



EVENT INFORMATION

WHERE DO I GET MY SWIM HAT, GLOW STICK & BALLOON FROM?

You will need to register on the evening of the event and collect your swim essentials from Dinton Activity Centre between 8pm – 9:15pm.

WHERE IS PARKING & HOW MUCH IS IT?

There is ample parking available at [Dinton Activity Centre, RG10 0SU](#). Charges are **£1.50 per hour** up to 4 hours.

WHERE IS THE SWIM COURSE?

You will swim in Black Swan Lake – directly outside Dinton Activity Centre and the course map can be found [here](#).

WHAT ARE THE RULES?

- All participants will start in the water in-line with the pontoon outside the Activity Centre.
- All large bouys are to be kept on your left hand side and swimming under bouys is not permitted
- Diving is not permitted
- If you get into trouble whilst swimming - please lie on your back and a Cloud 9 kayaker will assist you to safety.
- The event swim hat must be worn throughout the event.
- Glow bands must be worn on wrists throughout the event.
- Light balloons must be worn (suggested on zip of wetsuit) throughout the event.

DO I HAVE TO WEAR A WETSUIT?

Wetsuits are not compulsory, unless the water temperature is below 12 degrees or above 23 degrees; at which temperature wetsuits will not be allowed.

WILL I RECEIVE A MEDAL WHEN I FINISH?

Yes – of course!!

ARE THERE SHOWERS ON SITE?

Yes!

WILL THERE BE REFRESHMENTS AVAILABLE AFTER THE EVENT?

A warming cup of hot chocolate will be provided post swim.