

Welcome to the Wind Farm Swim- The Return 2022

Raising money for



SALTY EVENTS



**WIND FARM SWIM - THE RETURN
2022**



THE BASICS

Wind Farm Swim - The Return

Welcome to your info pack for the Wind Farm Challenge

This swim was born off the back of the 202 Rampion Wind Farm Swim - There and Back. It was a spectacular challenge to be a part of and something I want to share with others but lets ease you in first, with the Wind Farm Swim - The Return.

Date

Saturday 16th July and 27th August

Time

JULY 0900 meet, 10.45 start (return by 1900)

AUG 0730 meet, 0915 start (return by 1800)

Distance

8 nautical miles (15km)

Launch Site

Sussex Yacht Club

Route

Turbine B07 - Shoreham Beach

Skins or wetsuit

Optional

Cost

£220

Pace of swim for 16th July 2022

18-20min / km

Pace of swim for 27th August 2022

20-25min/km

THE BREAKDOWN

Your next challenge is on the horizon

Now you know the essentials, here is the challenge broken down.

The start

All swimmers will meet prior to the start at Sussex Yacht Club. We will go through the plan for the day and ensure you are happy with your kit, and current medical status. We will then board the boat, leave the dock and head for the Rampion Wind Farm, turbine B07. We will communicate with Rampion to ensure your safety and you will get as close to the big turbines as possible.

The route

From B07, you will swim as direct to the mainland as possible but it may be influenced by the current. You will need to have a landing contact who can be updated throughout the swim on your progress and as the land point along Shoreham beach may vary.



"WE START TOGETHER AND FINISH TOGETHER, AS A TEAM"

The pace for the July 2022 swim will be between 18 min and 20 min/km and 20-25min/km for the August challenge.

With a minimum of 15km to cover and to take into account re fuelling. Swimmers completing the challenge will all swim together and it is really important that each swimmer is aware that we start together, and finish together, as a team. There are two reasons for this. Firstly for safety and to give each swimmer the best opportunity of completion. Secondly, to encourage each other and help motivate swimmers, it is more productive to swim as a group. Seeing individual swimmers push on into the distance is really disheartening, and, if you fancy having a go, swimmers can draft of each other.

It is also important that, although every safety measure will be in place, in the event of an emergency where one or more swimmer (s) will need to return to shore, all swimmers will exit the water and will all return together.

Getting to the start

To ensure the safety and enjoyment of all swimmers, we kindly request that you complete a qualifying swim. This isn't as scary as it sounds. A few weeks before the event, you will be asked to submit evidence of a 60 minute or longer swim around the desired pace for your event.

This should be in the form of a screen shot or picture from a GPS reading (such as STRAVA/Garmin etc) along with a witness signature. If you do not have any form of GPS, not a problem, just drop me a message and we can sort out an alternative method.



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THE NITTY GRITTY

It is more than just physical, it's mental.

Fuelling

During the swim you will stop each hour at least to re fuel. This is key as it will allow you to continue to swim for hours and will play a major part in your success. It is important you play around with fuelling prior to the event as different fuel types work for different people. All of your fuel will be stored on the boat and chucked out to you at each rest stop. Each stop will last between 30 and 60 seconds.

Common fuelling options:

- Carbohydrate and protein drinks
- Carbohydrate gels
- Fresh fruit (banana for carbs, sweet fruit for sugar)
- Sweets
- Sandwiches
- Flapjacks
- Rehydration sachets and drinks
- Isotonic tablets

The list goes on! If you need help with what to try the let me know.

Safety Boat

The Safety boat is a 10 metre dive boat with plenty of space and facilities for eight swimmers. The experienced dive skipper Chris sails his trusty Buccaneer all across the UK but Sussex Yacht Club is it's home.

Chaffing

You will spend around eight hours in the salty water, so chaffing is inevitable. Again, it is really important that you play around with chaffing creams and lotions to find out what works for you. Common chaffing areas are around the sides of the neck, under the arm pits and around the breast area if a costume or wetsuit is worn and possibly in between the legs. Relay swimmers may have the opportunity to re apply but it is unlikely for solo swimmers. *If you do experience discomfort, it is important to remember that although some can look rather nasty, it is superficial pain and do not let it distract you from the task in hand.*

Sea Sickness

Whilst I will do my best to do the flat water dance in the lead up to the swim, the conditions can become rather lumpy. There is a risk of becoming sea sick both in the water and on the boat. Again during training, try to complete some longer swims in lumpier waters and if you think you might be prone to sea sickness, get your hands on some sea sickness tablets - BUT MAKE SURE YOU HAVE TRIED THEM BEFORE CHALLENGE DAY

You may also experience phantom sea sickness after the event, whilst on land. This is normal and it will pass.

Sighting

Although there will be a large group to follow, it is important you are happy with sighting. This is the ability to check where you are going whilst swimming. You will be surprised how quickly you can go off course if you stick your head down for several strokes. I recommend finding a regular pattern where you can sight within every ten strokes. The energy taken to sight regularly will be less than the energy needed to correct your path. I will run through some workshops on sighting if needed.

Tow float

We ask all swimmers to wear a tow float. This makes it easier for us to see you, for other swimmers to see you and acts as additional support should you need to bob and rest.



WHAT IS INCLUDED

Your entry to Wind Farm Swim - The Return 2021 gets you the following:

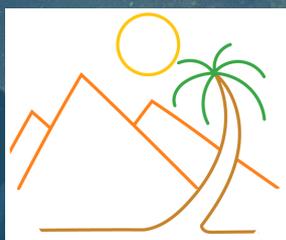
- An experienced skipper and safety boat
- A Level 2 Triathlon and Open Water Coach to assist with preparation and on board during the event to encourage and support
 - Basic rehydration and refuelling food and drink
 - Hot drinks and basic snacks
- A goodie bag containing recovery drinks, completion goodies, a t shirt of your size and a hat, plus a few extras :)

And the most important bit
Insurance and first aid cover
Oh no, this is the most important bit
Access to all pictures and videos from the event.

20% of your entry will be donated to the mental health charity



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SALTY EVENTS
LET'S GET SALTY