

# COPPER ISLAND SWIM

## Swimmers & Volunteers/Paddlers/Water Support

### Question & Answers

#### Athlete Instructions

##### **Remember to bring:**

- Your swim cap, wet suit, goggles and spares;
- Anti-chafe, nutrition and hydration products;
- Only essentials with you, as there isn't a secure area for your items; any thing left around is at your own risk.

##### **Wetsuits, Goggles and/or Face Masks** are permitted:

- Wetsuits are *strongly recommended* but are not mandatory.

##### **Swim Buddy Devices:**

- Are *strongly encouraged* for the 2.6 km event;
- Are **mandatory for the 5km** event;
- Other floatation devices are not allowed; unless specifically approved by the Race Director.
- Can be purchased at Runners Sole in Kamloops

##### **Swim Caps:**

- Will be provided to each athlete and **must be worn** throughout the race;
- Your number should be clearly marked on both sides of the bathing cap;
- White caps are available for those who are anxious about their swim; helping us to keep a closer eye on you;
- \*\*\*Please ask for a white cap at the race package pick-up if needed.

**Fins, paddles, snorkels, additional float wetsuits or other artificial aids** for propulsion are ***not allowed***.

##### **Mandatory for the 5 km event:**

- A swim buddy device;
- Each athlete must be accompanied by one swim escort, on a non-motorized escort craft. *\*\*Ensure your escort signs up as a volunteer using the Volunteer Button on the [Copper Island Swim](#) website;*
- The craft must be capable of supporting two people in the event of an emergency; that is, it must have a way to allow the swimmer to hang onto your support boat.
- The distance needs to be completed within 2 1/2 hours, which is the cut off for the 5 km distance.

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#### **Additional Rules to swim:**

- Attend the pre-race information session (*see event schedule*);
- Obey Starter and safety crew instructions on the water at all times;
- While swimming, athletes can hold onto the escort craft for a rest or while eating/drinking, but no forward motion is allowed;
- No drafting behind another athlete or escort craft.

#### **Recommendations**

We encourage you to consider *safety first*:

- If, on the morning of the event you feel like you're unable to swim, for any reason; that is, you're feeling unwell or uncomfortable with the conditions; then please do not swim.
- If you have any medical questions on event day morning our *medical staff are available to help*. St. Johns Ambulance will be on site.

Discuss in advance with your support paddler a method of identifying, and finding each other (all swimmers look the same when in the water):

- Consider attaching a bright-coloured balloon to your crew's watercraft, and/or encourage support staff to wear bright clothing or a unique hat;
- Encourage support paddler to be distinctive, so you can identify them in the water.

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#### **Volunteer/Paddler/Water Support Information**

##### **Waivers:**

- All Support Volunteers/Paddlers must sign a waiver prior to the event;
- Waivers can be found on the [Copper Island Swim](#) website and printed to bring to the event; or will be found at the *Volunteer Registration table*;
- **\*\*Don't forget to *sign up as a volunteer using the Volunteer Button* on the [Copper Island Swim](#) website.**

##### **Motorized/Non-Motorized Boat Support must have the following equipment:**

- 2 PFDs (one for yourself and an extra one for your swimmer);
- Two paddles, bailing device, tow rope, and whistle;
- A cell phone (use a plastic zip lock bag for protection);
- AND, have signed the waiver.

##### **Don't put your craft in danger;**

- Be alert for other swimmers and support crafts;
- Swimmers wearing a white cap are probably a little anxious, so pay extra attention and give them space;
- Steer off to the left side to allow swimmers clear access to entering the finish line chute;
- Be aware of other swimmers and support paddlers around you. Do not block or interfere with another swimmer or their support craft.

##### **If your swimmer needs a break, have them:**

- Hold onto their swim buddy or encourage them to float, using the buoyancy of their wetsuit;
- Hold onto the FRONT of your boat, until ready to continue to swim;
- ***DO NOT HAVE YOUR SWIMMER GRAB THE SIDE OF YOUR BOAT***; which could result in the boat tipping over;
- Do NOT attempt to pull an injured/fatigued swimmer into your canoe or kayak.

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**If your swimmer or another decides they cannot complete the swim for any reason** (ex. bad conditions, illness, anxiety, or exhaustion) and reports this to you:

- Do not try to convince them to continue. They know best what they are capable of doing;
- Alert the closest support motorboat by waving your paddle and blowing your whistle;
- Stay with the swimmer and offer the extra PFD.

**If your swimmer or another decides they cannot complete the swim for any reason** (ex. bad conditions, illness, anxiety, or exhaustion) and reports this to you (*continued*):

- The support motorboat will come to pick up your swimmer and take them to the shore;
- Then paddle to the finish;
- In case of an emergency: follow the steps above, call 911, then call St. Johns Ambulance (*number will be provided*).
- **If the swim is cancelled due to sudden bad weather:** Assist the swimmers and where possible, direct all swimmers to return to the start; otherwise, assist them as they wait for powerboats to come and return them to the start.

#### **General Information:**

- Ensure you attend the pre-swim information session for swimmers and volunteers;
- Consider attaching a bright-coloured balloon to your watercraft, and/or wear bright clothing or a unique hat;
- Be distinctive so that your swimmer can swim to you at the start of the race and then go from there; rather than you trying to paddle into the crowd and trying to locate your swimmer;
- Try and stay out of the way of other swimmers; particularly at the start.

#### **To Everyone:**

Please respect the park and area by cleaning up after yourself when done. Before leaving, check around to ensure you have all your belongings.

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