



# Wild Wye Swim 2019



We look forward to welcoming you to Symonds Yat on Sunday 22nd September for the second Wild Wye Swim. This is organised to raise money for the Severn Area Rescue Association (SARA) - the Lifeboat and Inland Search and Rescue Organisation which covers this area.

**We are grateful to Lucozade Ribena Suntory (based in Coleford) and to Tesco Chepstow, for supporting this event.**

Please note that this event takes place through private land and private owned fisheries. This is an annual one-off opportunity to have an organised and safe swim along this route with the permission of the landowners and fishery owners. SARA has permissions in place which would not normally apply outside of this event.

## Event HQ

The Event HQ is at Huntsham Bridge HR9 6JN. This is on the north bank of the Wye, close to the B4229 road from Whitchurch on the A40 to Kerne Bridge, on the minor road heading to Symonds Yat East.

Here you will find registration, changing tents, baggage storage and toilets. Hot drinks will be available. There should be adequate parking at the field. 4x4 vehicles will be available if anyone becomes stuck!

The key timings are as follows:

- 0800 Registration opens - at Huntsham Bridge
- 0900 Minibus shuttles to the starts begin
- 1000 7km Swim Start
- 1045 10.5km Swim Start
- 1100 1km Swim: Walk to the Start
- 1130 1km Swim Start

We estimate the first 7km swimmers will finish around 1200; the first 10.5 km ones around 1230.

## Registration

At Registration you must hand in a completed Disclaimer Form (see Page 10) and will receive a wristband with your Swimmer Number, a numbered electronic wrist tag, a coloured swimming cap, and a numbered black bin bag. There will also be an 'info desk' for any changes of distance etc. A small number of entries on the day will also be available on a first-come, first served basis.

## The Key Points!

- Your cap colour relates to the course you are on, the electric tag goes on the opposite wrist to your watch, and the black bin-bag goes with you to the start (we bring it back to the finish).
- There are toilets at the Event HQ but NOT at the Swim Start areas.
- Tow-floats ARE allowed.
- Skins Swimming (without a wetsuit) IS allowed, please complete the extra disclaimer and hand it in at your start (not at Registration)

And it's not a race, so please try to enjoy it!





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## The 10.5km and 7km Swims

A series of buses will be ferrying swimmers to the respective Swim starts, from 0845. At registration you will be given a black bag with a sticker with your Swimmer Number. At the swim start you can place your footwear and other clothing in the black bag. This will be brought back to the baggage zone at HQ for collection after the finish.

Each start area may be in use by the public and by commercial canoe companies (particularly at Kerne Bridge). Please follow the direction of the marshals and keep out of the way of other users, so far as possible. There are no toilets at the start areas,

Each start will be a 'mass start' in the water for all swimmers. It will be possible to 'warm-up' (or cool down) in the river before this start time, under the direction of the marshals. All swimmers will be counted into the water.

Basic refreshments (fresh water, coke, lucozade, bananas) will be provided at Lydbrook (the 7km start) for the 10.5km swimmers, and at the 'Halfway House' refreshment area before Yat Rock. There will be a First Aid point at both these locations. There will also be a toilet at Halfway House. There will be coloured buoys upstream of Halfway House to indicate that you are close!

NB Use of the refreshment points is optional - they are not 'checkpoints' and you do not have to stop.

Except for emergencies, the only entry and exit points from the river are the two start areas, the 'Halfway House' refreshment area, and the finish.

There may well be fishermen using the bank, please respect their need for quiet. In most cases they will have paid to be there. We need their consent to operate the event, so your cooperation is appreciated.

The river is mainly deep enough to swim without interruption, though sometimes breaststroke might be the only option. If the water level is low, in the 10.5km swim there is a short area of shallows after about 2km. There is also a short area of shallows about 1km before the finish. It may be most comfortable to float through these feet-first, aiming for the fastest-moving water. These areas will be marshalled. The 1km after Lydbrook (as far as the Youth Hostel on the right) is also pretty shallow.

At Lydbrook itself the 10.5km swimmers will be directed to keep right, in the deeper channel, so far as possible. It may be necessary to walk a short section at Lydbrook, under the direction of the marshals.

Wetsuits are optional. If worn, they must be clean (see below). Those who wish to swim without a wetsuit must hand in an additional disclaimer at their Swim Start.

## The 1km Swim

The 1km swimmers will be walked to the start, in a single group departing at 1100. At registration you will be given a numbered black bag. At the swim start you can place your footwear and other clothing in the black bag. It will be brought back to the baggage zone for collection after the finish.

Accompanied juniors are allowed to swim this course, 1:1 with an adult (18 or over). The adult must remain with the junior at all times. Wetsuits are not required for this 1km swim. There is a short area of shallows shortly after the start. It may be most comfortable to float through this feet-first, aiming for the fastest-moving water. This area will be marshalled. After that it's all nice and steady!





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## First Aid and Emergencies

SARA will be providing safety and first aid cover. The river will have marshals approx every 1km, all of whom will have radio contact with HQ, and water rescue equipment. There will be a number of powered craft, which will also have radios, and there will be a number of kayaking 'marshals', these will have whistles for raising alarm if necessary. The course will be 'swept' after the last swimmer.

In the case of difficulty swimmers should attempt to reach one or other bank, and stand up. If not possible, lie on your back and raise one arm. Swimmers are asked to look out for each other, escort anyone in difficulty to the bank and if necessary attract the attention of a marshal.

There will be a number of yellow and orange buoys in the river; these are for the identification of areas in case of an emergency.

First Aid points will be located at Lydbrook (the 7km start), at the Halfway House refreshment point, and at the HQ (i.e. Finish). The primary ambulance RV point is the HQ.

Swimmers will be checked out of the water at the finish. Swimmers should not abandon the swim without informing a marshal of their Swimmer Number - anyone doing so will not be permitted to enter again.

## Looking after the Environment

The event takes place in the beautiful River Wye, in an Area of Outstanding Natural Beauty (the Wye Valley AONB) and much of it is a Site of Special Scientific Interest (SSSI). It is also an important commercial fishing area. We therefore ask all entrants to abide by the following guidelines provided by Natural England:

- Clean and dry all wetsuits in fresh water before use, to prevent any cross contamination from others areas. There are some particularly persistent creatures like Killer and Demon Shrimps which are in neighbouring catchments and not yet in the Wye so we don't want them to spread.
- Use only the designated entry and exit locations from the river. In particular, at Lydbrook the only entry and exit point is the steps, downstream of the shallows. At the finish, please be guided by the marshals up the marked path. In both these locations there are areas of Japanese knotweed which we need to avoid.
- Avoid swimming in shallow areas and close to the banks, which is where salmon may be resting.
- Avoid walking over gravel areas. NB The dry and wet gravels of the River Wye are very important for many invertebrate species which are prone to disturbance and trampling. A recent survey carried out by Buglife showed how the gravels trampled by animals or canoeists were significantly reduced in invertebrate quality.
- Do not litter. Bins and spare bags will be provided at the refreshment areas.



# Wild Wye Swim 2019



## Timing, Results, Prize-Giving

This event is intended as an experience and for many as a challenge. It is not a race, and there will not be any timing, results or prize-giving.

All swimmers who complete their distance will receive a memento. This year swimmers will receive both a special commemorative towel and a medal. The towel has been especially designed to commemorate the event last year, which was sadly cancelled due to the weather. In other words, it has last year's date on it! So now you know!

## Spectators

Spectators are welcome at the Swim Starts, and can then easily watch the swim from much of the bank. Please note that at Lydbrook (7km start) spectators will be asked to park in a designated car park approx 200m from the start location, to avoid congestion. This will be marked.

There are public footpaths alongside the river for most of the way, including the Wye Valley Walk. The best way to follow the whole course is on the right bank, ie opposite to the 10.5km and 7km starts. The old black railway bridge at Lydbrook has been repaired and is now a very convenient place to watch swimmers go past underneath; this is about 300m away from the nearest parking, which is just before the road from Lydbrook turns left and starts to climb to English Bicknor.

Please note that the footpaths are on private land; there is little direct access from the footpath to the river itself. Please do not litter!

There may well be fishermen using the bank, please respect their need for quiet.

The finish is arranged to be spectator friendly, and the last section is visible from the HQ field area. Spectators should not use Huntsham Bridge, which is very narrow even for cars!

## Refreshments

A good variety of refreshments will be available at the HQ area, including basic hot food for sale after the swims.

## The Severn Area Rescue Association (SARA)

SARA is a Lifeboat and Inland Search and Rescue organisation. SARA is entirely manned by volunteers who are on standby 24/7/365, and are often called out at anti-social hours, in response to 999 calls to the Coastguard, Police, Fire or Ambulance Services. SARA is perhaps best known for providing the declared lifeboat service to the tidal Rivers Severn, Wye and Usk, and parts of the Bristol Channel not covered by the RNLI.

SARA is not directly funded by any central or local Government agencies and depends completely on donations to fund its operations. Please see [www.sara-rescue.org.uk](http://www.sara-rescue.org.uk) for more information, and you can follow SARA's updates on Facebook ([facebook.com/severnrescue](https://facebook.com/severnrescue)) and on Twitter (@severnrescue).

Your entry fee forms the largest proportion of the funds raised, but any further efforts to support us with donations or sponsorship large or small for your swim are greatly appreciated. However, unlike some other events, sponsorship is not compulsory and we are happy to see you either way.







## Wild Wye Swim 2019



An impression of the Course...



The 'Black Bridge' just below Lydbrook, which once carried the Monmouth-Ross Railway over the Wye and into a tunnel.



Looking up at Yat Rock, from the Halfway House refreshment point area  
(on a very cold morning!)



## Wild Wye Swim 2019



Looking down from Yat Rock, towards the 1km Start

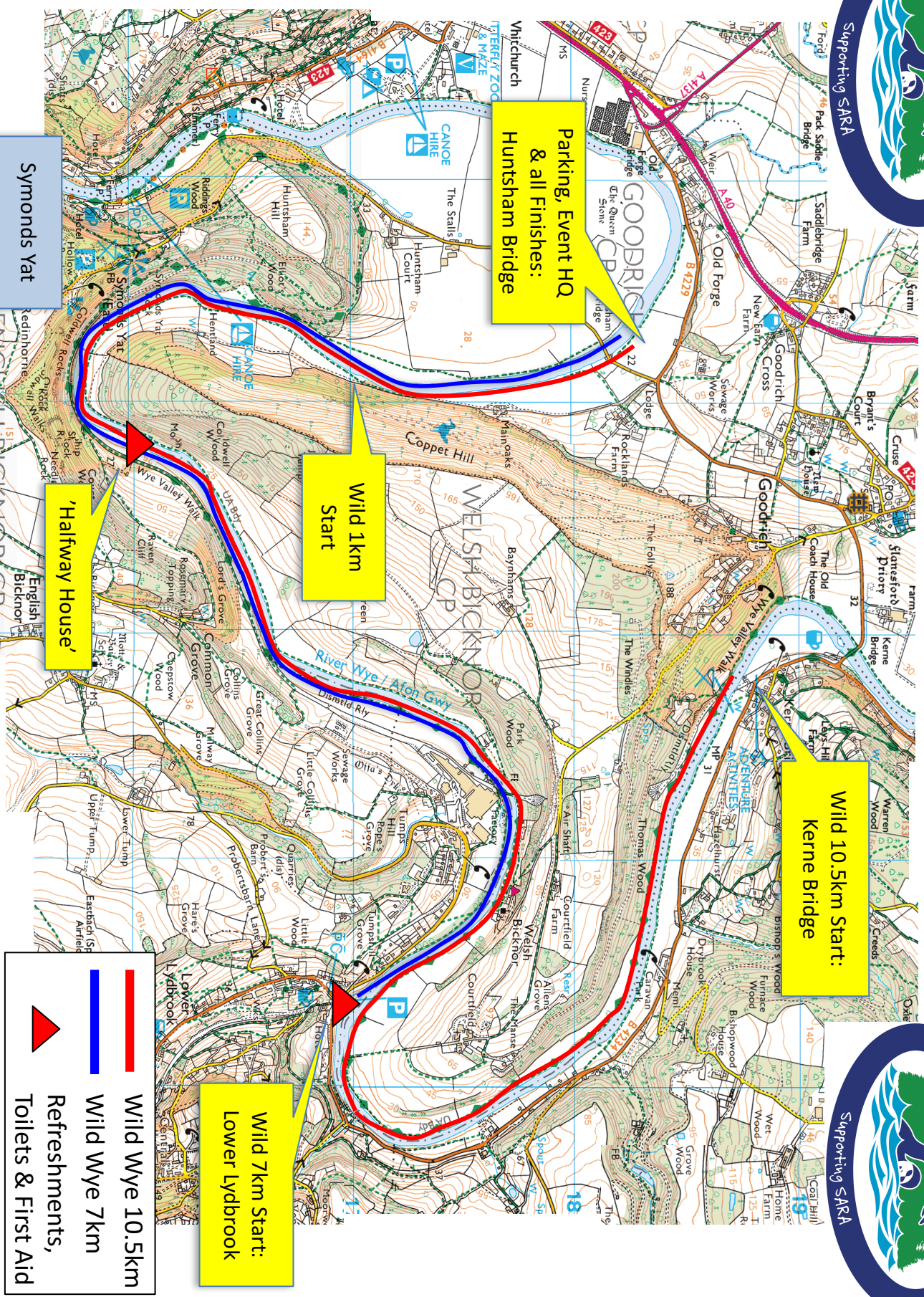


The final part of the Swim, looking downstream towards Whitchurch

**SARA**



# Wild Wye Swim



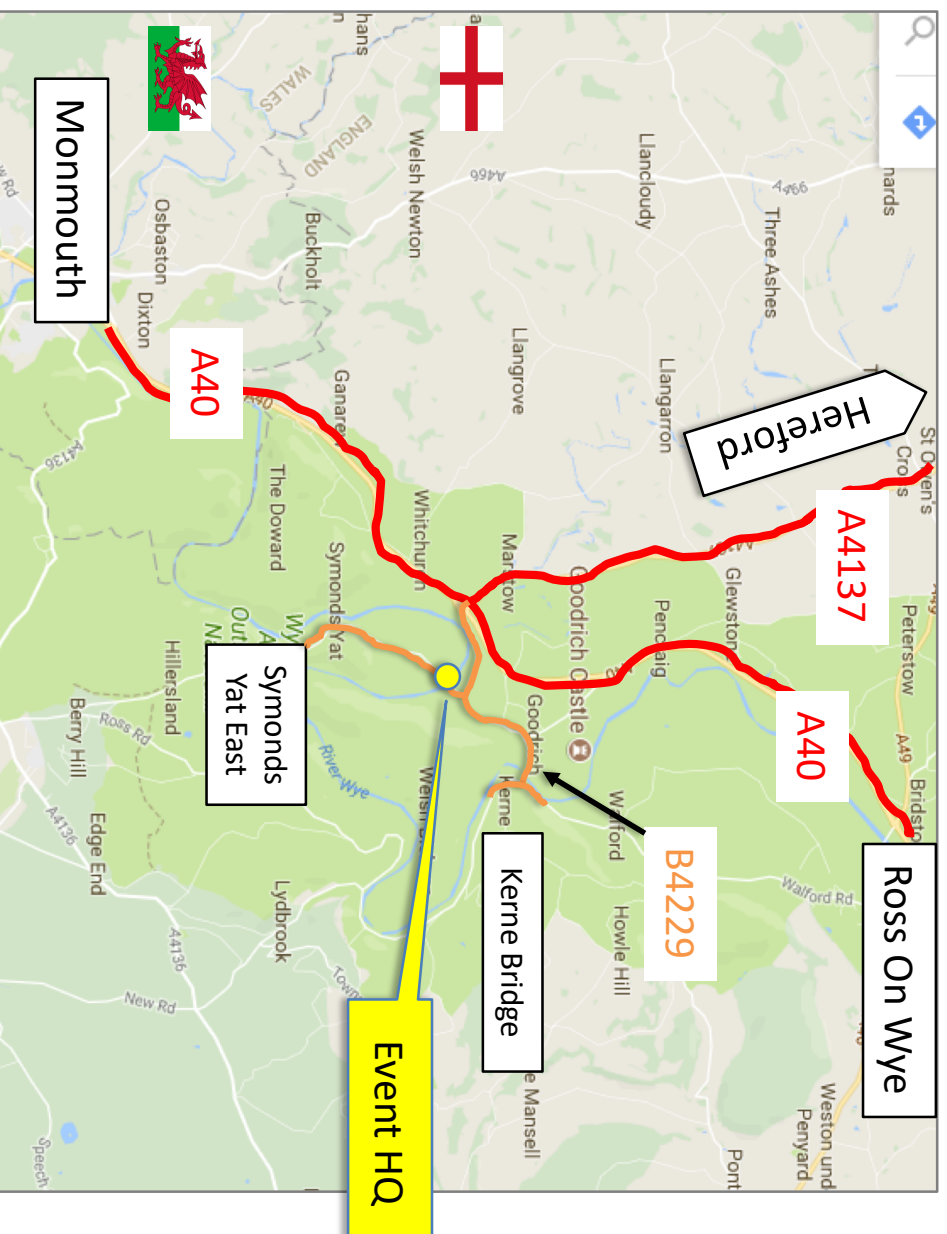




# Wild Wye Swim

## How to Find Event HQ

(Huntsham Bridge, HR9 6JN)



# STOP THE SPREAD



Are you unknowingly spreading invasive species on your water sports equipment and clothing?

Invasive species can affect fish and other wildlife, restrict navigation, clog up propellers and be costly to manage. You can help protect the water sports you love by following three simple steps when you leave the water.

**CHECK**

**Check your equipment and clothing for live organisms - particular in areas that are damp or hard to inspect.**

**CLEAN**

**Clean and wash all equipment, footwear and clothes thoroughly. Use hot water where possible. If you do come across any organisms, leave them at the water body where you found them.**

**DRY**

**Dry all equipment and clothing - some species can live for many days in moist conditions. Make sure you don't transfer water elsewhere.**

For more information go to [www.nonnativespecies.org/checkcleandry](http://www.nonnativespecies.org/checkcleandry)



# SARA





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## Participant Disclaimer & Next of Kin Details

Please be aware that the River Wye is a natural river with changing depths & currents. There maybe hidden/ submerged objects which could be sharp and may cause personal injury. Examples could be rocks/fallen trees and waste debris.

Although every effort has been taken to identify such risk, please be aware that it is your responsibility to assess your surroundings at all times. You must use defined access / exit points - these are for your safety.

- No alcohol or unlawful drug use is permitted
- Numbered wrist band, wrist tags and Event Swim caps must be worn
- You must follow the event course at all times and follow any directions given by event officials
- Ensure that if you are reliant on regular medication, it is available at the refreshment points. We will arrange this if it is provided to us at Registration. Please describe details below.
- If at any point, you want to retire from this event, you must notify either a marshal or a safety crew member
- Under 16 years of age entrants in the 1km swim must be supervised by a suitable adult at all times. Ratio = 1 under 16 to 1 adult.
- We recommend that you do not drink water from the river and that you thoroughly wash and disinfect your hands prior to eating or drinking after being in the river.
- Power driven emergency rescue boats will be operating in the water during this event.
- The event takes place in the Wye Valley Area of Outstanding Natural Beauty (AONB). Please be aware of other river users such as kayaks, canoes, pets and fisherman, and respect all other users

By signing this disclaimer you also confirm that you are physically fit to participate in this event

### Your name

Your Signature

Date:

Details of any medical conditions of which the organisers should be aware:

### Next of Kin Details

Name

Relationship to you

Contact number

Contact number 2





## Wild Wye Swim 2019



### **Disclaimer: Swimming without a Wetsuit ('Skins Swimming')**

Please be aware that the river depth and current vary. The water can be quite cold in places, and the swim can take up to 3 hours.

Swimming without a wetsuit is permitted for experienced open water swimmers

I agree that:

- I am confident that I can complete this event without wearing a wetsuit and without requiring support
- I have swum at least one mile in open water without a wetsuit in the past 2 months
- I understand the risk of not wearing a wetsuit, in particular that I may get cold and that I will not be naturally buoyant.
- By signing this disclaimer you agree with the above statements

**Your name**

Your Signature

Date:

**NB This form is to be handed in at your Swim Start,  
only if you are swimming without a wetsuit**