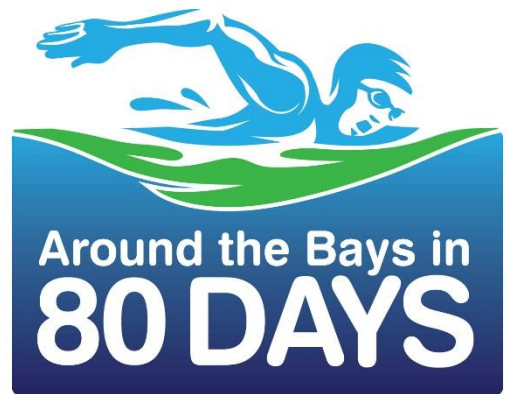


## Around the Bays in 80 Days – Essential information

### Swim Safe – Top Tips

#### Recommended Kit List:

- ✓ A brightly coloured hat, tow float or dry bag
- ✓ A swimming costume or wet suit
- ✓ Goggles
- ✓ Swim socks, gloves,
- ✓ Towel or changing robe
- ✓ Charged phone and waterproof bag
- ✓ Whistle
- ✓ Warm layers for afterwards
- ✓ Hot drink and snacks



#### Water temperature

All swimmers/dippers should be aware of any pre-existing medical conditions and if in doubt check with your doctor.

Getting acclimatised to the water temperature can take time. Enter the lake slowly, splash some of the water on your face, and let some into your wetsuit (if you are wearing one). This can help prevent a cold-water shock response. The key is slowly building up time in the water and getting out as soon as you need to. There is no 'right' length of time, or distance, to swim for and your safety should always come first. Cold water shock and hypothermia can affect even the most experienced swimmers.

#### Do not jump straight in

Always plan your exit before you get into the water. Be aware of local conditions / weather and any changes that might affect your exit from the water. Before you enter the water, check for alternative exit routes in case your planned exit becomes unavailable.

Before you enter the water, assess your surroundings.

Ensure that the water looks clean, and you know how to recognise blue-green algae.

Take care to enter the lake slowly; there could be sharp or slippery rocks, and the water could get very deep after just a few steps. Consider wearing flip flops as you access or neoprene socks.

Be vigilant if other activities are going on, e.g., fishing, sailing, paddleboarding etc. Ensure you can be seen.

#### Don't swim alone

You should always have a buddy with you in open water or encourage a friend to watch you swim from the shore with a throw line to assist if you get into difficulty.

If you need to stop, you can rest on your tow float at any time. Let your buddy know that you need to stop. A waterproof bag for your phone (and valuables) is an excellent addition to your swim kit, so that you can use it whilst you are in the water.

Learn what triggers cramp in your body (e.g., sudden changes of pace and water temperature). Swim with other people so if you do get cramp, they can help you.

Stay alert and check the launch routes around the lake. Consider swimming where there is less activity on the lake, boats etc.

Swim with a kayaker displaying a flag, if possible.

### **After the Swim/Dip**

Ensure that you bring a warm change of clothes to put on after your swim.

To prevent heat loss from your head, a bobble hat is essential, and can be put on as soon as your swimming hat comes off! A thick towelling changing robe, or coat-style changing robe are also a fantastic way to keep warm whilst taking your wet things off, as you can get changed underneath them. Bring a hot drink with you in a flask.

### **How do I clean my kit?**

See section on biodiversity.

## **Protecting the Environment – Biodiversity of the Lakes**

It is essential that we are responsible swimmers and protect the beautiful Lake District.

### **Please read these essential points**

Invasive species can seriously affect natural environments and for lakes, this includes species such as New Zealand Pygmy Weed, which outcompetes native flora and can create areas of water that are difficult to swim through. Invasive species are a particular issue in the Lake District, where there is a big campaign called [#sharethewordnottheweed](#).

The three stages the campaign shares are:

- ✓ **CHECK your equipment** and clothing for living organisms. Pay particular attention to damp or hard to inspect areas.
- ✓ **CLEAN and wash all equipment**, footwear, and clothes thoroughly. If you do come across any organisms, leave them at the water body where you found them or on a hard surface to die out.
- ✓ **DRY all equipment and clothing**. Some species can live for many days in damp conditions.  
(Taken from *The Outdoor Swimming Society website*).

What to do when you finish your swim:

Once you have finished your swim/dip, **give your kit a wash** in the water you have swum in to get rid of anything you can see, then when you get back to where you're staying/living, wash it in the bath or use an outside tap to get rid of what you can't see.

**DO NOT wash your kit in a pond or nearby stream** as this will contaminate this water body  
Make sure you dry your kit before you use it again.

If you are intending to cover multiple water bodies in one day you should change equipment or be hosed down thoroughly between swims.

Leave absolutely **NO TRACE** and do not disturb the fauna and wildlife in and around the water.

In recent years, the threat posed by Invasive Non-Native Species (INNS) has increased hugely and sadly, Bassenthwaite and Derwentwater are already compromised, completely upsetting the lakes' delicate ecology, causing significant problems for lake users. Crummock Water, Buttermere & Wast Water remain untouched. Natural England and the National Trust are making strenuous efforts to ensure they remain that way, therefore these are not part of our swim challenge. We are committed to supporting their initiatives, therefore we must stress that it is up to **YOU**, as a participant, to make sure that you follow these guidelines and don't cause contamination into these pristine waters.

### **Remember:**

Please bear in mind that a piece of pigmyweed just 2mm long poses a significant threat, so **ALL** equipment should be checked and cleaned, it is vital that you are 100% thorough and nullify any risk. Of course, we recognise that not all participants will use wetsuits or possibly only use one for the Bassenthwaite and/or Derwentwater swims. You should check your own body (and hair) to make sure that you are not harbouring a sneaky piece of weed, you really cannot be too careful. It also goes without saying that you check your equipment prior to and after any open-water swimming in the Lake District, this applies to any boat or canoe/kayak that might be part of your support team – has the bottom been checked carefully? It is also important that you dry your equipment properly, as INNS can survive for extended periods in damp conditions.

Further guidance on this crucial issue is available here:

[Spread the Word Not the Weed: Raising awareness of biosecurity - YouTube](#)

[Swimming in the Lake District : Lake District National Park](#)

[New Zealand Pigmyweed – the scourge of Derwent Water | National Trust](#)

## **Terms & Conditions of Participation in around the Bays in 80 Days**

Whilst the focus of the event is to raise money for a great Charity & enjoy the challenge of dipping into 30 Bays – It is essential that we highlight the following.

### **By agreeing to participate in this event we ask you to acknowledge the following points.**

- You are entering at your own risk.
- You are solely responsible for making your own assessment as to the risks involved in any particular swim.
- The Calvert Lakes accepts no responsibility and will not be liable whatsoever for any loss, damage, injury, death, or other liability which may arise.
- It is your responsibility to ensure you are medically and physically fit enough to participate and if they are in doubt or have a medical condition you will consult with your doctor prior to taking part.
- You must not swim whilst under the influence of alcohol or any medication which may cause drowsiness.
- Note that the Event is unsupervised and therefore each participant is responsible for their own safety.
- Be aware of other Lake users (whether in/on boats, SUPS, etc) and show due respect and caution.
- Be over the age of 18 years old
- Swim with an adult participant if they are between the age of 16 years & 18 years.
- Ensure that they are aware of the weather forecasts.
- Read our Swim Safe – Top Tips and wear appropriate swim wear.

### **We strongly recommend that participants:**

- Swim with at least one other participant and do not undertake any of the swims on their own.
- Wear a brightly coloured swim cap so that vessels and other swimmers can see them.
- Have appropriate warm clothing and refreshments for after each swim
- Swim within your capabilities
- Always ensure that someone knows where and when you intend to swim.
- Be aware of your surroundings whilst undertaking a swim.