

City of Plymouth Amateur Swimming Association

Breakwater Swimming Race

9th September 2017

The Course

Starts at a position near to the Breakwater Lighthouse and finishes at the Hoe foreshore at Tinside Beach. This is a straight line swim.

Degree of Difficulty

This is a relatively easy swim for mature swimmers. There is a strong tidal flow, which assists the competitors on their way.

Risks

Hypothermia - The swimmers are advised to gain experience by training in sea conditions prior to the event. The water temperature is above the minimum laid down in ASA laws and FINA Technical Rules.

Possibility of Heart attacks which are unlikely due to the fitness of competitors. A medical officer will be afloat and a qualified first aider will be in attendance at the finish.

A & E Department and Devon and Cornwall Police have been advised that the event is taking place.

Intrusion by Stray Craft

The exact timing of the start of the event is under the control of the Queen's Harbour Master. It is dependent on Naval and Merchant shipping movements and can be altered at short notice.

Safety Cover

A minimum of four powered rescue craft provided by Mayflower Sailing Club and Horizons (Plymouth) will remain on station during the event. These boats will fly Flag Alpha. All swimmers will be individually escorted by BCU canoeists.

Numbers

In the interest of safety there is a restriction on the number of entrants of 14 swimmers.

Personal Injury

The possibility of cut feet, however, unlikely due to good condition of landing area and height of water at the time of finish. This area was examined at low water recently and a further examination will be carried out prior to the event.