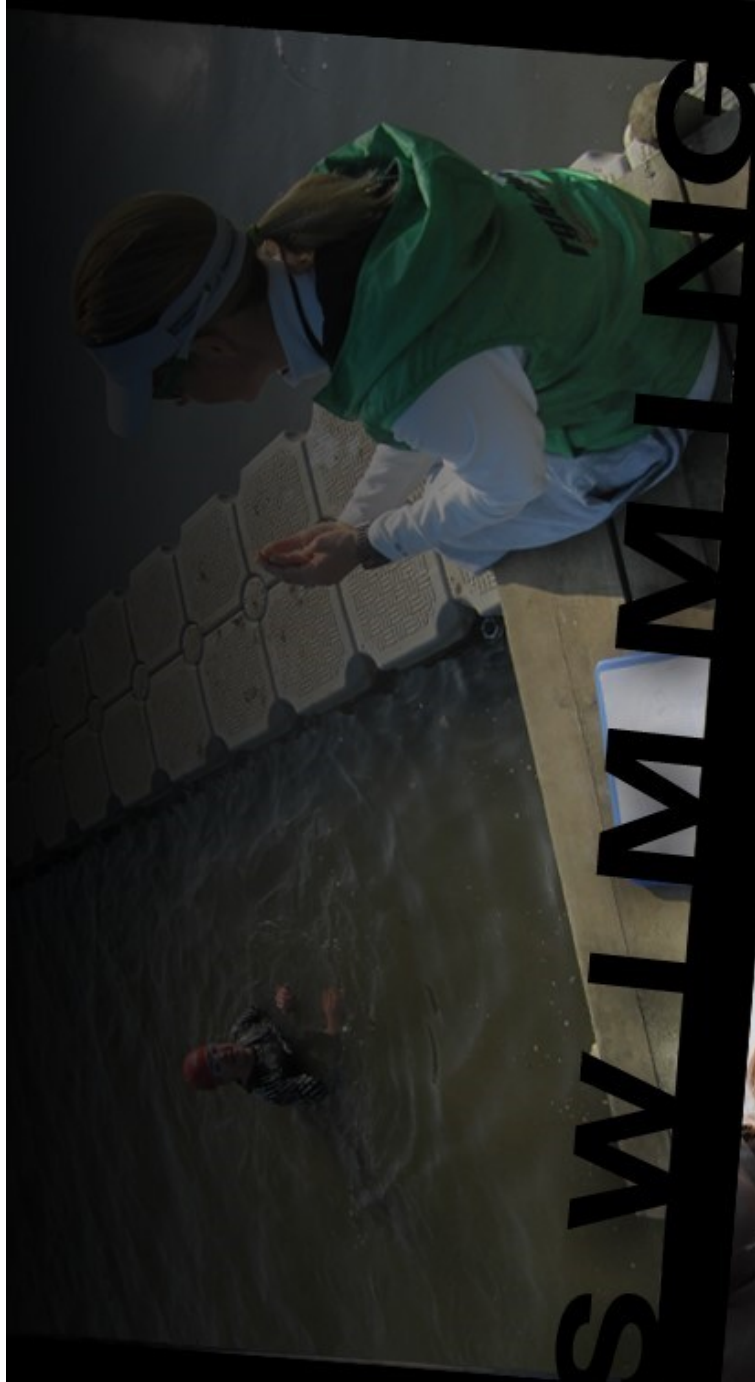


rgActive

Sports Coaching, Training & Events

TRAINING DAY



Open Water Swim Seminar Information

Thank you for booking a place on the Human Race Swim Seminar delivered by the experienced and friendly coaches from RG Active (www.rgactive.com). The swim seminars have been designed specifically for first time and beginner open water swimmers. Our goal, as your coaching team, is to introduce you to the amazing sport of open water swimming, to build your confidence, teach you how to fit the wetsuit, use the wetsuit and answer any questions you might have to aid you in preparing you for your open water swim. The RG Active coaching team have years of training, racing and coaching experience under their belts and will be with you throughout the day to help you get the most from your day and have as much fun as possible!

Venue and Car parking

The venue is private property – the Eton College Rowing Centre, Dorney Lake, Boveney, near Eton Wick **SL4 6QP**. Please leave plenty of time to get here. The only access will be via the MAIN access road. Just follow the signs as you come into the venue to the designated event car park. You will have at least an 800m walk to the training venue, so allow yourself extra time for this walk after you have parked your car. Please keep off the event bike course and do not cross any roped-off areas. Arrival and departure is allowed any time.

Dorney Lake is private property and is closed to members of the general public. We have hired the venue for our events and we welcome our competitors and their spectators. The surrounding areas of Dorney Lake have plenty of space for spectators.

Schedule of the Day

Registration – Please aim to arrive at registration at least 15 minutes before your session is scheduled to start.

Note: Please make your way directly to the RG Active training area on the opposite side of the lake to which you park your car. You will need to go via the competitor village and through the transition area of the race that is taking part. If you are unsure please do not hesitate to ask an RG Active or Human Race member of staff (see map). On arrival at the training area you will be signed in and directed to a waiting area until your session coach will greet you. Based on the information you gave the Human Race staff when registering for the swim seminar you will be placed into one of the following three groups taking place throughout the day:

Session 1 – 9:00am to 10:30am

Session 2 – 10:30am to 12:00pm

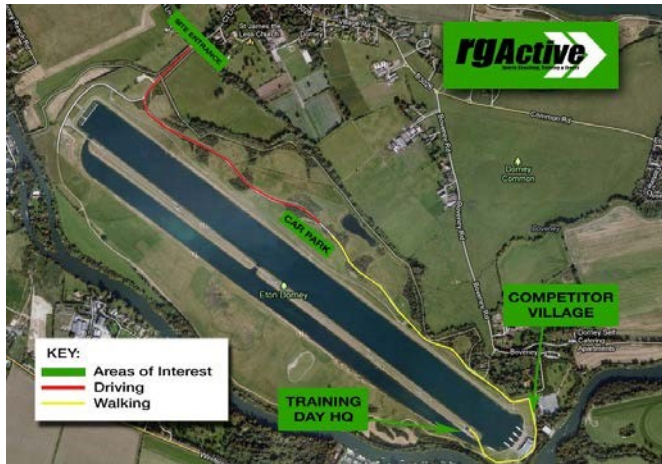
Session 3 – 12:00pm to 1:30pm

Note: Please read the next section of this information sheet no matter what time your session might be as it is VERY important!

Human Race Events

Your training day is part of a whole weekend of Human Race multisport racing at the Eton Dorney venue and, for your own safety; you must be vigilant when moving around the site. Apart from those arriving for Session 1, and leaving session 3 at some point you will all have to navigate your way from the car park to the RG Active training area, and this requires crossing an area where racing will be in progress.

We ask that if you are in anyway unsure about where you are going, or how you get to and from the training area you find a member of the Human Race or RG Active staff who will direct you to the quickest and safest way to your destination.



The RG Active Coaching Team

RG Active sees over 8000 people each season helping them in every way imaginable as they aim to meet their multisport objectives whether that is to get themselves to the finish line, qualify for their country or just have a really good time! The highly qualified and experienced coaching team helping you on your training day include **John Brame, Marsha el-Hage, and Emma Young**. Between them they provide coaching for athletes of all levels of fitness and ability from first time triathletes through to seasoned professionals and elite performers.

Safety and First Aid

If you have any known medical condition, (such as diabetes, asthma, allergy to penicillin, etc.) please inform us prior to the training day by email to races@humanrace.co.uk

Changing and Eating

There are changing facilities available in the training area, but we do ask that all athletes arrive at the training area wearing the swimming costume or triathlon kit that is intended to be worn under the wetsuit for the session. We ask that you DO NOT put your wetsuit on until instructed by the RG Active coaches as this is an important part of the session, and vital that it is done correctly.

Please bring a minimum of two towels and warm clothes to put on immediately after the session. This is very important as the water can be quite chilly as we are very early in the open water swimming season.

Please try not to eat anything substantial for at least 2 hours before the start of your session. We also suggest you bring any snacks and drinks that you might want for after the session so you can re-hydrate and re-fuel quickly after you exit the water. The RG Active team will be offering a selection of hot and cold drinks and a variety of snacks. There is catering within the competitor village but this will not be accessible until your session is finished and you are returning to your vehicle.

The training day content

For many of you the open water swim and the wetsuit part of the day will be the element met with most concern and in some cases fear. Our aim for the practical swim session is to instil you with confidence and understanding of swimming in open water in a wetsuit that is key for every competitor. Our aim is to provide you with all the advice and support to help you achieve this.

During the session we will aim cover the following topics:

- fitting your wetsuit
- swimming toys & equipment
- sighting
- mass/group starts
- removing your wetsuit

What equipment you need...

- Swimwear
- A wetsuit is compulsory. For information about wetsuit purchase and hire visit **The Human Race Shop**. A Human Race shop will also be at the event on the day for you to buy or hire wetsuits for the season, please bring cash or a cheque only if you wish to get your wetsuit on the day. • Goggles
- Brightly coloured Silicone cap
- Towel
- Warm clothing for after the session

Note: We will have latex swim caps for swimmers on the day to help the coaches with distinguish you in the water, however a silicone hat will provide you with more warmth.

Other

- Drinks bottle and drinks/snacks for during the day
- Notepad and pen
- Warm clothes for pre and post training
- Notepad and pen

Finally

We are very honoured and excited to help you on your triathlon and multisport adventure.

We ask that you please respect the area, keep it clean and tidy and avoid littering.

