

COPPER ISLAND SWIM
Swimmers &
Volunteers/Paddlers/Water Support
Question & Answers

Athlete Instructions

Remember to bring:

- Your swim cap, wet suit, goggles and a spare;
- Anti-chafe, nutrition and hydration products;
- Only essentials with you. We will have an area where items can be held until the event is over. Anything left out 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;
- The cap should stay on until you cross the finish line and hear your name and number announced;
- Announce your name at the finish line, if you lose your cap along the way;
- Your number must be clearly marked on the front and on the sides of your bathing cap;
- The swim caps provided are silicone;
- 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.**

Timing System:

- There is no timing mat or chip to worry about. Your swim time will start when you enter the water.

COPPER ISLAND SWIM
Swimmers &
Volunteers/Paddlers/Water Support
Question & Answers

Common Questions

Fins, paddles, or other artificial aids for propulsion are ***not allowed***.

Can I wear a snorkel and mask? *Yes, they are allowed.*

Can I switch distances in the morning of the race? *Yes, but only when you sign-in at the race. If you decide to change distances, you'll need to let the volunteer know at the Sign-In Table. You cannot change your distance after signing in or once in the water.*

Can my friend register for the swim the morning of the event? *No. Registration closes Wednesday, September 4th at midnight.*

Which direction will I be swimming?

You'll be swimming clockwise.

Does each individual start separately? No. It will be a mass start from in the water.

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; as well as signing a Volunteer Consent;**
- 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 time.

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 an escort craft.

COPPER ISLAND SWIM

Swimmers & Volunteers/Paddlers/Water Support Question & Answers

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 the event 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.

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);
- Signed the waiver.

COPPER ISLAND SWIM

Swimmers &

Volunteers/Paddlers/Water Support

Question & Answers

- 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.

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.
- 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.

COPPER ISLAND SWIM
Swimmers &
Volunteers/Paddlers/Water Support
Question & Answers

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!