

Lake Geneva Swimming Association



The Classic

in collaboration with



WELCOME

A warm welcome from the sunny shores of Lake Geneva (Lac Léman) to all our mighty swimmers. You are both creating legacy and inheriting tradition, taking part in this second edition of the once celebrated open water swimming world cup! Taking place between the shores of Lausanne and Evian-les-Bains, this 13km swim event looks to revive the old world cup crossing and usher in a new era of open water swimming. We are thrilled that you have decided to embrace the challenge and wish you all the very best on swim day. Above all we strive for this event to be fun and safe for all, so keep an eye out for your fellow swimmers and help us look after you.

THE ESSENTIALS

When: 26th August / 26 août 2018

Start: Lausanne, Switzerland

Finish: Evian-les-Bains, France

How far: 13km¹

Cut-off times: Halfway point - 3.5 hours, Finish - 7 hours

ACKNOWLEDGEMENTS

Heartfelt thanks to these fantastic people and organisations, without whom none of this would be possible. Sauvetage de Genève, Arik, Mairie d'Évian-les-Bains, Centre Nautique, Camping de Vidy and la CGN.

¹ All references to 13km distance are approximate.

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KIT LIST

This list highlights some of the bare essentials and is in no way exhaustive. Swimmers should endeavour to coordinate and prepare their own kit lists.

- ☐ Swim hat
- ☐ Feeds
- ☐ Wetsuit (optional)
- ☐ Tow Float
- ☐ Goggles (tinted or clear depending on cloud conditions)
- ☐ Towel/dryrobe
- ☐ Waterproof/water-resistant sun lotion
- ☐ Warm, dry clothes (incl. baseball cap/warm hat) to change into after your swim
- ☐ Mobile phone
- ☐ Passport
- ☐ Swiss Francs and/or Euros

TIMETABLE OF EVENTS²

Saturday 25th August

Swimmers arrive and settle into accommodation.

- | | |
|------|---|
| 1600 | Swimmers and kayakers meet at the Centre Nautique at Évian (see maps) for an informal briefing, to discuss and ask questions. |
| 1800 | Dinner in Évian at a local restaurant. |

Sunday 26th August

- | | |
|------|---|
| 0800 | Swimmers meet in Évian at the ferry terminal of the CGN (see maps). Ferry transfer to Lausanne. |
| 0900 | Arrive at Lausanne ferry terminal, transfer to start beach. |
| 0945 | Swimmers check in with race organisers at start beach. (see maps) |
| 1015 | Swimmers and kayakers meet at start point for safety briefing |
| 1030 | Swimmers and kayakers assigned numbers |
| 1100 | Swim start from departure beach at Lausanne |
| 1430 | Cut off time for halfway mark |
| 1800 | Celebration at finish beach, Centre Nautique in Evian including food and drink (see maps) |

Monday 27th August

- | | |
|------|--|
| 1000 | Morning after dip and brunch at Centre Nautique, Évian |
| 1100 | Au revoirs and goodbyes |

² All times subject to change in the lead up to the event.

THE START

Changing area

At Bellerive Plage there are plenty of toilets and changing vestibules located within the swimming pool complex.

Drop your bags

Prepare only one bag labelled **clearly** with the items you wish to have at the **end** of your swim and leave it with the race organisers to transport to the finish. We are in communication with both Swiss and French authorities regarding the event. It is unlikely that swimmers will be asked for further identification, especially as the swim is within the Schengen territory, however it may be advisable to safely pack your passport in your bag in case.

Check-in

All swimmers must check-in with the race organisers on arrival. Whilst this event is not a race we will endeavour to time everyone's swim for their own records.

Warm up

While the kayakers and support boats enter the water and get into position swimmers may conduct a short warm up by the start point.

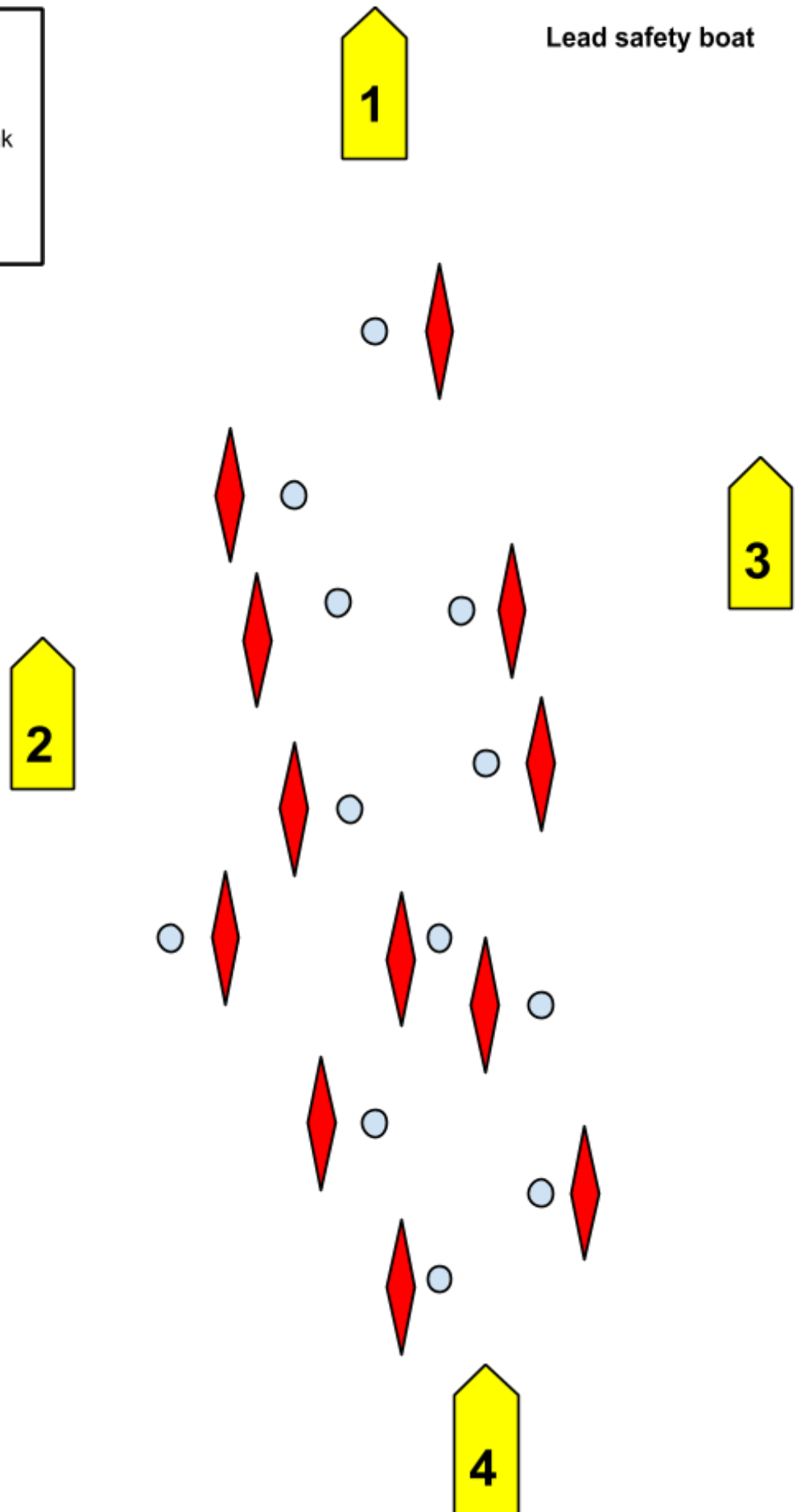
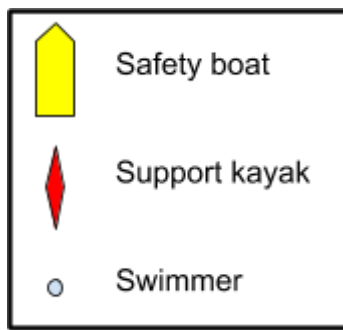
Start procedure

The swim begins on dry land. Swimmers will be called to the start point by number in waves. When the klaxon is sounded swimmers will enter the water together, one wave at a time, and follow the direction of the support boats, accompanied by the support kayaks. As the swimmer spread increases one support boat will hang back to offer closer support to the back of the group, with the lead boat in front, and the remaining support boats monitoring in between. Swimmers will stay close to the kayakers and the kayakers will look out for swimmers as the swimmers become less bunched.

Feeds

Swimmers will either feed from their designated kayaker or using their tow float.

SWIM CONFIGURATION DIAGRAM (suggestion only)



SWIM PROTOCOLS

Kayakers/SUP

i) Your role

Please note the kayaker/SUP support is there to help the swimmers feed and to make them more visible to other vessels on the lake. It is not responsible for the safety of the swimmer and swimmers must be able to swim the entire route self sufficiently.

ii) Things to observe

Always make sure you are no more than a couple of strong paddle strokes away from your swimmer. Keep a close eye on the stroke rate of your swimmer and make sure it doesn't drop significantly below their starting stroke rate. Look out for signs of slurred speech, disorientation, shivering, uncontrolled chattering, unable to speak. Also be aware of overheating if your swimmer is wearing a wetsuit!

iii) In case of difficulty

- Swimmers: tread water and place one hand on your head to signal to the support kayakers around you that you need help. Communicate the problem to a support kayaker and if necessary hold on to the kayak for extra support.
- Kayakers: check swimmer's responsiveness (e.g. ask their name/age and swimmer number), help the swimmer grab hold of the kayak and then signal to the support boats for help stating swimmer number and position (relative to support boat). Pass any relevant information to the lifeguard, briefly write down order of events and then resume 'floating' support of swimmers.
- Lifeguards: signal every hour to kayakers to ask for swimmer stroke rates

iv) configuration

Those swimmers who have brought their own support kayaker/stand up paddler may be accompanied by them throughout the swim. Kayakers will form a straight line following the lead boat in order to help maintain the most direct swim line possible, and swimmers will stay as close to this swim line as possible. Swimmers should never be more than a couple of paddle strokes away from the nearest support kayaker/stand up paddler.

Over a distance of 13km swimmers can be expected to feed throughout the swim. If numbers allow, two swimmers may be assigned to each kayaker, swimming in pods and swimmers feeding from their kayak. If numbers do not allow then swimmers will feed from using their tow floats.

v) kayaker kit list

- Life jacket
- Two way radio (spare batteries)
- Compass
- Whistle
- Strobe light
- Passport (recommended)
- Sun hat

- Water
- GPS (recommended for low visibility)

vi) communication plan

One of the support boats will ask for each swimmer's stroke rate every 60 minutes, as well as a brief observation of swimmer state (e.g. "upbeat", "complaining", "needs close attention"). Lifeguards must note down the stroke rates and swimmer state. Kayakers must remember the number of the swimmers that they have been assigned. The swimmer state can be observed by asking the swimmer questions including their full name, age, home address, swimmer number etc. Look for warning signs such as significant drop in stroke rate, slurred speech, uncontrolled chattering, disorientation, shivering. If a second opinion is needed, kayakers should call over a lifeguard on one of the safety boats. The lifeguards may decide to check in with a particular swimmer more frequently if deemed necessary.

vii) extraction protocol

Once a kayaker has signalled for help regarding a swimmer the nearest power boat will approach with a lifeguard onboard. In the case that it is necessary to extract the swimmer the lifeguard is to alert the emergency services of the nearest coastline to meet at the RV point indicated (within French half - French authorities, within Swiss half - Swiss authorities). The pilot heads to the RV point while the lifeguard looks after the swimmer. The other safety boats remain with the remaining swimmers and the kayak can remain in the water as support. Once the hand over to the ambulance on land is complete the support boat and lifeguard must return immediately to the rest of the swimmers.

viii) poor visibility

Sudden/unforeseeable poor weather (to be avoided if possible) and reduced visibility - kayakers to have compass and ideally GPS, as well as strobe lights and whistle.

Emergency RV points

Swiss side: Lake Police Ouchy

Chemin des Pêcheurs 11, 1007 Lausanne, Switzerland

+41 21 316 36 21

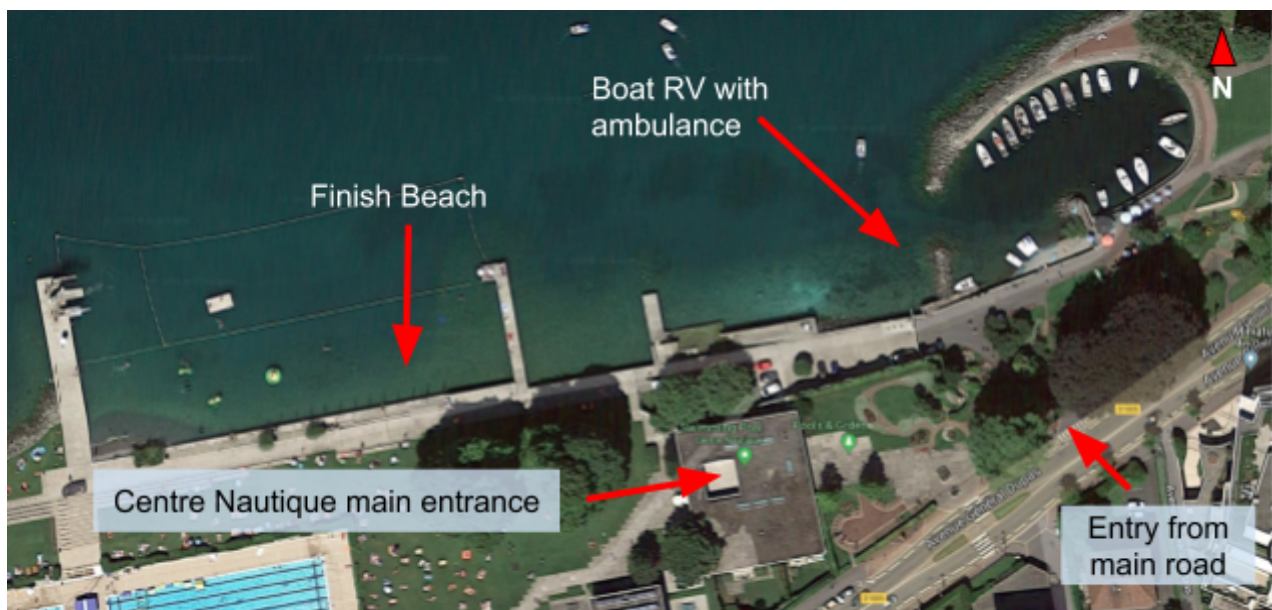
<http://www.vd.ch/autorites/departements/dis/police-cantonale/ou-nous-trouver/brigade-du-lac-leman/>



French side: Small marina east of Nautique Centre

Centre Nautique, Avenue Général Dupas, 74500 Évian-les-Bains, France

+33 4 56 30 11 20 (Centre Nautique)



THE FINISH

If you need help

In the event that you need help while in the water do not panic. Tread water and raise one arm in the air to communicate a problem to your kayaker. We have plenty of kayakers and safety boats on the water who will be able to reach you as quickly as possible.

Check-out

On exiting the water make sure to be signed off by a race organiser. This is both for safety and for us to stop and record your swim time.

Awards and results

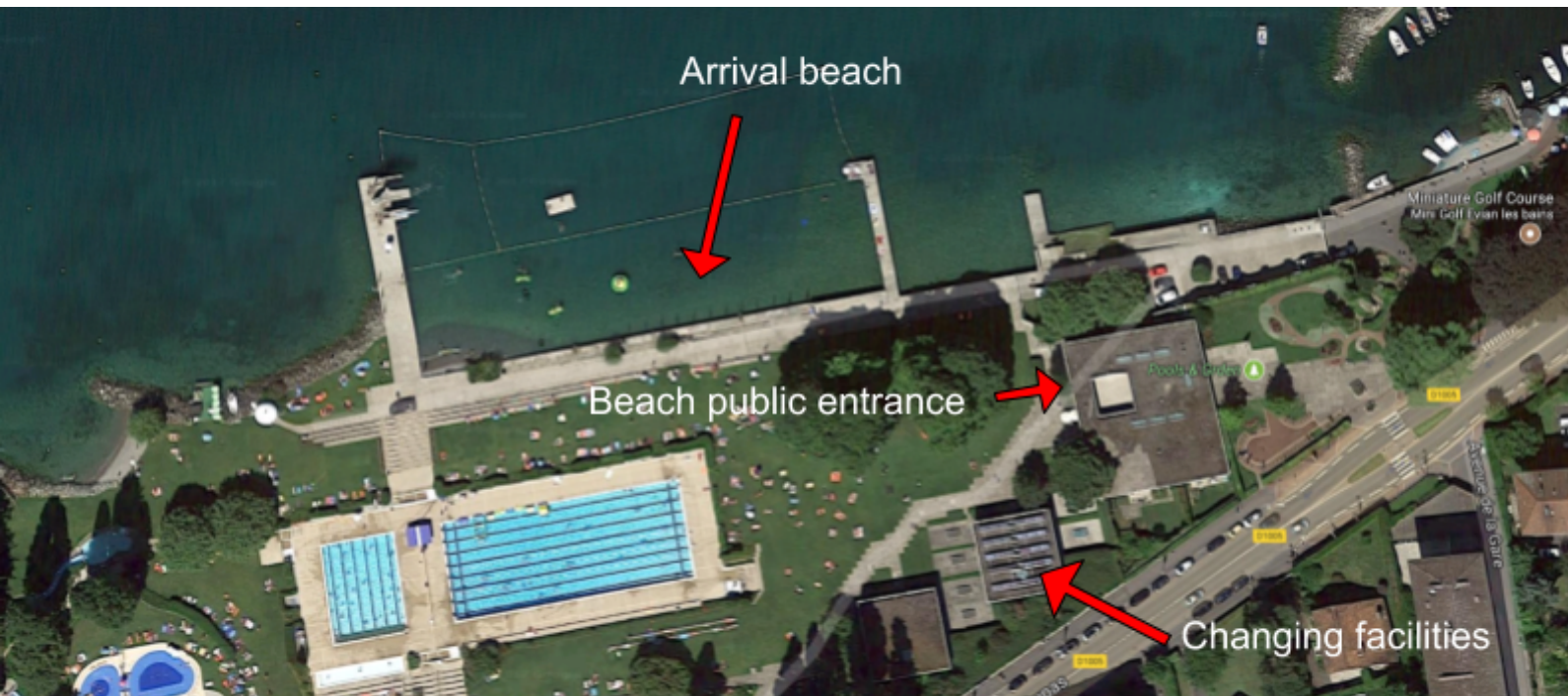
Awards will be handed out on the day and your swim times will be available at www.lakegenevaswimmingassociation.com/classic following the event.

Maps

Start Map - Bellerive Plage, Lausanne



Finish Map - Centre Nautique, Évian-les-Bains



TRAVEL AND ACCOMMODATION

Getting to Lausanne/Évian from Geneva

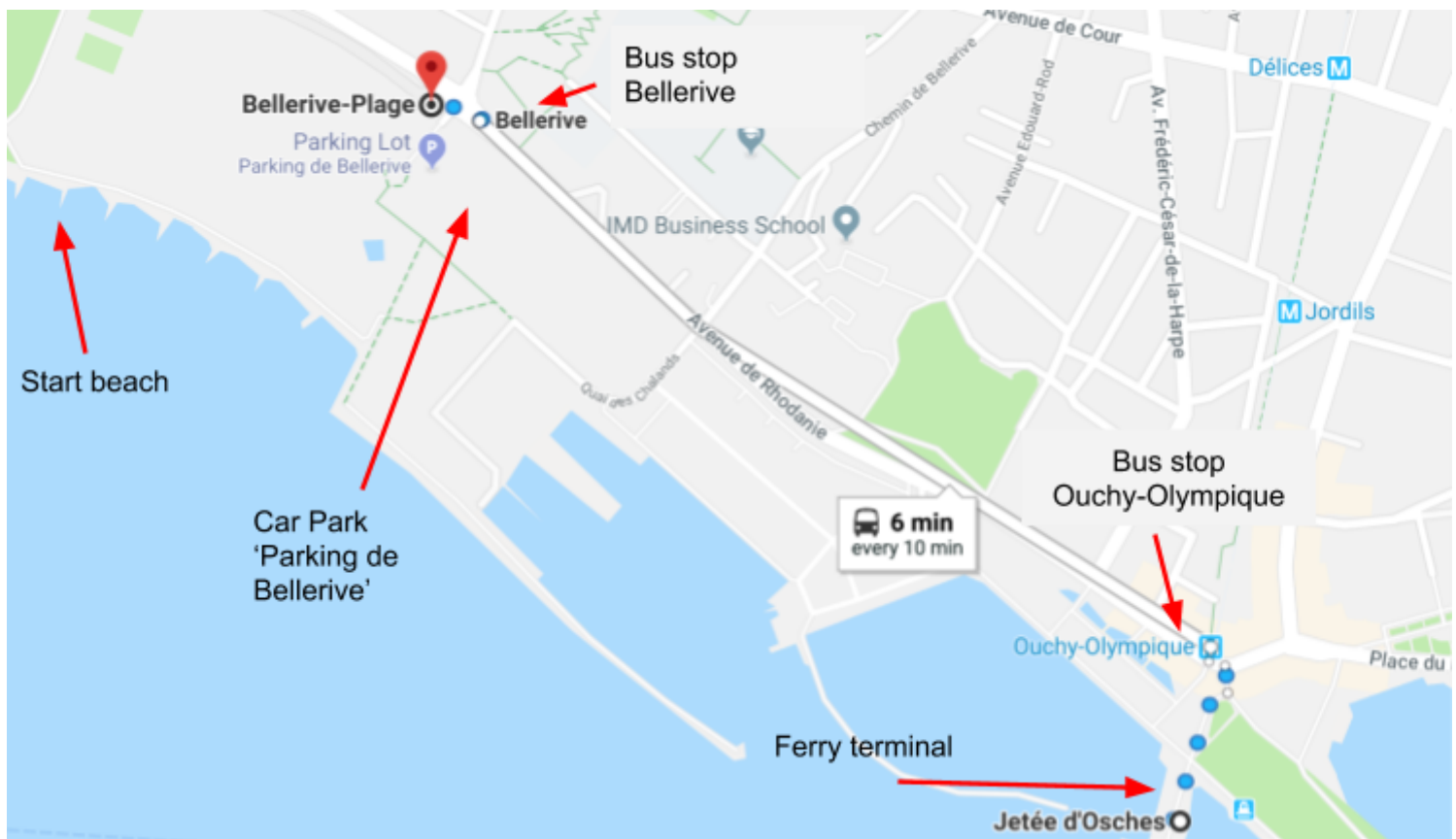
By public transport: There are frequent and reliable trains from Geneva airport to Lausanne. To travel on to Évian it is a 6 minute metro ride to the ferry terminal (along the only metro system in Switzerland!), or a 16 minute walk. There are regular ferries between Lausanne and Évian with a journey time of about 35 minutes.

By car: Without traffic it takes roughly one hour and a half from Geneva airport to Évian, and about one hour to Lausanne. In Évian there are several parking options which are comprehensively listed, with prices and maps on the [Ville d'Évian website](https://goo.gl/rsRUsm) (alternatively type this link <https://goo.gl/rsRUsm>)

Getting to Bellerive Plage

By public transport: The easiest way to cross the lake is by ferry, with regular departures between Évian and Lausanne. From Lausanne ferry terminal there are regular buses from the bus stop Ouchy-Olympique towards Bellerive Plage (2 stops on the number 2).

By car: On a clear run Évian to Lausanne takes about one hour and a half. By the start beach there is the car park 'Parking de Bellerive', available for around 8 CHF per day.



Accommodation

There are many good and affordable options around the Lausanne and Évian area which are all available online via trusted travel sites such as Booking.com and Tripadvisor.

WHAT'S INCLUDED

- Kayakers/SUPs
- Safety boats and pilots
- Lifeguards
- Permissions from police and local councils
- Entry to start and finish points for swimmers
- Ferry journey from Evian to Lausanne for swimmers before the swim

NOT INCLUDED

- Personal Insurance
- Travel
- Accommodation
- Food
- Personal swim gear

SAFETY INFORMATION

Your training

- Open water training safety tips
- Try to gain as much open water experience as possible before your event.
- Swim in a brightly-coloured hat – so other water users can see you.
- If you can, swim in a group of swimmers and let people know your plans.
- Don't swim across ferry routes or busy sailing/boating/jet-ski areas or around ferry jetties – boats are often not expecting swimmers in the water and may not see you.
- Always check weather conditions and water temperatures before going to train, it is important to know how your body copes with different water temperatures.
- A wetsuit may help with buoyancy but beware overheating when swimming in warm water and/or in hot weather conditions.
- Always know your limits and don't take unnecessary risks in open water, especially if you find yourself swimming alone.

Illness

Do not swim if you are ill or feel well unwell, regardless of if you are training or participating in an event. Swimming despite having been ill puts yourself and others at unnecessary risk and is one of the most common causes of medical emergencies.

Hydration and temperatures

Swimming dehydrates your body just like any other form of exercise so remember to keep drinking! Be extra aware of dehydration when wearing a wetsuit, especially on hot days. Avoid drinking alcohol in the lead up to the event as this can lead to dehydration.

Some of the main risks associated with open water swimming are related to the effects of prolonged immersion in cold water. If the body's core temperature gets too cold, the individual may suffer from hypothermia, which can be a very serious condition. Know your limits and make sure you get lots of open water experience before participating in a marathon open water swim. On a hot day do not put on your wetsuit until just before the race start, to avoid overheating and dehydration.

At the end of August, the water temperature in Lake Geneva can be expected to be between 20°C and 24°C. Air temperature could range from 16°C to 36°C.

Swimwear

Standard swimwear (visit <http://cspf.co.uk/cs-and-pf-rules> under 'Swim Suit Clarification') and standard wetsuits only. For safety reasons the LGSA reserves the right to refuse entry to any swimmer who does not comply.

Swimming aids

Swimming goggles are strongly recommended. Other aids such as diving masks, snorkels, MP3 players and flippers are not allowed. Tow floats are permitted however should not be necessary with a high kayak to swimmer ratio.

Water quality

Lake Geneva is renowned for its excellent water quality. Nevertheless open water swimming does always carry the risk of infection. To reduce the risk of infection,

- Cover any cuts and abrasions, however minor.
- Try not to swallow water while swimming.
- Wash hands in fresh water before eating after you have swum.
- Take a full shower at the earliest opportunity; if you feel unwell for a period of up to three weeks after your swim, visit your GP and advise them that you have been swimming in open water.

EVENT CANCELLATION AND POSTPONEMENT

Why?

All participants should be aware that the Classic can be postponed, delayed or cancelled due to a variety of factors at a moment's notice. Such conditions, such as poor visibility, poor water quality or choppy water, are beyond our direct control and will affect the swimming conditions and the ability of the safety boats to operate. The LGSA reserve the right to reduce the course distance, change the course or the location in order to stage the event. Any change will be communicated to the participants on, or a few days prior to, the event day. Any decision or advice given by the event organisers is final.

How will I know of any changes?

The LGSA will attempt to notify you via phone or email using the contact details providing in your registration form. Important information may also be found on our social media channels.

Can I get a refund?

Only if conditions prevent the Classic from being staged safely on Sunday 26 August 2018, and no other alternatives are available, will the LGSA reimburse your entry fee. Refunds will not be made in any other eventuality.