



THE EVENT

It will be cold, so we suggest that you wrap up warmly **before and after** the event (warm clothes, beanie, gloves, scarf, jacket etc.). Get your "Buddy" to make sure that you get dressed quickly after you complete the event. It's easy, when you're really cold to "hang around" and forget that it is really important to get warm as soon as possible. Give your Buddy some warm drinks so they can have these ready for you for when you either leave the water, or when you are dressed. A hot drink will be provided for you too by The Bayside Kitchen, but I suggest that you still come well prepared with an extra flask of hot chocolate, coffee or tea!

We will be starting the swim from the Shore Line to avoid anyone standing around in the cold water. The Start will be in line with a Wooden Mooring Post which is about 100m out from the beach. There will be two Conquer Cystic Fibrosis Flags that will be the start and Finish Line.

Please take the time that you need to enter the water carefully checking for any submerged objects as you go.

Please DON'T porpoise into the water for this reason.

We suggest that you only swim in waist deep water so that you can stand up at any point during the swim.

You will swim NORTH from the start in a straight line (keeping the marker buoys on your left). After 500 metres, there is a Left Turn. Head SOUTH back towards the Start Line. The Start and Finish Lines are in the same place and will be marked with flags as mentioned above.

Please be respectful of your fellow swimmers, keeping an eye out for anyone who may be in any kind of distress.

If you do need to leave the water for any reason please make your way back to the Start Line as you must give your name to the Time Keepers (wearing yellow jackets) so that we can check you off our list.

You will have paddlers/Surf Life Savers along the swim route on boards or in kayaks, and Medical Staff on the shore line for your safety. If you are in distress for any reason please just raise your hand to get the attention of your nearest paddler or shore walker. Once out of the water please make your way back to the Start Line, as per the above instructions and give your name to the Time Keepers (wearing yellow jackets) so that we can check you off our list too.

Enjoy your swim and take great care. But please remember "When in Doubt Get Out!" Only you know how you are feeling so please monitor yourself closely.

Once again, thank you so much for participating in the second "Dare to Care Swim" and "enjoy" the experience!

