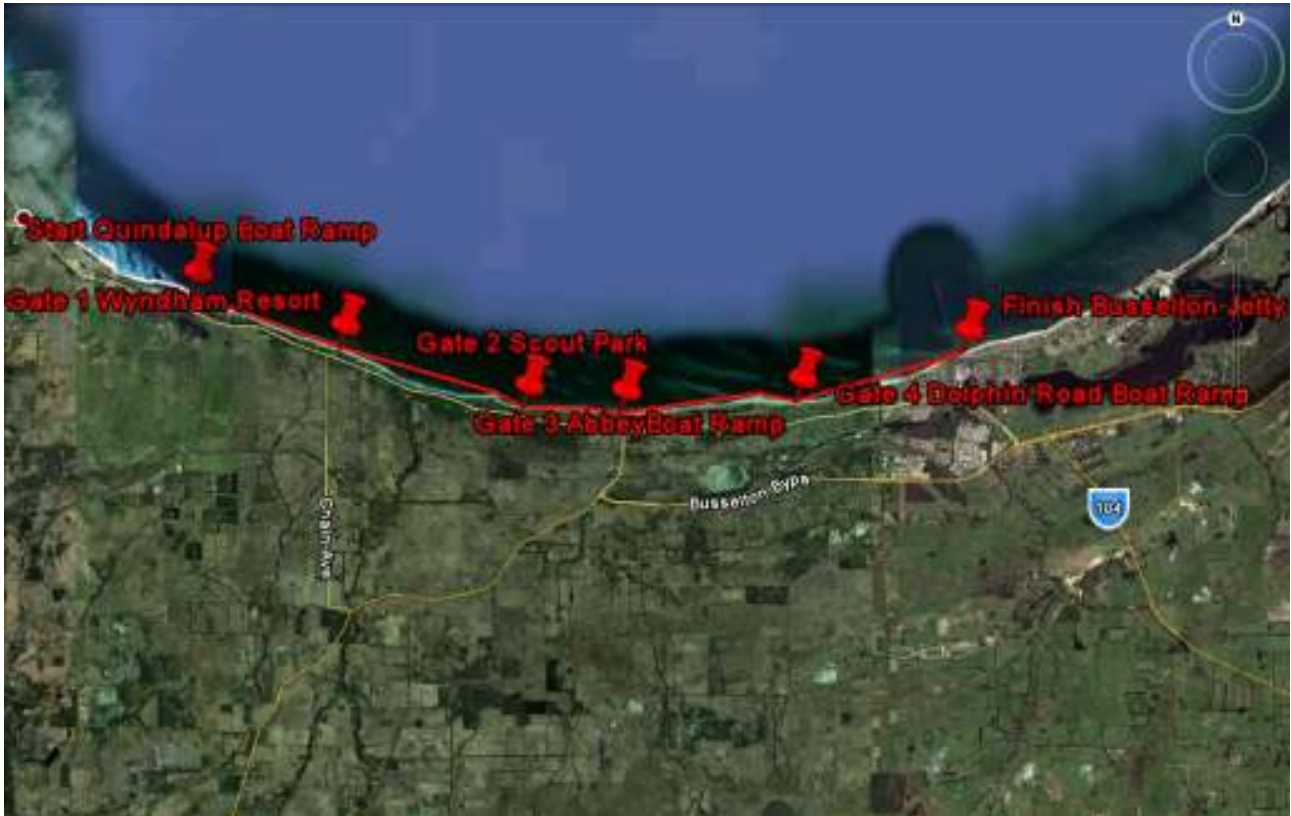
**THE SWIMMER WILL BE REMOVED FROM THE WATER IMMEDIATELY.**

So to avoid the disappointment of an enforced removal from this event you must ensure your **SUPPORT PADDLER IS COMPETENT TO COMPLETE THE DISTANCE WITH YOU.**

## THE COURSE

The event start line will be on the beach to the east side of the Quindalup boat ramp, Geographe Bay road, Dunsborough. Competitors will swim in an easterly direction towards the finish line at the eastern side of the Busselton jetty. The course limits are the shoreline to the south and a series of large marker buoys set out from the shore approximately 300 meters to the north around the edge of Geographe Bay. At the finish line competitors will have to pass underneath the Busselton Jetty through chutes to the finish line on the beach in front of the Goose cafe.

Total course distance ~ 19 Kilometres



## CUT OFF TIMES

All competitors who fail to reach a gate by the allocated cut-off time will be directed to leave the water. After these cut-off times, official vessels no longer provide support and insurance no longer covers the competitor. The support paddler must remain with the competitor until they have exited the water, then they may proceed to the next gate to await the next team members start permission. The other Duo member or the next Team member may still continue in the event but must wait until the cut off time has been reached and their support paddler is present before leaving the respective gate.

		Solo's	Teams	NOTE: Assuming a 07:00 AM start time	
				Solo's	Teams
<b>Gate 1</b>	Start time +		1 1/2 hrs		08:30 AM
<b>Gate 2</b>	Start time +		3 1/4 hrs		10:15 AM
<b>Gate 3</b>	Start time +		5 1/4 hrs		12:15 PM
<b>Gate 4</b>	Start time +		7 1/4 hrs		2:15 PM
<b>Gate 5</b>	Start time +	11 hrs	9 1/4 hrs	6:00 PM	4:15 PM

### TEAM CHANGEOVER POINTS

There are four changeover gates. They are at the 3.7 Km, 4.6 Km, 2.3 Km, 4.2 Km & 4.1 Km marks.

#### GATE 1

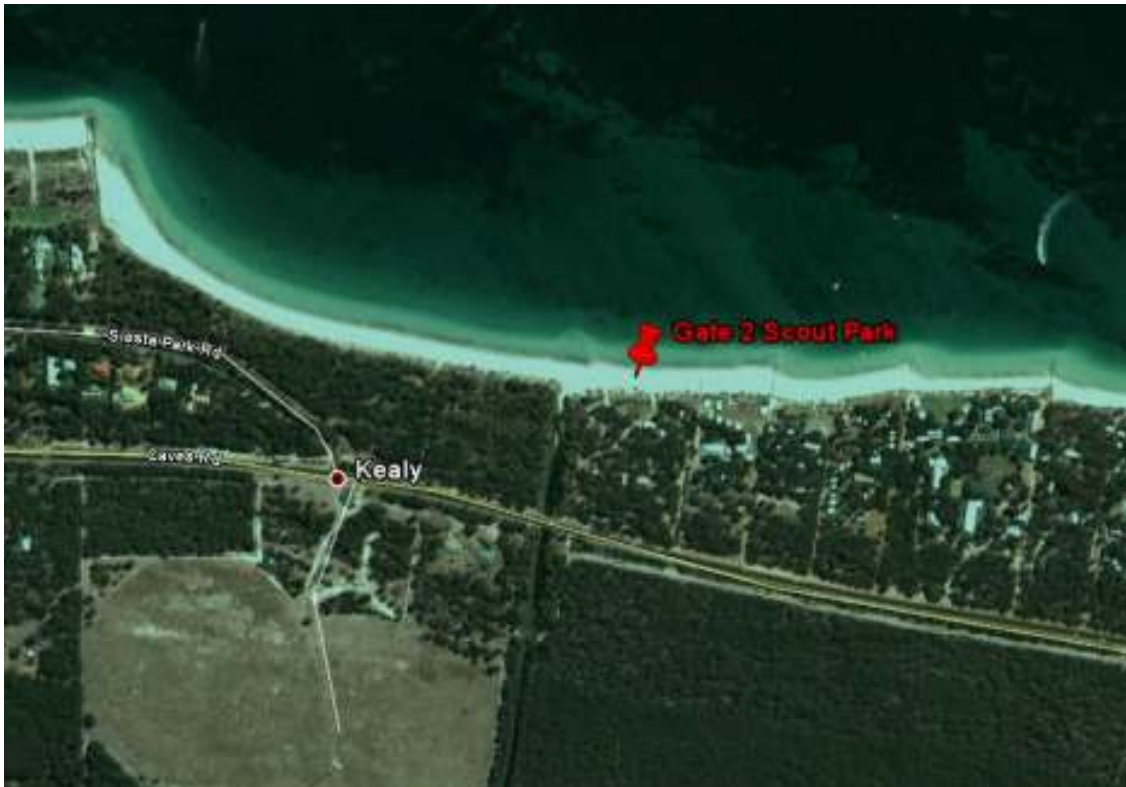
The 3.7 km changeover is at Wyndham Resort.

GPS – S33° 38' 35" E115° 11' 11"



## GATE 2

The 4.6 Km changeover is at Scouts camp ground.  
GPS – S33<sup>0</sup> 39' 21" E115<sup>0</sup> 13' 59"



**GATE 3** The 2.3 Km changeover is at Abbey Boat ramp.  
GPS – S33<sup>0</sup> 39' 25" E115<sup>0</sup> 15' 27"





## **FINISH**

The finish gate will be some metres out of the water and your time will be recorded as you pass through the timing gate. Assistance will be available for swimmers having difficulty getting up the beach and such assistance will not be grounds for disqualification.

Please move promptly through the finish gate and do not wait around in the finish chute.

Upon finishing it is important that you report to race officials at the finish tent before leaving the area.

## **TEAMS CHANGE OVER'S**

Duo and Team competitors should know which of the 4 relay gates they are to be stationed at. Relay team members must meet for their change at the waters edge in the gate staging area. Changing Relay members must make physical contact before the next member can proceed. Relay team members must register with event staff at both the start and finish gates of each of their relevant swim legs.

## **PERSONAL EFFECTS**

A secure Bag storage area will be provided at the finishing area for solo competitors. Each solo competitor is allowed to store one reasonable size backpack or sports bag in this area.

Transportation of bags from the start line to this area will be provided. Please clearly mark your bag for ease of recognition, include your name and contact number.

No storage of personal effects will be provided for teams. If relay swimmers require a towel or clothing at the end of their relay leg; they should ensure that their team-mate takes it with them to the relevant gate

## **WITHDRAWALS**

It is the responsibility of any competitor withdrawing from the event to notify registration as soon as possible. The finishing competitor in each team is expected to help vouch for the safe return of their team mates.

## **SAFETY**

Considerable effort goes in to maximising the safety of participants in this event.

### **On Water Safety**

The Busselton Volunteer Marine Rescue Group will be attending specifically to on water safety. They have a high level of accredited training for this role & will be highly visible. They should be your first option if you have any on water safety concerns. If you require assistance your support paddler should sound their whistle (provided in race pack) and raise your hand to attract attention.

### **Support craft**

Support paddlers are there for the competitor's safety and as such they must remain in close contact with their swimmer at all times without hindering them. If competitors are tired they may hang on to a ski or a float for a brief rest or to take on fluids or nutrition. You will not be disqualified unless your forward progress is aided. Support paddlers; you are here to support a specific competitor or team but if you are the closest, please render assistance to whoever requires it, this goes for competitors also. We are all here to enjoy a great swim in company & in safety. Please look out for one another.

A sweep craft will follow the last competitor through to the finish to further ensure competitors safety.

### **Stingers**

Stingers are always a consideration. If you are concerned by or are sensitive to stingers, wear a stinger suit, rash vest & apply a barrier cream.

### **First Aid**

St John's personnel are on standby for the event & there is a first aid trained person at each change point and the finish tent. The Marine Rescue Group officers also have first aid & resuscitation equipment and an ambulance will be called if required.

### **Pedestrians & Traffic**

All normal precautions must be observed when crossing roads etc.

### **Fluid & energy replacement**

Bottled water & fresh fruit is freely available for competitors at each of the change gates and at the finish.

### **Skin protection**

Please use sunscreen, which is freely available. Wear hats, cover up & seek out shade where possible. Do not apply sunscreen or Vaseline to areas that will bear your race number. Only Race Officials may apply race numbers. Please also consider fellow competitors and take the extra care of trimming finger and toenails.

### **Smoking**

Please help make the Geo Bay Swim a smoke free event. Enjoy the clean air of Geographe Bay.

### **Rubbish on course**

Please be considerate of the local community and refrain from discarding any waste, including energy bar / gel wrappers, equipment and bid dons on the Course other than at a change gate area.

### **Toilets**

Public Toilets are located adjacent to the swim start, at change gate 3 & 4 and at the finish area.

### **Personal responsibility**

The Geo Bay Swim is an ocean swim. You swim in an uncontrolled, natural environment. The weather, sea conditions & sea life, your own exertions & numerous other factors all introduce an element of risk. The race organizers go to considerable lengths to maximise your safety but ultimately it is your choice to swim. Your welfare is your personal responsibility or the responsibility of your legal guardian.

## **WEATHER**

The follow outlines the average weather conditions found in Geographe Bay in the month of November.

### **Sunrise**

05:09

### **Sunset**

18:57

### **Average daily temperatures**

Average maximum ~ 24 degrees Celsius

Average minimum ~ 12 degrees Celsius

### **Expected water temperature**

~ 19 degrees Celsius

### **Expected Water Visibility**

~ 10 - 12 metres, depending on wind conditions

### **Low tide**

0.260m @ 05:25 AM

### **High tide**

0.860m @ 22:19 PM

## **TIPS FOR PADDLERS**

The following notes have been prepared by Canoeing Western Australia Inc.

Be aware of the scope of conditions you may encounter.

Prepare for the full extent of those conditions

Paddlers will be on their craft between 4-9hrs. You will require water, food and protection against the elements. The physical effort required to maintain an upright position close to your swimmer in challenging conditions will be considerably demanding.

Prepare and maintain yourself and you will not be a liability to your swimmer(s)

### **Hydration**

A back pack drink system is ideal. You probably will require a refill during the event. Ensure there is available water on your support boat.

### **Comfort**

Selecting the most suitable craft

### **Stability**

Paddlers must be able to cope with rough conditions and be Stable enough to provide drinks and food to themselves and their swimmer. Be sure to Secure drinks, food and accessories in case of capsize. Make sure you have paddled the craft for lengthy periods prior to the event, and are aware of any discomforts from the position. Correct leg length aids stability and posture. Back support is recommended

### **Manoeuvrability**

Shorter more craft are generally more manoeuvrable. Maintaining a position alongside the swimmer can be difficult

## **CLOTHING**

### **Sun protection**

A spray on screen is ideal for re-application. Greasy sunscreen on your hands will make paddling difficult A chin strap on your hat will prevent it being blown off.

### **Warmth**

Thermal clothing is ideal as it allow you to retain warmth whilst you are wet

### **Cooling**

You will need to adapt to changing conditions and may need to shed or don clothing during the event. Ensure you have sun protection at all times

## **SKILL**

### **Stability**

Bracing strokes will allow you to deal with the inevitable bumpy conditions in a relaxed effortless manner.

Canoeing Western Australia recommends you gain some paddling knowledge and practice at your nearest canoe club and undertake an Open Water Paddle Competency Assessment.

**Canoeing Western Australia Inc**

**[www.wa.canoe.org.au](http://www.wa.canoe.org.au)**

**(08) 9285 8501**

## RACE RULES

1. Only competent competitors who are fit and adequately trained should enter.
2. Minimum age is 14 years old. Special permission may be granted by an application in writing with permissions from a parent or legal guardian AND an accredited swimming coach.
3. Hand paddles, flippers and other propulsion devices are not permitted
4. Competitors may enter for a Solo swim, Duo of 2 or a Team of between 3 to 5 members.
5. Duo and Team members must swim to the waters edge; tag their team-mate who will then proceed to the next change point.
6. For Duo and Teams competitors who do not make the published cut off times, the next team member will be allowed to continue at the published cut off time. This team will have their race number communicated to officials to signify that this team is still competing but are now unranked.
7. Duo and Teams competitors who do not make the published cut off times must leave the water immediately if asked to do so by event officials or safety staff.
8. All competitors must swim within the course marker buoys.
9. Wetsuits are permitted.
10. Swim caps will be supplied and must be worn.
11. Competitors will be required to have their race number displayed in waterproof marker.
12. All competitors must proceed to the registration desk upon finishing and state their race number.
13. Competitors withdrawing from the event must present themselves at the registration desk and confirm their withdrawal.
14. Support paddlers must attend the race briefing.
15. Accompanying paddlers are MANDATORY for safety purposes.
16. While competitors are swimming in the water their support paddler MUST REMAIN WITHIN a distance of 10 metres of their swimmer at all times. Exceptions to this are the race start, gate change areas and race finish where the maximum distance will be 50 metres.
17. A competitor may be disqualified at the discretion of the race organisers for contravening the race rules or for unsporting conduct.