

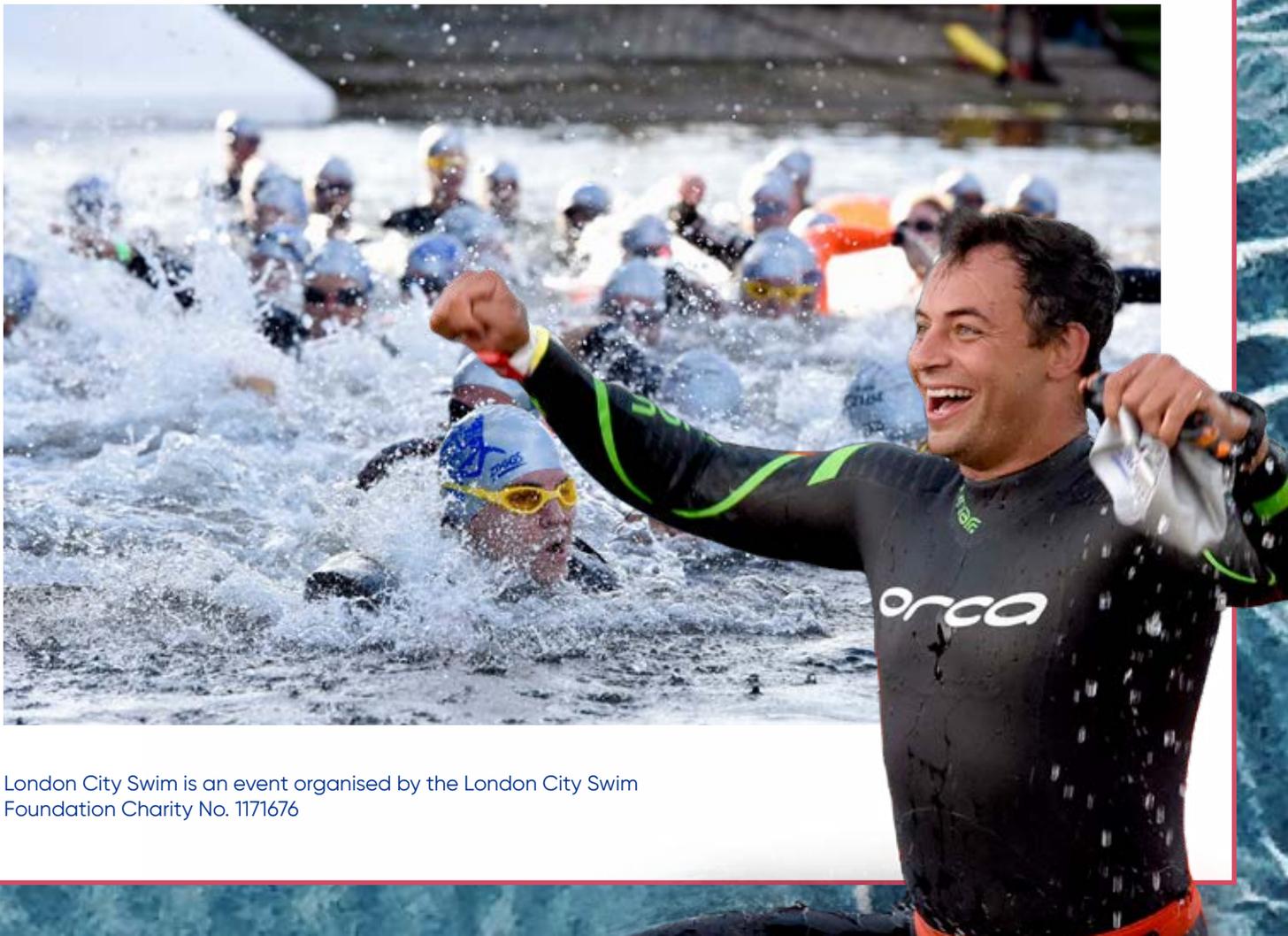


# SWIMMERS' INFORMATION PACK

PROJECT  
**AMBRoSIA**



THE  
STEPHEN  
HAWKING  
FOUNDATION



London City Swim is an event organised by the London City Swim Foundation Charity No. 1171676

# THANK YOU AND WELCOME



## A big thank you for signing up!

By participating in the London City Swim every penny you raise will go directly towards helping find a cure for motor neurone disease (MND).

In this pack you will find everything you need to know about the event.

"I have always tried to overcome the limitations of my condition and lead as full a life as possible."

*Professor Stephen Hawking*



## OUR SPONSORS

POWERADE.



BARROWS



Intertrust



# LOCATION:



## THE LONDON CITY SWIM IS LOCATED AT:

Royal Victoria Beach  
Royal Victoria Dock  
London  
E16 1AG

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### GETTING HERE

NOTE: See Excel London's Visitor page for more details or visit [www.tfl.gov.uk](http://www.tfl.gov.uk)

### BY PUBLIC TRANSPORT:

The Royal Victoria Dock is located on the DLR line. The closest DLR station is 'Royal Victoria'. Please use a current Tube Map for directions from your specific location.

### EMIRATES AIR LINE:

The London City Swim is next to the Emirates Air Line Cable Car.

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### BY CAR:

The main routes include the M25 and M11, the North Circular, A406 and the A13. As you get closer you'll pick up signs for Royal Docks, City Airport and ExCeL London.

The nearest available parking is a 5 minute walk away at Royal Victoria Car Park, E16 1AL. The charge is £20.

### BY AIR:

If you are coming from further afield, the London City Airport is only a 5 minute taxi journey from the Royal Victoria Dock.

# ACCOMMODATION



We have reserved a number of rooms at the Good Hotel London. The Good Hotel is a floating platform of pure industrial design, with a unique waterfront location and a view anyone would love to wake up to. The Good Hotel is situated on the Royal Victoria Dock, at the same location as the event.

The Good Hotel operates a business model of social responsibility, training and employing long-term unemployed locals, stimulating local businesses and helping to educate children of low income families in Guatemala.

To book a room please contact The Good Hotel and quote London City Swim to receive a 10% discount.

**Telephone:** +44(0)20 3637 7407

Western Gateway  
Royal Victoria Dock  
London E16 1FA  
United Kingdom

**Email:** [reservations@goodhotellondon.com](mailto:reservations@goodhotellondon.com) (and quote London City Swim)

**Website:** [www.goodhotellondon.com](http://www.goodhotellondon.com)

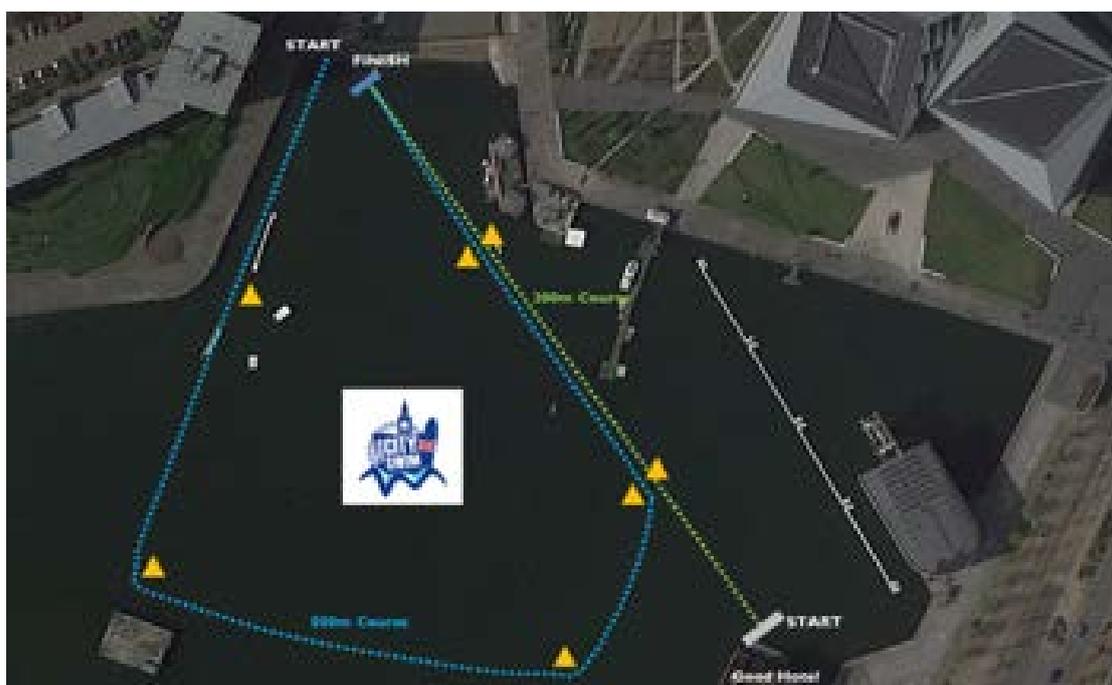
For details of other places to stay in London <http://www.visitlondon.com/where-to-stay>



# EVENT TIMETABLE:



1500	Registration and event area open
1700	Wave 1 (blue wristbands) – 500m swim
1730	Wave 2 (green wristbands) – 500m swim
1800	Wave 3 (yellow wristbands) – 500m swim
1830	Wave 4 (orange wristbands) – 500m swim
1930	Super-sprint final - women
1945	Super-sprint final - men
2030	Prize giving and after party
2130	Event area closes



# ON THE DAY



## 1. REGISTRATION

We recommend that you arrive at least an hour before your wave start time. At registration you will pick up your competitor pack which includes:

- Swim hat
- Timing chip
- Bag label
- Coloured wristband

## 2. CHANGE & BAG DROP

There are separate male and female heated changing marquees. Once changed, place your belongings into your bag, attach your bag label and hand in at Bag Drop.

## 3. WARM UP AND BRIEFING

Please be ready for your swim 30 minutes prior to the start of your wave. Listen out for announcements calling your wave to the start area. Please make sure that you have your official hat and goggles, that you are wearing your coloured wristband and that your timing chip is securely attached to your wrist.

If you are not wearing a wetsuit, you will be provided with a tow float to use during the swim. This is compulsory.

When all swimmers have assembled, there will be a safety briefing and a short warm up, before you enter the water to acclimatise.

## 4. START

The 500m swim begins with an in-water start. Once you have acclimatised you will be called forward to the start line. The start will be signalled by an air horn.

There will be safety boats and kayakers around the course supporting you so that you can relax and enjoy your swim. If you need any assistance, whatever the reason, they will be with you within seconds.

The course is swum in an anticlockwise direction with the buoys marking the course.

# ON THE DAY



## 5. FINISH

You finish by tapping your timing chip against the floating gantry. Once you have swum under the gantry it is a very short swim back to the beach.

On arrival at the beach you will be presented with your medal and your complimentary bath robe and towel which are yours to keep.

Rinse showers are available at the finish, you will need to show your numbered wrist band at the bag drop to collect your bag.

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## 6. SUPER SPRINT FINAL

The fastest women and the fastest men from each of the 500m waves will be invited to take part in the 200m finals. This is a straight line swim that starts with a dive from a pontoon (option to start in the water if preferred) at the Good Hotel and finishes at the floating gantry.

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## 7. PRESENTATIONS

Presentations will follow the conclusion of the swim programme. There will be prizes for individual swimmers and teams.

# SWIMMERS' INFO PACK



## WHAT TO BRING

Swimsuit  
Wetsuit– not compulsory but recommended  
Goggles  
Towel  
Warm clothing – lots of layers and a warm hat

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## SPECTATORS

There are plenty of viewing areas around the dockside for supporters to spectate and give you a cheer.

Spectators are also welcome to join the swimmers at the After Party. They will be required to purchase tickets. These are available online in advance [here](#) for £25, or £30 on the day, and include all food and drinks. 100% of the purchase price of these tickets will go to Project Ambrosia.

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# FAQs



## DO I HAVE TO WEAR A WETSUIT?

Wetsuits are not compulsory for this event but are recommended.

They not only keep you warm but also offer greater buoyancy.

Wetsuit Hire

We strongly recommend that you hire a wetsuit in advance of the event. There are a large number of companies that offer short-term wetsuit hire, including the following:

<https://hireawetsuit.co.uk/>

<http://mywetsuithire.co.uk/>

<https://www.2xu.com/uk/wetsuit-hire.html>

We recommend that you place your order as soon as possible, as the hire companies need time to select your wetsuit and mail it to you.

There will be a very small number of wetsuits available for hire on the day, but we cannot guarantee availability. Our advice is to hire in advance to be certain of a high quality well-fitting wetsuit.

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## IS THE WATER SAFE TO SWIM IN?

The water quality at Royal Victoria Docks is regularly tested throughout the year due to the number of swimming and other water-based activities that take place. It is assessed against European Bathing Standards and has routinely been rated as "Excellent" this year. We strongly recommend that you take sensible precautions to minimise the risk of infection including:

- Cover all cuts and abrasions, however minor, with sticking plasters. You should not consider swimming if you have deep cuts
- Wash hands in fresh water before eating after you have swum and use the hand sanitiser that will be provided
- Take a full shower at the earliest opportunity
- Try not to ingest water while swimming
- Do not swim if you are feeling unwell ... even if you have sponsors

# FAQs



## WHAT WILL THE WATER TEMPERATURE BE?

We anticipate the water temperature to be around 17°C at the end of September but this can vary depending on the weather during the lead up to the event.

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## WHAT DO I DO IF I NEED HELP TO GET INTO THE WATER?

We will have volunteers available to assist you. Prior to the event please make us aware of any support you need, by emailing

[enquiries@londoncityswim.com](mailto:enquiries@londoncityswim.com)

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## WHAT DO I DO IF I NEED HELP WHEN I'M SWIMMING?

Our water safety team comprises safety boats, lifeguards and kayakers. They are very experienced at providing safety cover at open water swimming events.

### **If you need assistance:**

- move inside the course away from the other swimmers
- roll on your back
- raise one hand in the air

This is the signal for the kayakers to come and support you whether you need to adjust your goggles, stretch out cramp or simply need to take a rest. The safety boats are on hand to pick you up if you don't feel able to continue.

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## ARE THERE SHOWERS?

Rinse showers are available but you will have to wait until you get home or back to your hotel for a more luxurious version.

Hand sanitiser will be provided to sterilise your hands prior to eating and drinking.

# FAQs



## IS THERE SOMEWHERE WHERE I CAN PUT MY VALUABLES?

The Bag Drop facility will be staffed at all times and the event site will have security staff and stewards on duty.

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## WILL THERE BE FOOD AND DRINK AVAILABLE?

You will receive food and drink at the after party as part of your registration. Spectators can purchase after party tickets in advance or on the day.

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## HOW FAR DO I NEED TO BE ABLE TO SWIM?

500m is the equivalent of 10 lengths of an Olympic size pool or 20 lengths of a 25m pool. We suggest that you are able to cover at least this distance, ideally slightly further, without stopping.

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## IS THERE A CUT OFF TIME?

There is no cut of time so please do not worry if you think that you are slow, it is all about your participation.

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# FAQs



## I'VE NEVER SWUM IN OPEN WATER AND I'M WORRIED ABOUT SWIMMING WITH LOTS OF OTHER SWIMMERS AROUND ME. WHAT SHOULD I DO?

**If you are feeling nervous follow these top tips:**

- Enter the water a few minutes before you swim to allow your body time to acclimatise to the water temperature
- Do not try and swim until your breathing has settled down – it may take a minute or so before you feel you can breathe normally
- Position yourself towards the back of the wave and let the faster more confident swimmers set off first so that you have more space



# GOOD LUCK!