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# BIG EFFORT SWIM

## Swimmer and Spotter Manual

### Introduction

This is a guide to help make your Big Effort Swim as successful as possible. This manual address some of the main concerns and question most swimmers have with this kind of event.

### Super and Ultra Swim

#### Goals of Swimmer

Remember that the goal of this event is to raise money for charity, to be safe and to have fun! Please follow our plans and listen to our instructions to ensure a safe and successful swim!

#### Pre-Swim

- All super and ultra-swim athletes will be required to attend a pre-swim orientation on the beach prior to the swim.
- **Listen carefully** to the instructions provided to you at the beach by the race director day of the swim.
- If, on the day of the swim, you feel like it is not your day, you do not feel well, or you are uncomfortable with the conditions, we encourage you to **consider safety first**, and not do the swim.

#### During the Swim

**Above all, enjoy your swim!** Take a moment while you are out there to have a look around and marvel at what you are accomplishing!

Remember that this swim is for charity. and your effort is what is important in the Big Effort Swim. With your pledges, your swim will raise money for our charities!

The course will be set out with race markers for the super and ultra-swim, please follow the race course which will colour coordinated to the ultra and super swim

Listen to the race director for how the course is expected to be followed

There is a cut-off time for the swim of 4 hours. If you have not completed the swim, we ask that you return to shore.

There will be support spotters in kayaks monitoring the course including lifeguards.

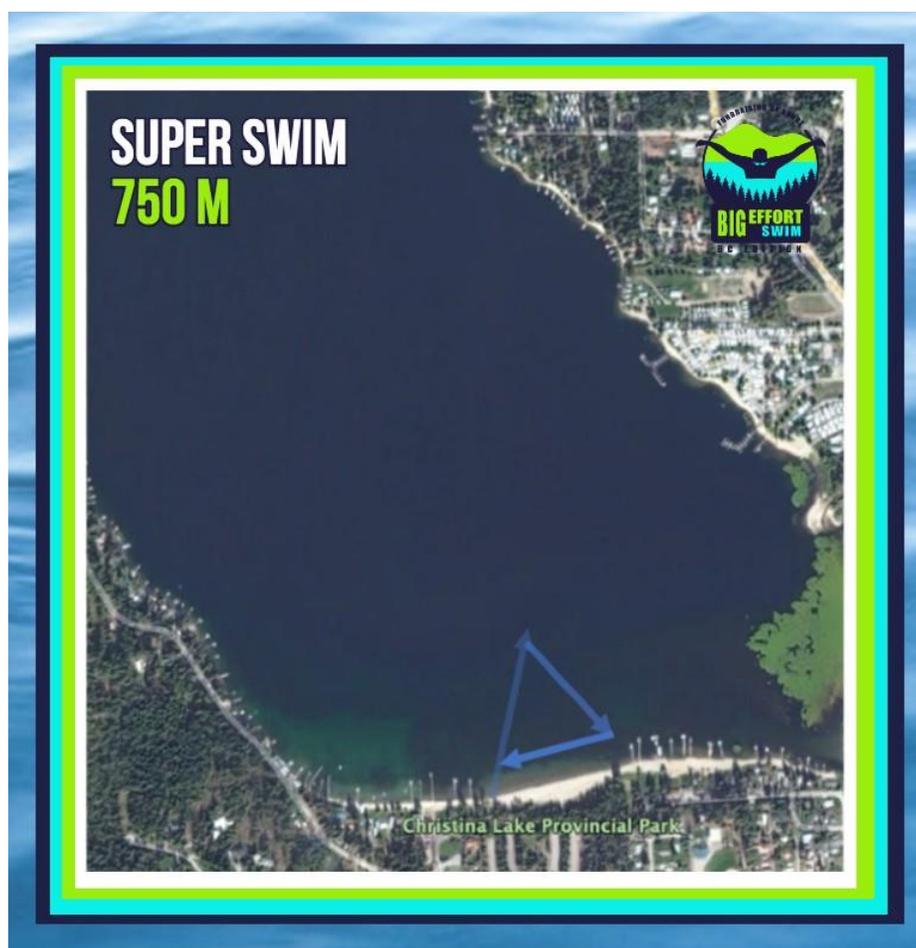
If you swallow water, or are coughing, or are anxious or panicky, stop swimming, roll onto your back to make breathing easier, hold on to your swim buddy if you have one. Take a break and work at calming your breathing down. If you can resume your swim do so at a pace that is comfortable and manageable, with stops as needed.

If you feel as though you are unable to proceed with your swim due to bad conditions, exhaustion, anxiety, illness, immediately alert one of our support spotters that you no longer wish to continue and swim immediately to shore or have them alert a safety/support motor-boat to pick you up in case of an emergency.

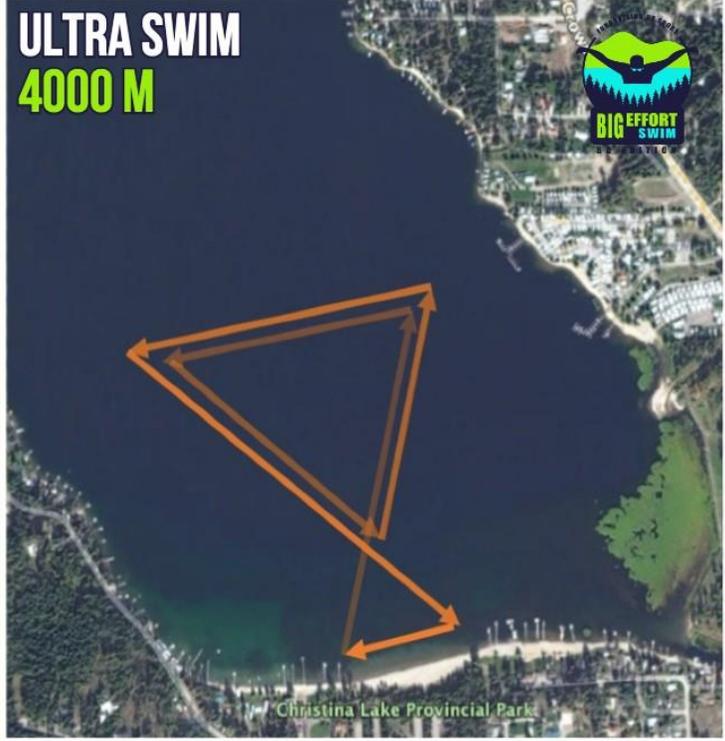
If the swim is cancelled due to sudden bad weather, the swimmers will be assisted by our support spotters who will direct all swimmers to return to the start if it is close enough, otherwise assist them as they wait for powerboats to come return them to the start.

### Post Swim

After the swim, celebrate your accomplishment at the Beach BBQ where awards will be handed out as soon as we are able to complete the final results, approximately by 1:45 pm but sooner if everyone is off the water. The BBQ and Awards Ceremony are included in your registration fee.



**ULTRA SWIM**  
**4000 M**



Christina Lake Provincial Park