

1st Sunday of the Month Swim (1SOMS) Information Pack

Hi future polar bear!

Background

The swim started as a support for lifesaving which keep our beaches safe and as a fun communal way to appreciate the outdoor open water sport of swimming . A number of the participants use the swim as a training ground for the Robben Island crossing. Albeit the route is around a nautical mile whereas the crossing is 7.5km/11.5km respectively it does provide an introduction to cold water and deep water swimming. Swimmers can elect to wear wetsuits as it is a fun swim. Only a handful do though.

Format

The swim takes place in a format I like to call Hares and Hounds. The objective of the format is to reduce the spread of times and in so doing keep swimmers of different speeds in a much closer group. The “ultimate” objective is for the timing to be such that all swimmers finish together.

New swimmers automatically are placed with the Hares and in so doing receive a 5 minute head-start on the Hounds. The expected finish time of a Hare is ± 38 minutes (roughly 7-minutes per 400m). Swimmers who have completed the swim previously have already found “swim-buddies” and generally elect to swim in the group that resembles their speed more closely.

Hares have the advantage of leading, whereas Hounds have the advantage of chasing. Many a Hound has been surprised at the tenacity of the Hare when caught and has muttered under-breath that comes from the Hare finding hidden reservoirs of speed.

Route(s)

The swim is a “landmark”-based swim by which I mean that landmarks are identified as targets at which to aim. Below is the typical Miler route

- Start : 4th beach Clifton (Left corner between start flags)
- From the line to the buoy 50m off the beach.
- Right-hand turn and aim for the 2nd last block of flats from the (Arcadia) point. (Sea Point side)
- Cross Cherry reef (2nd beach) taking care of avoiding breaking water
- 100m from the flats turn round (180') the 2nd buoy and head for the red-roof bungalow on the Ridge (Camps Bay side)
- When passing Bun Rock (4th-3rd separator) start sighting the 1st buoy.
- Left hand turn around the 1st buoy and head for the finish flags.
- Collect a finish tag from finish marshal.
- Give your finish tag, race number and first name to the race marshal.

What to remember

1. Swim-cap (brightly coloured silicone)
2. Goggles
3. Towel
4. Warm bed that you are giving up for the swim! And explanation to your partner as to why you need to get to bed early the night before [Registration 08h45 Start 09h15]
5. Sanity – if you feel uncomfortable at any time of the swim turn-around and head back to the start. The swim will be there next time. It requires 3 people to want to swim before a swim actually start



**1st Sunday of the Month Swim (1SOMS)
Information Pack Race Waiver & Indemnity**



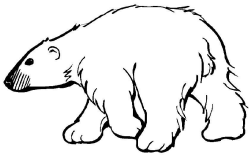
Race Waiver & Indemnity

1. I, the undersigned, recognise that open water swimming is an extreme sport and as such hold the organizers blameless of any injury I may incur while participating in this race.
2. It is my responsibility independently to acquaint myself and my support crew fully with the risks and hazards of long distance open-water swimming (and in particular the Swim) and I have done so. These risks include those attendant on or posed by:
 - a. marine life, including sharks, blue bottles and jellyfish
 - b. exposure to cold water for protracted periods, and in particular the risk of hypothermia and exhaustion
 - c. wind, currents, and weather changes
 - d. marine traffic.
3. I undertake the Swim with full knowledge and appreciation that long-distance coldwater swimming in the ocean is inherently hazardous. I accept all such hazards and risks.
4. I enter this race willingly and with full knowledge that I am responsible for my own safety. I and my estate undertake to indemnify and hold harmless the organizers and the officials against any claims against them arising from any harm, loss, injury, or damage sustained by me during or in consequence of the Swim.
5. This waiver and indemnity, once signed, is irrevocable and shall continue to operate hereafter in respect of all open-water swims in which I participate and in which the organiser is involved in any capacity.
6. Further I declare that I am medically fit to participate.

Signature and date	
Guardian's signature (if under the age of 21 years)	

01 Nationality												
02 First Name												
03 Surname												
04 Mobile number												
05 Email Address												
06 (Estimated) 400m swim time												
07 Swimming credentials, membership of any lifesaving /swimming clubs (Please attach additional sheet if more space is required)	•											
08 Do you want to receive SMS communication re: races? Circle applicable	YES	NO	Birthday Month	JAN	FEB	MAR	APR	MAY	JUN	Year:		
			JUL	AUG	SEP	OCT	NOV	DEC				
09 Age category	<14	14~19	20~25	26~30	31~35	36~40	41~45	46~50	51~55	56~60	61~65	>65
10 Gender	MALE		FEMALE									

FINA rules re: age is that age at the end of 31 December



Route maps and on-the-day

Race Day and Route description¹

1. Registration opens 08h15
2. Pre-race briefing 09h00 (including Route description & route hazards ;Upcoming events)
3. Race start (Hares 09h15 & Hounds 09h20)

a. "Miler" (PREFERRED ROUTE)

- (2) 4th beach corner (Start)
- (3) Right turn around 4th beach 1st buoy (50m offshore)
- (4) Landmark target 3rd block of flats above Moses beach (3 buoys en route)
- (5) Turning point (Buoy off rocks 1st Beach and Moses)
- (6) Landmark target red roof bungalow on The Ridge alongside 4th beach
- (7) Left hand turn around 1st Buoy to the beach
- (8) 4th beach corner (Finish)
- (9) Receive position tag//Give race number
- (10) Timing stops
- (11) Pass registration table for headcount (Give race number and position card)



b. "Lapper" (...off 4th beach)

- (1) 1st buoy pass on left hand side
- (2) Landmark target Duiker rocks (approx 450m off shore)
- (3) 2nd buoy of lapper right hand turn towards 1st beach
- (4) 3rd buoy of lapper right hand turn towards Bun Rock (corner 4th and 3rd)
- (5) 4th buoy of lapper right hand turn towards Red Roof Bungalow (also 2nd buoy of Miler)
- (6) 1st buoy of lapper left hand turn towards finish line
- (7) Receive position tag//Give race number
- (8) Timing stops
- (9) Pass registration table for headcount (Give race number and position card)

¹ June, July, August all times are 1 hour later to allow for sunrise



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Results will be published on website www.1soms.co.za & SMS sent on Saturday ahead of next 1SOMS to mobile number provided.

Calendar

		Reg//Start	Year 2009	Year 2010	Year 2011	Year 2012
January	#	11h15//12h15	Thu 2009-01-01	Fri 2010-01-01	Sat 2011-01-01	Sun 2012-01-01
January	#	08h15//09h15	Sun 2009-01-04	Sun 2010-01-03	Sun 2011-01-02	Clifton Cold Water Mile
February	#	08h15//09h15	Sun 2009-02-01	Sun 2010-02-07	Sun 2011-02-06	Sun 2012-02-05
March	#	08h15//09h15	Sun 2009-03-01	Sun 2010-03-07	Sun 2011-03-06	Sun 2012-03-04
April	#	08h15//09h15	Sun 2009-04-05	Sun 2010-04-04	Sun 2011-04-03	Sun 2012-04-01
May		NO SWIM	NO SWIM	NO SWIM	NO SWIM	NO SWIM
June		09h15//10h15	Sun 2009-06-07	Sun 2010-06-06	Sun 2011-06-05	Sun 2012-06-03
July		09h15//10h15	Sun 2009-07-05	Sun 2010-07-04	Sun 2011-07-03	Sun 2012-07-01
August		09h15//10h15	Sun 2009-08-02	Sun 2010-08-01	Sun 2011-08-07	Sun 2012-08-05
September		08h15//09h15	Sun 2009-09-06	Sun 2010-09-05	Sun 2011-09-04	Sun 2012-09-02
October		08h15//09h15	Sun 2009-10-04	Sun 2010-10-03	Sun 2011-10-02	Sun 2012-10-07
November		08h15//09h15	Sun 2009-11-01	Sun 2010-11-07	Sun 2011-11-06	Sun 2012-11-04
December	#	08h15//09h15	Sun 2009-12-06	Sun 2010-12-05	Sun 2011-12-04	Sun 2012-12-02

High swimmer count

1 January is Clifton Cold Water Mile – when it falls on a Sunday it takes precedence over 1SOMS

Frequently Asked Questions

Q: What do I bring? Where? When?

A: At least goggles and silicon swim cap to 4th beach Clifton on the 1st Sunday of each month

Q Do I need to be a competitive swimmer?

A: No – you do need to respect the sea and have the self-belief in your ability. The intention is to enjoy the outdoors and open water swimming. Its suggested that before 1SOMS you should at the bare minimum have swum (in one stretch in the pool) the same distance as you plan to swim.

Q: What happens if it is raining? Will the swim be on?

A: Come rain or shine the sea remains wet... If you plan to swim you should consider you are going to get wet. The organizers will be there but the route may be modified.

Q: On the day who makes the call as to whether the swim is on?

A: The organizers will always (in conjunction with the lifesavers) consider the safety aspect of the swim and takes steps to keep it safe. Also a minimum of 3 swimmers need to want to swim before a swim will take place.

No heroes – listen to the lifesavers. The swim will be there next month.

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