

IMPORTANT INFORMATION - READ THIS BEFORE YOU GO ON TO THE RACE DETAILS

You are advised in advance of the activity of the potential additional risk of participating during the Covid-19 outbreak.

Be reminded of the typical symptoms and the Government's recommended control measures to reduce the spread of the virus.

DO NOT ATTEND IF YOU have in the 14 days preceding the race - (a) knowingly been in contact/ near (within 1m) of a Covid positive patient, (b) been self-isolating with/suspected Covid-19 symptoms, or (c) been sharing a household with others who are self-isolating with/suspected Covid-19 symptoms or as a precaution.

By participating you are confirming your health condition in respect of the above.

Please adhere at all times to social distancing and hygiene practices during your time at Box End Park.

COVID CUP SWIM RACE

Saturday 12th September 2020

Competitor Information

Arrival - Please use the main car park. Parking is free.

Changing - There are currently no changing or shower facilities available at Box End. There is limited toilet access. Please use your vehicle to change if necessary before and after the race. We can look after car keys at registration if needed.

Registration - This will be in the marquee next to the finish line.

Please note the separate time slots:

5k and 3.8k swimmers - Opens 9.45am-10.15am

1500m and 750m swimmers - Opens 10.30am-11.00am

Do not arrive at registration before your designated time slot. We need to keep numbers of people down.

Whilst on site please make sure you maintain a 2m (6' 6") gap between yourself and others. Please spread well out whilst waiting. There are less than 50 swimmers overall so let's use as much bankside as possible to avoid any problems.

Give your name to the registrar and pick up your swim hat and timing chip. The chip goes on your ankle - make sure it's securely attached.

Entry - **All entry is closed - there is no entry on the day.**

Wetsuits - Wetsuits are optional – the water temperature varies a fair bit from day to day as the lake is quite shallow.

Briefing - To avoid any crowding there will be NO BRIEFING. Study the map below!

The course - This is marked with large yellow/orange buoys and is shown on the attached plan. Swim clockwise. Front-crawl or breast-stroke is allowed. Keep 2m distance when overtaking.

750m - 1 small lap, 1500m - 2 small laps
3.8k - 3 large laps, 5k - 4 large laps.

The Start - You'll be asked to enter the water shortly before your wave start time. Again please maintain at least 2m personal distance. You'll have a few minutes to acclimatise. The hooter will start everyone in the wave.

Wave 1 - 5k & 3.8k off at 10.30am

Wave 2 - 1500m & 750m off at 11.10am

Safety - Kayak marshals will be on the water for your guidance and safety. If you get into trouble turn on your back and raise an arm.

Finish - On completion of your swim you must climb out and cross the finish mat next to the marquee. Take off the timing chip and place it in the bucket provided. Please don't ask for times or placings as we can't give them until after the event.

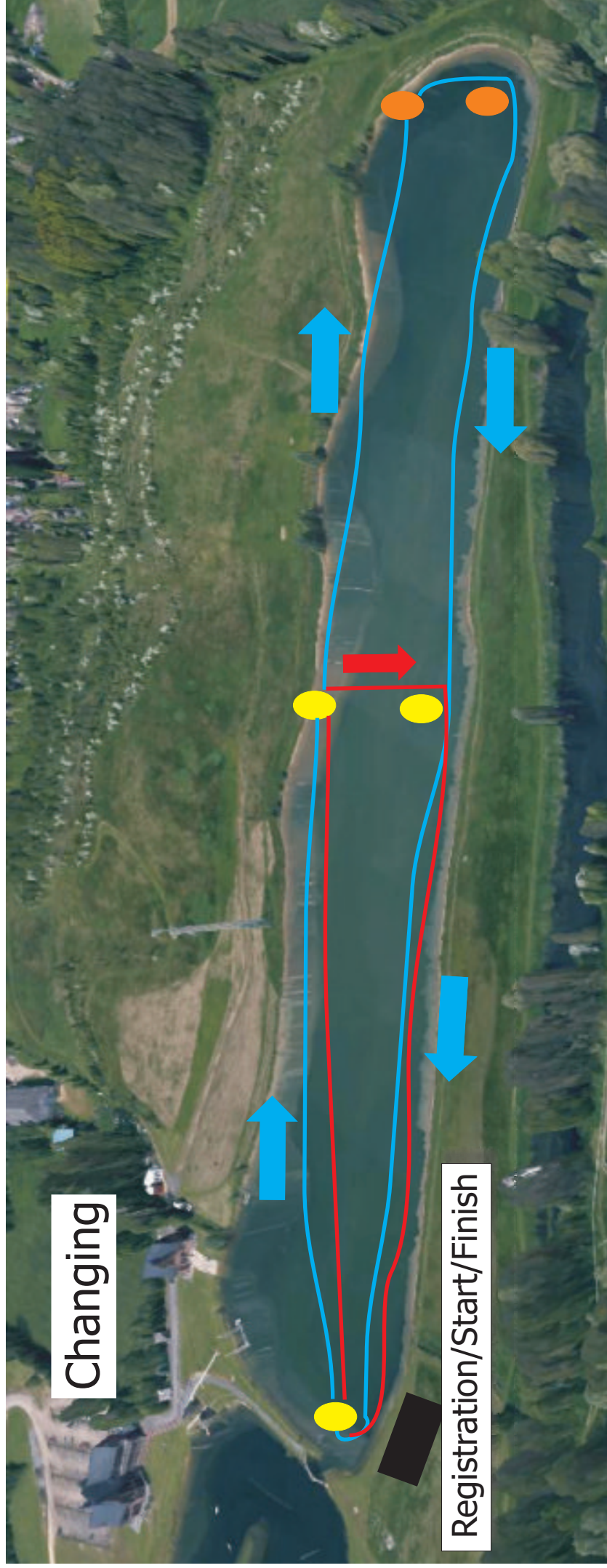
Time Limit - We have the lake till 12.30pm. If you are still not finished by then you'll be fished out.

Trophies will be awarded to 1st place M/F in each distance. This will be done pretty much as they finish to avoid more crowding etc.

Once finished please leave the area asap so that others can finish in a safe manner.

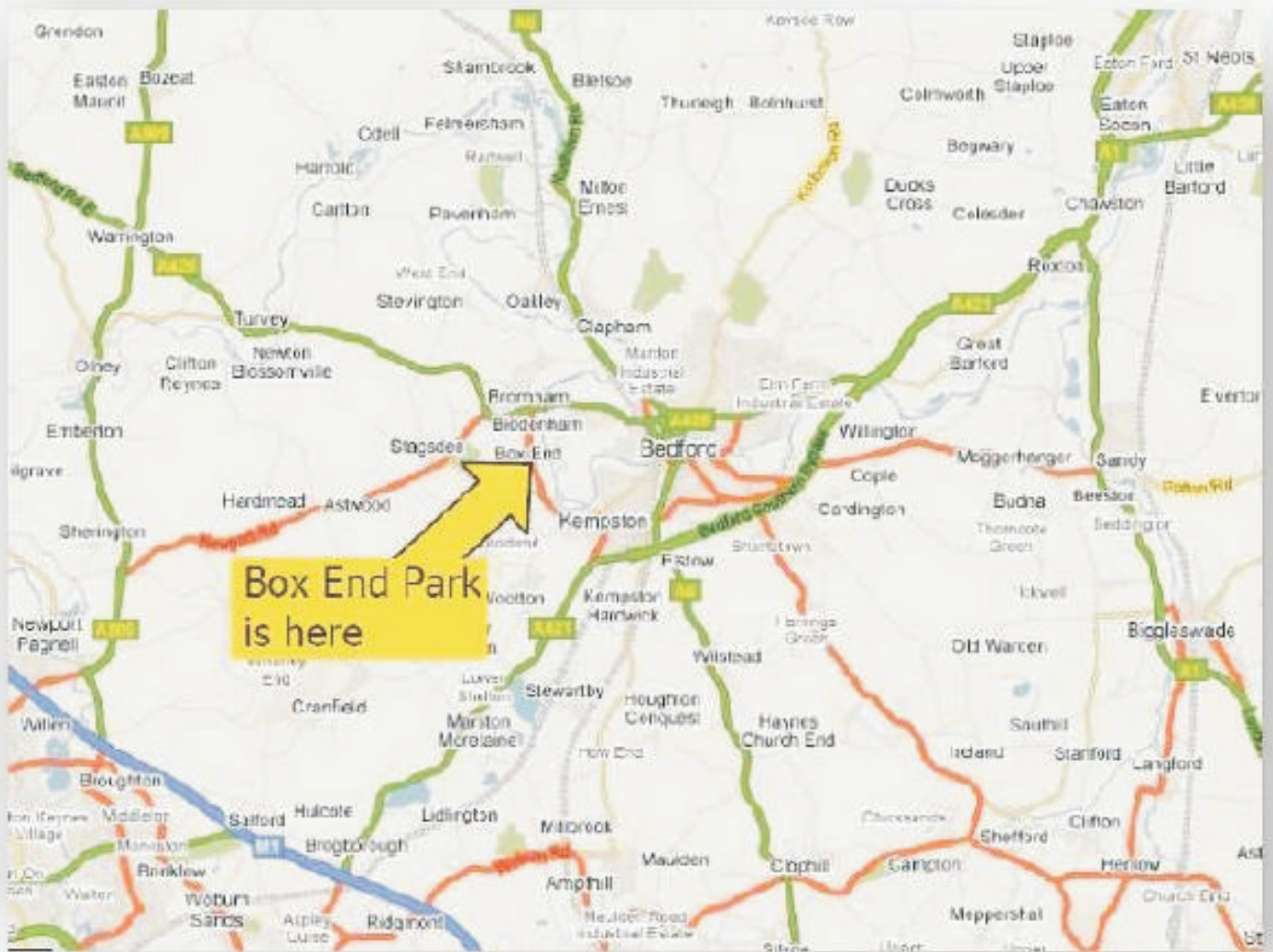
Do not bring spectators along - the only people on bankside should be staff and necessary parental support.

Results - Will be posted on the website asap after the event.



- 750m 1 Lap
- 1.5k 2 Laps
- 3.8k 3 Laps
- 5k 4 Laps

Box End Park Location



Box End Park, Kempston, Bedford MK43 8RQ
Website: <http://www.boxendpark.com/>

Have a good race!