

The background is a dark teal color. There are three large, abstract organic shapes: a teal shape in the top left, an orange shape in the bottom left, and a yellow shape on the right side. The text is centered and reads:

**Swim
Serpentine**

Swim Serpentine

Event Guide

Saturday 16 September 2023

swimserpentine.co.uk

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Six simple steps to enjoy Swim Day

1. Pack your kit and plan your journey to the Start Area

2. Arrive around 45 minutes before your wave start time

3. Hand over any items you don't want to swim with in your official kitbag

4. Attend the safety briefing and follow the instructions of our staff

5. Respect swimmers of all abilities and give each other space

6. Collect your medal and pose for a souvenir photo

Preparing for Swim Day

YOUR SWIM PACK

If you live in the UK, we'll post your Swim Pack, containing everything you need for the day, to you.

If you haven't received your Swim Pack by Saturday 16 September, you can collect one from the Information Point near the Start Area on Swim Day.

If you live outside the UK, please collect your Swim Pack from the Information Point when you arrive.

Your pack contains the following:

- Swim hat matching your wave colour
- Timing tag and ankle strap
- Kitbag with sticker matching your swim number
- London Classics wristband (if applicable)
- Wristband displaying your swim number and wave details (see image below)

Please note: the last digit of your swim number will be highlighted on your wristband. This number indicates where to drop off and collect your kitbag.



The last digit is your baggage drop zone

YOUNG PEOPLE UNDER 18

If you're participating with someone under the age of 18, you will receive a parent/guardian wristband displaying their swim number in your Swim Pack.

You must wear this wristband at all times. If you become separated from each other, you'll need to show the wristband to our team to be reunited.

SUPER SIX SWIMMERS

If you've registered for the Super Six challenge, you'll receive two timing tags, one for your wrist and one for your ankle.

You'll be completing six miles without leaving the water until the finish. At the end of each lap, you must check in on the side of the start/finish pontoon by using the timing tag on your wrist. The check-in zone will be clearly signposted.

YOUR DISTANCE

Before Swim Day, you must be able to comfortably swim the same distance you'll be tackling at Swim Serpentine in a pool without stopping.

Here's a rough guide to help you:

Half a mile is 805 metres, which is 32 lengths of a 25m pool and 16 lengths of a 50m pool.

One mile is 1,609 metres, which is 64 lengths of a 25m pool and 32 lengths of a 50m pool.

Two miles is 3,219 metres, which is 129 lengths of a 25m pool and 64 lengths of a 50m pool.

WHAT TO WEAR

You must wear your swim hat, wristband and appropriate attire. Wetsuits are optional at Swim Serpentine, but if you choose not to wear one you must use a tow-float for safety reasons (see page 4). If you prefer, you can use both. Wetsuit gloves and socks are allowed, but swimming aids such as snorkels and fins/flippers are prohibited.

Our partners HUUB will have a stall at the event with a range of merchandise to buy – including a small selection of wetsuits – but we recommend sourcing a wetsuit before the event if you want to wear one, so you can get used to it during training.





WATER TEMPERATURE

The course and maximum time limits for each distance may be changed on the day depending on weather conditions and water temperature. All swimmers must be out of the water by 18:05 at the latest.

FOOD AND DRINK

Hot blackcurrant and bottled water will be provided after your swim and concession stands will be available if you'd like to buy any other drinks or food. You can also bring your own refreshments and put them in your kitbag before the event.

ORDER YOUR SWIM DAY PHOTOS

Remember your Swim Serpentine experience forever by purchasing all your Swim Day photos for just £15! **Sign up now** to be notified when your photos are online to view and download.

SWIM SECURE DISCOUNT

Our partners at Swim Secure have a great range of tow-floats to choose from (along with other swim accessories) and are offering a 20 per cent discount at their online store when you use this code: **20SS23**

Swim Secure will also have a stall at the event, where you'll be able to buy or hire a tow-float (£5 to hire with a £10 deposit). They will also have dry-bags and accessories for sale.

FANCY DRESS

Fancy-dress while swimming is not encouraged, as it must not hinder you or another swimmer. For example: you won't be allowed to tow rafts or wear a gorilla suit and mask. All fancy-dress outfits must be approved by our safety team on the day.

Before leaving home

You'll receive your Swim Pack in the post by Friday 15 September. Please bring all the items in your pack (see page 3) with you on Swim Day, along with these instructions.

If you lose or forget any items, don't worry – you can ask for replacements at the Information Point on Swim Day.

CHECKLIST

Make sure you have the following before leaving home:

- Access to these instructions
- Wetsuit – if you're planning to wear one
- Tow-float – if you're planning to use one (compulsory for non-wetsuit swimmers), or hire details if you're collecting one from Swim Secure at the event
- Your official swim hat – you must wear this on Swim Day
- Goggles – if you're planning to wear a pair
- Your timing tag and ankle strap
- Your official kitbag and sticker
- Your unique wristband – you must wear this at all times at the event
- Change of clothes for after your swim
- Soft drink in a refillable bottle or container, if required
- Post-swim recovery food items in your kitbag, if required
- London Classics wristband (if applicable)

DECIDING NOT TO SWIM

Please do not swim if you have an injury or have had any sort of virus or fever in the four weeks prior to Swim Day. It is not a risk worth taking.

If you decide not to swim for any reason, you don't need to let us know, but must return your timing tag in the special freepost envelope provided in your Swim Pack.

It is a condition of the event that any timing tags not returned within 21 days of the event are subject to a £10 lost-tag charge.

WATER QUALITY

The water in the Serpentine will be tested before the event to ensure it is of an acceptable standard.

However, it's always advisable when swimming in open water to cover any cuts and scratches you have and try not to drink the water – this applies to when you're training for the event too!

If you fall ill following a swim, advise your doctor when and where you have been swimming.

Getting to the Start

Please arrive around 45 minutes before your wave is due to start.

You will need to allow enough time to change, watch the safety briefing and go through the swimmer check-in process, so factor this in when planning your journey. Please also allow some extra time if you need to collect a Swim Pack.

PLAN YOUR JOURNEY

The Serpentine Lake is located in Hyde Park in the heart of central London and is easily accessible via public transport as outlined below.

Once inside Hyde Park, you'll be able to follow a signposted route to the Start Area, which is on the north bank of the Serpentine Lake, between the Serpentine Gallery and the boathouses.

We do not recommend driving to the event as finding parking in the Hyde Park area may prove difficult and cause delays to your journey.

TUBE

Hyde Park Corner, Knightsbridge and Green Park stations are all served by the Piccadilly line and are a short walk away from the Serpentine. Green Park can also be accessed via the Victoria and Jubilee lines.

Marble Arch, Lancaster Gate and Queensway Tube stations on the Central line are located to the north of Hyde Park. If you're planning to travel via any of these stations, please allow plenty of time to walk through the park to the Serpentine.

CHECK BEFORE YOU TRAVEL

Before travelling to the Serpentine, please check tfl.gov.uk/plan-a-journey

There are planned engineering works on parts of the Docklands Light Railway (DLR) and the London Overground scheduled for Saturday 16 September. For more information, please visit tfl.gov.uk/status-updates/planned-track-closures

BUS

There are several bus routes around Hyde Park. For up-to-date details, please check tfl.gov.uk

ACCOMMODATION

There is a huge variety of accommodation around Hyde Park. For ideas to suit every budget check out visitlondon.com/where-to-stay



On Swim Day

ARRIVAL

We recommend arriving 45 minutes before your wave start time to get swim ready, drop off your kitbag and watch the safety briefing.

Check-in will begin 20 to 30 minutes before your start time, at the check-in desks near the start pontoon.

Wave number	Distance	Start time
1	Half Mile	08:10
2	Women Only One Mile	08:25
Super Six	Six Miles	08:45
3	Two Miles	09:00
4	Two Miles	09:30
5	Two Miles	10:30
6	One Mile	11:30
7	Two Miles	12:00
8	Two Miles	13:00
9	One Mile	14:00
10	Two Miles	14:30
11	Two Miles	15:30
12	Two Miles	16:35

CHANGING FACILITIES

There will be separate male, female and gender neutral changing facilities before the Start Area (dry change) and after the Finish (wet change).

YOUR SWIM HAT

You must wear the swim hat provided. If you have a favourite swim hat you usually swim in, you can wear this underneath your Swim Serpentine swim hat – but please take care not to overheat if it's warm on Swim Day.

If you require a bigger swim hat, please ask our team at the check-in desks.

YOUR WRISTBAND

Your wristband matches the colour of your wave and displays your swim number, baggage number and wave details (see page 3 for a diagram of an example wristband). You must wear your wristband around one of your wrists at all times while you are at the event.

YOUR TIMING TAG

Your timing tag must be attached to your ankle using the Velcro strap. If you're wearing a wetsuit, please ensure the tag is worn over your skin and not over the leg of your wetsuit.

Do not wear somebody else's tag – for safety reasons it is essential we know exactly who is in the water.

Our team will carry out timing tag checks before the start to ensure your timing tag details correspond with your swimmer number and wristband. If they do not, you'll be asked to step aside while the team investigate.

If you've registered for the Super Six challenge, you'll receive two timing tags, one for your wrist and one for your ankle.

KITBAG DROP

Once you've changed into your swimming kit, you can drop off your kitbag. Please follow the instructions below:

- stick your baggage number label to your official event kitbag where indicated
- place any items you do not intend to swim with in your kitbag
- draw and tie the drawstring cord to avoid items falling out
- hand in your kitbag at our baggage drop facility at your allocated drop-off point – this is the last digit of your swim number, which is displayed on your wristband

Please note: our baggage team will only accept official event kitbags. No oversize bags or suitcases are permitted, and no other bags or belongings should be attached to your kitbag.

CHECK-IN

Check-in begins 20 to 30 minutes before each wave start time at the check-in desks near the start pontoon. During check-in, our team will ensure your swim hat is on properly.

SAFETY BRIEFING

After check-in you will be given a safety briefing near the Start Area. The briefing will include information on the buoys that mark the course, what to do if you need assistance and what to do at the Finish.

You'll then be directed to the start pontoon. Each wave will start across a 20-minute period to help spread swimmers out in the water, providing a safer and more enjoyable experience for all.



The Course

The Swim Serpentine course is one mile in distance. You'll complete one lap if you're swimming in the one-mile event, two laps if you're swimming the two-mile event and half a lap if you're swimming the half-mile distance. Super Six swimmers do six laps.

All participants swim in a clockwise direction around large inflatable buoys that mark the course from the Start to the Finish.

At each end of the course, there are four large pink buoys to indicate you must turn 180 degrees. Faster swimmers can overtake slower swimmers here by swimming close to the turning buoys.

This year, there will be several smaller red buoys indicating the way for more leisurely swimmers to enjoy a wider turn around and a more scenic route.

Please note: Super Six swimmers complete their six miles in the water, and at the end of each lap must check in at the 'Super Six Feed Station' at the end of the start/finish pontoon. Here you will need to touch your wristband on the timing point.

SWIM CUT-OFF TIMES

For safety reasons, all swimmers must be out of the water by 18:05 – this means swimmers in the final two-mile wave of the day at 16:35 must complete it in 90 minutes or less.

ATTRACTING ATTENTION

If you require assistance during your swim, do not panic. If you're wearing a wetsuit, roll onto your back and raise one arm in the air. If you're using a tow-float, hold onto it, then raise one arm in the air. One of our safety kayakers will attend to you as quickly as possible.

Please do not swim off the course or exit the water anywhere other than the Start or Finish. If you need to exit the water anywhere else, do so with the help of our water safety team.

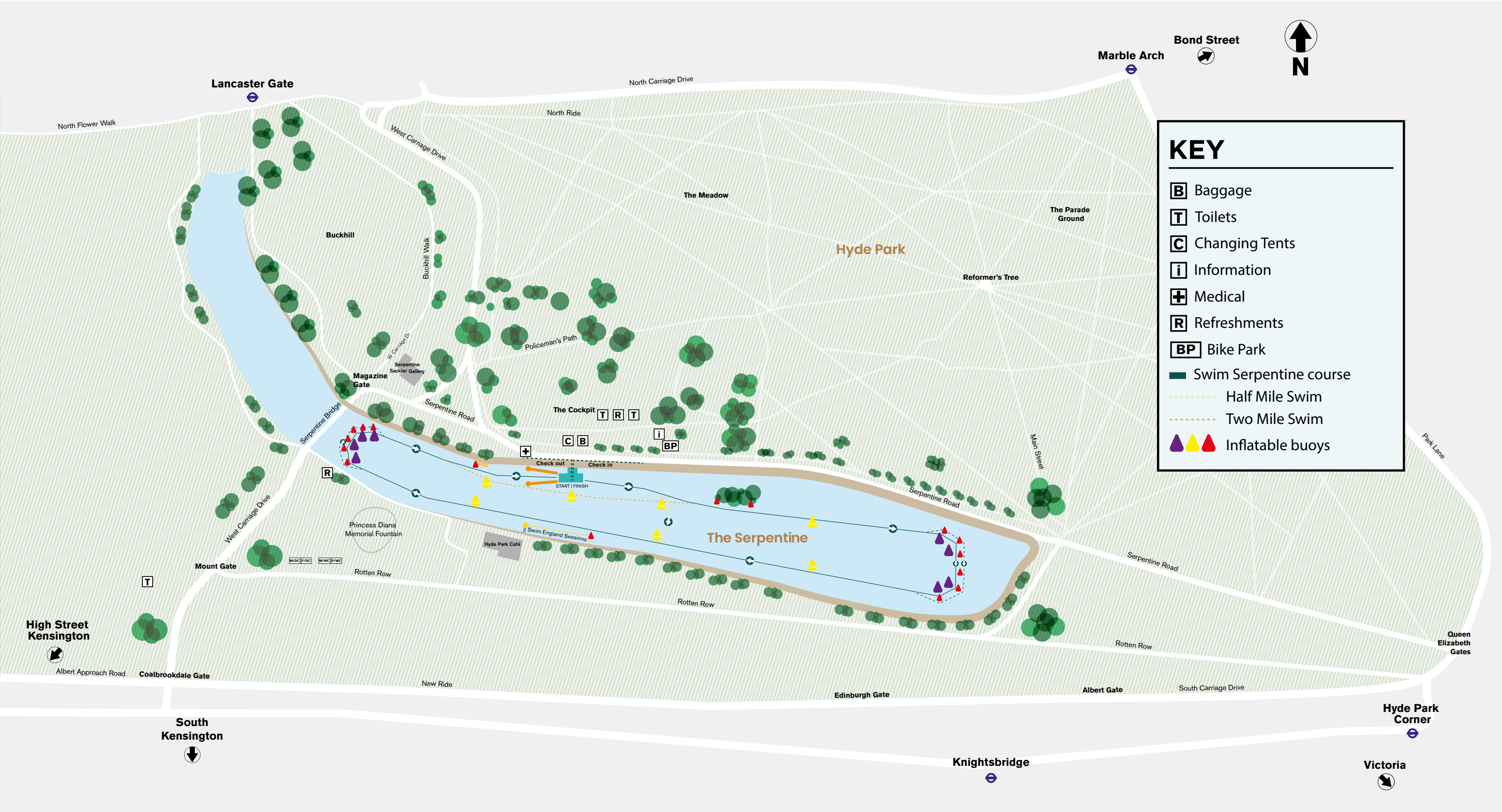
FIRST AID

There will be medical support at the event for all swimmers. Our safety team works closely with our medical provider to ensure a safe swimming environment for all.

Rescue boats will be on hand in case of an emergency, and lifeguards will supervise participants at the entry and exit pontoons.

SPECTATORS

Your family and friends are welcome to attend and watch the action from around the Serpentine.



The Finish Area

Once you've completed your distance, swim under the finish gantry (you do not need to hit the gantry) and leave the water via the exit ramp at the finish pontoon, making sure you walk over the timing mat to record your finish time. There will be a rinse zone with sprinkle showers after you exit the water.

CHECK-OUT AREA

When you have made your way up the exit ramp, you'll pass through the swimmer check-out area, where your timing tag will be collected by an event official. It's essential that you check out so that we know you're safely out of the water.

YOUR MEDAL(S)

After the check-out area, you'll receive your commemorative medal.

If you're completing the London Classics, please head to the London Classics stand in the festival area once you have changed and collected your kitbag, where you'll be presented with your medal. Just show your London Classics wristband to our medal team.

EVENT PHOTOS

Once you have your medal, you'll be able to have a souvenir photo taken with our official photographers from Sportograf.

If you've completed the London Classics challenge, you'll also have the opportunity to have your photo taken with your medal in front of a London Classics backdrop.

We'll email you a few days after Swim Day to let you know when your photos are online ready to view and purchase.

KITBAG COLLECTION

Next, you'll collect your kitbag from the baggage drop. Please go to your allocated collection point, which matches the last digit of your swim number on your wristband. Show our staff your wristband so they can identify your kitbag.

DRINKS

You'll then have the opportunity to warm up by enjoying a hot blackcurrant drink before getting changed. Bottled water will also be available. If you'd like any other food or drink, we recommend packing something in your kitbag or visiting one of the nearby concession stands.

YOUR TIME

Official times will be based on the elapsed time between you crossing the mats at the start and exit ramps. You must wear your timing tag in order to receive an official swim time. To view your result after Swim Day, visit swimserpentine.co.uk/news-and-media/results

AGE GROUP MEDALS

Swim Serpentine is a fun event rather than a race. However, we will send medals to junior swimmers in Wave 1 for age bands 12-14 and 15-17. The only adult race is the final wave of the day at 16:35.

Thank you!

Thank you for taking part in Swim Serpentine. It's going to be an amazing day and we look forward to welcoming you on Saturday 16 September. For more information, visit swimserpentine.co.uk



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