



## Forestman Swim 2.4miles / 3.8km

Likely water temperature will be around 17 degrees. Wetsuits are compulsory. Neoprene hoods & booties allowed.

**3 clockwise laps of the lake** – the route will be clearly marked with buoys at each turn point. Deep water MASS start – please self seed!

## Boskman Swim 2.5km – 2laps

## Middle Forestman Swim 1.4km – 1 lap

## **Transition Run 1.6km**

On exiting the swim via the slipway follow the matted path up to the “Shoe Area”. Wetsuits, hats & goggles must be bagged up and left (bags provided at registration & we’ll collect & return your bag!)

Put your shoes on and then start the 1.6km run along the road (signed) back to the transition area at Moyles Court School.

## **Swim Safety**

The swim is a clockwise circuit in the lake. The course will be clearly marked with Buoys, and explained at the race briefing at the start. There will be a number of Rescue Canoes and a Safety Boat. If you get into difficulty during the swim turn onto your back and raise one arm in the air, assistance will come to you. You will be close to the bank all the way around so you can always swim to the side if you want to.

Competitors are reminded that no inland waterways in Britain are considered safe for swimming. Do not swim if you have an open wound, feel unwell or are recovering from a virus or infection, as your immune system may not be strong enough to ward off infections. In the event of illness after swimming, medical advice and treatment should be sought from your GP.

Furthermore to avoid the possible spread of weed between bodies of water, athletes should always ensure that their wetsuits are rinsed thoroughly dried between swims at different venues.