



# INFORMATION BOOKLET

## Bondi Beach to Watsons Bay 10 km ocean swim

**Sunday 19 May, 2024**





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## 1. INTRODUCTION

The South Head Roughwater Swim is a 10 km ocean swim starting from Bondi Beach heading around Ben Buckler and north along the sandstone cliffs for 8 kilometers to South Head then into Sydney Harbour past Lady Bay, Camp Cove and into the finish at Watsons Bay.

Teams consist of a boat ,skipper and observer ,the swimmers (ie. solos and team of upto 6 swimmers). Having a paddler is encouraged, but optional. All solos and teams must have a motorised boat to accompany them through the swim.

Swimmers who intend swimming the entire 10 kilometres (solo swimmers) may register and participate in two ways.

1 - Solo with a support boat dedicated to just them with their swim time recorded as a solo finisher.

OR

2 - In a group of solos as a team, however the swimmers must swim together at the pace of the slowest swimmer and register for the event as a team with their swim time recorded as team finishers.



The event is managed by JJF Projects Pty Ltd and has been running since 2002. Upon entry in the event all registered swimmers, paddlers,boat captains and observers are covered by the events public liability insurance cover.

The intent of the South Head Roughwater Swim is to provide a safe and fun event where all participants can enjoy an ocean going swimming adventure. Goodwill and generosity of spirit are qualities we value and we ask all participants to enjoy the day in the same spirit.





## 2. REGISTRATIONS

Entry and registration for the event can be made on [www.oceanswims.com](http://www.oceanswims.com). Additional information about the event is listed there as well.



## 3. EVENT MANAGEMENT

The table below lists the people and positions of those involved in the events management.

Position	Name	Contact Details	Location During Event
Swim Director	Dave Conroy	0414 - 278 008	Marine Rescue Boat
Start Manager	John Fallon	<b>0478 639 340</b>	Bondi Beach
Finish Manager	Kerry Fitzsimmons	0427 – 724 131	Watsons Bay

Questions regarding to the event can be emailed to [jjfprojects@bigpond.com](mailto:jjfprojects@bigpond.com)

## 4. APPROVALS

The approvals applying to this event are as follows:-

Approval	Approval Authority
Aquatic Licence Approval	Transport for NSW
Use of Public Open Space at Bondi Beach	Waverley Council
Public Event / Park Hire for Use of Watsons Bay Beach	Woollahra Council
Public / Product Liability Event Insurance - (\$20 million )	Sports Cover Insurance

In addition, all swimmers, boat captains, paddlers are requested to comply with directions from the start and finish managers, swim director and Marine Rescue personal, and Waverley Council lifeguard on the jet ski.



## 5. BRIEFING

The following briefing will be conducted prior to conducting the event

**Swimmer and Boat Captain Briefing:** A compulsory swim briefing will be held 2 days before the event on the Friday evening at 7pm, at the Watsons Bay Hotel. Swimmer numbers and swim caps will be given out. At least one member of each solo, duo or team, MUST be present at the briefing.



### **Safety and Risk Warning (Civil Liability Act 2002 - Section 5M )**

*THIS IS A PHYSICALLY DEMANDING EVENT. The South Head Roughwater Swim (the Event) organisers cannot guarantee your safety. Obvious risks include injury and/or drowning, due to being hit by other persons, objects or boats, cold water and weather, entry and exit injuries, medical conditions, marine stingers and sharks.*

*Swimmers enter at their own personal risk and are responsible for deciding if their own physical condition allows them to participate.*





## 6. EVENT SCHEDULE

Time	Item
6.00 am	Swim Director makes decision on the event running in liaison with Marine Rescue.
6.30 am	Swimmers and boat skippers can confirm the event starting by contacting the swim directors mobile phone.
8.30 am	Check Points 1 and 2 in place
8.30 am – 8.45 am	Boat skippers to check in via radio with swim director on board the Marine Rescue boat advising of swimmer number.
8.45 am	<p>Marine Rescue on VHF radio channel 16 will advise of an alternate radio channel to use for the duration of the event</p> <p>No support boats are to be between the check point 1 and Bondi Beach. Kayaks and paddlers can pick up their swimmers anywhere from the beach to this check point.</p>
8.50 am	Beach briefing to be given to solos and starting swimmer from each team on Bondi Beach
9 am	Solo swim start from Bondi Beach
9.15 am	Teams swim start from Bondi Beach
1 pm	Check Point 3 - Approx 9 km mark - Hornby Lighthouse at South Head - Swimmer Cut off time
2 pm	Swim Cut off time - swimmers finishing after this time will be recorded as "did not finish"





**7. START**

- 1 - Solos at 9:00 am
- 2 - Teams at 9.15 am

**8. TEAM SWIMMER CHANGEOVERS**

1 - After swimmer 1 has started and passed check point 1, then make the first swim change.



2 - Each swimmer swim a 20-minute intervals and change to the next swimmer until all swimmers have completed a 20-minute swim.

3 - Swimmers swim at their own time intervals until the swimmers rounded the headland at the southern end of Camp Cove and entered into Watsons Bay at check point 4.

4 - Team changes should be made approximately 10m from vessel in a –visible manner on the seaward side of the vessel.

Engines must be in neutral when swimmers get onto the boat. Consider using a float on a rope to retrieve swimmers at team changes.

Never use reverse to approach your swimmer – we recommend that engines are shut down when retrieving your swimmer from the water.



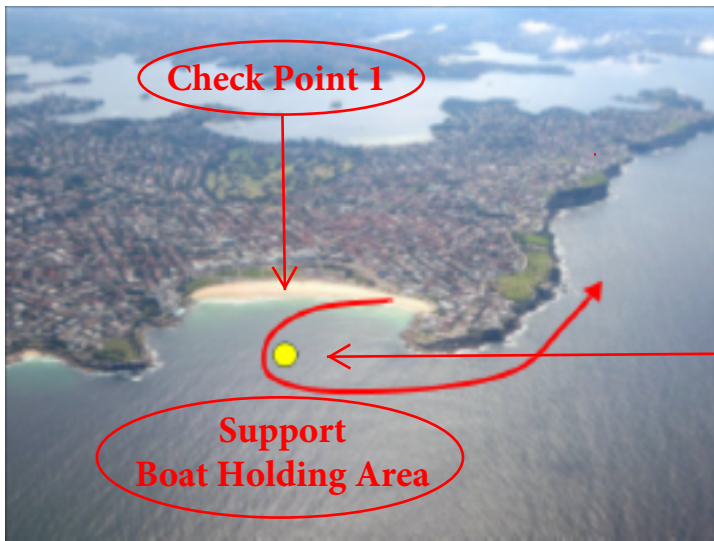




## 9. CHECK POINTS

**Check Point 1** - Swimmers start from the beach and swim to check point 1, approximately 400m off Bondi beach located in the middle of the bay.- this is known as the shark buoy. Swimmers can pick up their support boats from this check point onwards to check point 2. From 8.45 am - No support boats are to be between the check point 1 and Bondi beach.

Support boats are to stay in the support boat holding area on the seaward side of check point 1. Kayakers and board paddlers can pick up their swimmers anywhere from the beach to this check point.



**Check Point 2 – Landmark** - At approximately 2 kilometres, there will be a floating buoy located in the water (approximately 200 metres from the cliff face in line with the tall grey chimney stack on Bondi Golf Course).

**Swimmers, DO NOT to proceed past this point without your support boat. Please wait at this location if you havent connected with your boat.**

This check point will be monitored by the water safety team until all swimmers have connected with their support boats. If a swimmer has not been joined by their support boat at this location, we will send a radio message to the boat fleet advising of your swim number is here for the connect up.







**Landmark at Approximate Halfway Mark** – Macquarie Lighthouse is located approximately 5.3km from the start line at Bondi beach. It is the approximate halfway mark in the swim



**Check Point 3 – Landmark - Swimmer cut off time for this location is 1.00 pm** - Hornby Lighthouse located at South Head and is the approximate 8.5 kilometre mark. Swimmers who have not reached this location by 1 pm are required to relocate to this check point in their support boat and continue swimming to the finish at Watsons Bay.





**Check Point 4 – Landmark** - As swimmers round the southern headland of Camp Cove into Watsons Bay they will pass Check Point 4 which is the obelisk landmark. Once team swimmers round this headland please enter the water together and swim together into the finish line at Watsons Bay, keeping the shoreline on their left and the first row of moored boats on their right..



### 10. FINISH

The finish line is at Watsons Bay beach directly in front of the Watsons Bay Hotel.

**Swimmers taking a short cut through the boat moorings will be disqualified**

**Finish**







**11. SWIM CUT OFF TIME**

There is a time limit of 5 hours on the swim inside which swimmers and teams must have completed the swim course. Any team or swimmer that has not completed the course within this time will be registered as "did not finish". At the 9 kilometre mark – Check Pt 3 (Hornby Lighthouse at South Head) there is a swimmer cut off time of 1 pm. Swimmers must be at this location ( inside Sydney Harbour ) by 1 pm.



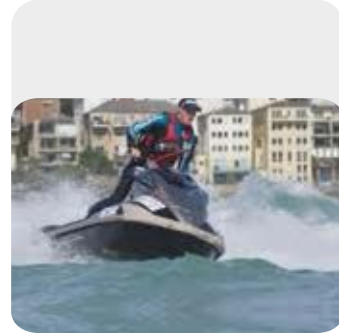
After finishing boat skippers and support craft are to anchor in a location that does not interfere with finish line or swimmers not finished.





## 12. WATER SAFETY CRAFT AND SUPPORT BOATS

**Water Safety Craft:** There will be a Marine Rescue boat to manage water safety and be both in visual and radio contact with all boats.



**Swim Team Support Boats:** Each swim team is to have their own motorised boat to accompany them for the swim. The safety of all involved is paramount. Each team will be responsible for the safety of their swimmers, in conjunction with their boat captain. Decisions relating to when to bring swimmers on board rest with the team.

**Each support boat must have a dedicated observer in addition to the boat captain**



Having a paddler is also encouraged to assist with monitoring swimmers in the water, navigation, and keeping watch for water hazards. Swimmers are encouraged to provide their own immediate first aid equipment for ailments such as blue bottles, sea sickness, cramps etc.

**All support boats are to ensure their swimmer number is displayed on both sides of the boat with numbers no smaller than 300 millimetres in size.**

All support boats must be equipped with all the required mandatory marine safety equipment as set by the NSW Maritime regulations for that particular vessel for open waters and if required by the Regulations, lifejackets are to be worn on those so affected vessels/ kayaks/skis.





If a support boat breaks down and a tow is required, boats are to contact the Marine Rescue boats by radio. The Marine Rescue boat will ensure that you are towed to a safe location away from any immediate danger of rocks, breaking waves or cliffs. Radio contact will be made with other Marine Rescue crews operation outside the event who will tow you into Sydney Harbour.

In the event that an emergency arises and immediate assistance is required, boats are to contact the Marine Rescue boats by radio advising of the emergency. The Marine Rescue boat will ensure that you are towed to inside Sydney Harbour where you will be handed over to another Marine Rescue boat operating outside of the event.

### **13. RADIO COMMUNICATIONS**

The primary form of communication for the event will be the marine radio used by Marine Rescue.( VHF channel 16 will be used at the start with Marine Rescue advising boat captains to switch to an alternate channel at the start of the event. This channel will be used to communicate with all boats for the duration of the event) In addition channel 88 on a 27MHz radio will be used as well.The Waverley Council Lifeguards use their own private channel on VHF radio equipment to communicate with the lifeguard tower at Bondi Beach.

### **14. FIRST AID AND EMERGENCY SERVICES**

This kind of swim brings with it many challenges, including that of water temperature which is likely to be less than you have done the bulk of your training for this event .Conditions such as hypothermia can affect even the most experienced swimmers, so make sure you are prepared as possible for tackling a long distance swim in open water. A paramedic will be located at the finish line.

First Aid trained officers will be available on the Marine Rescue boats. All boats accompanying each swim team are encouraged to have a first aid kit, blankets and dry clothes on board. NSW Ambulance will be contacted by mobile phone should an hospital evacuation emergency occur. (Serious Incidents will be evacuated to Watsons Bay wharf to meet an ambulance.)

### **15. CONTINGENCY**

An event of this nature is dependent upon weather conditions. The swim is subject to weather conditions. If unfavourable conditions develop, advice will be sought as to whether to postpone or cancel the swim. Any decision in this regard rests solely with the safety committee of the swim. If the swim is not held it will be postponed to a date 3 weeks after the original swim date.



## 16. FINDING A SUPPORT BOAT AND KAYAK

Here are a few tips on finding a support boat.

Contact a few of the local surf lifesaving clubs such as Manly, North Bondi, Bondi, Tamarama, Bronte, Clovelly, Coogee or Maroubra. Ask if you can hire a rubber duck with a skipper for the day. Offering to make a donation to the surf club will help.

Alternatively you may have a friend who owns a boat or you could hire a boat.

There are no size limits on the support boats.

### Boat Hire options:-

- 1 - **Achillies Boats** - Email - [admin@achillesboats.com.au](mailto:admin@achillesboats.com.au) - call George - 0432 089 260
- 2 - My Harbour Boat - [www.myharbour.com.au](http://www.myharbour.com.au) - or phone on 0448 146 880
- 3 - **BBTH** – [www.bigboystoys.com.au](http://www.bigboystoys.com.au) or phone 0433 227 773
- 4 - **OZ Boat Hire** - [www.ozboathire.com.au](http://www.ozboathire.com.au) or phone 0450 111 555
- 5 - **BOAB Boat Hire** - phone on 1300 00 2622
- 6 - **Self Drive Boat Hire** - phone on 0447 645 321
- 7 - **Sydney Boat Hire** - [www.sydneyboathire.com.au](http://www.sydneyboathire.com.au) or phone 02 8765 1222

### Kayak Hire options:-

- 1 - **Oz Paddle** – Email [sophie@ozpaddle.com.au](mailto:sophie@ozpaddle.com.au) or phone Sophie on 0430 950 333
- 2 - **Sydney Harbour Kayaks** - [www.sydneyharbourkayaks.com.au](http://www.sydneyharbourkayaks.com.au) or phone 02 9969 4590
- 3 - **Rushcutters Bay Paddle Sports** - [www.rushcuttersbaypaddlesports.com.au](http://www.rushcuttersbaypaddlesports.com.au) or phone 02 9362 1717

## 17. WETSUITS

Wetsuits and flippers may be worn however you will not be in the running for a top three place.



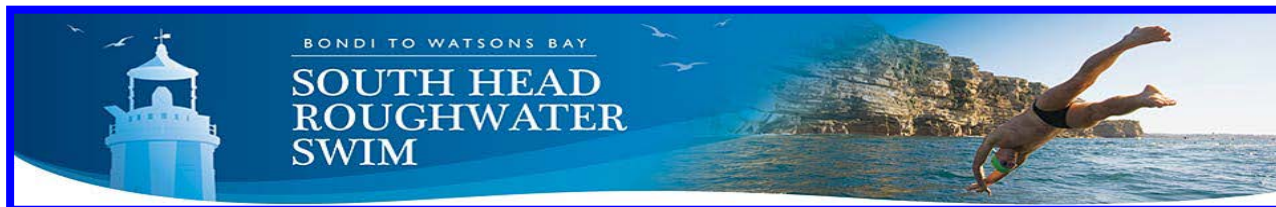


## 18. WEATHER CONDITIONS ASSESSMENT

Conditions	Description	Decision	Action Required
GOOD	Fine, wind <5knts, little swell ,1m to 2m	Event runs as advertised.	Standard Event process.
MARGINAL	Stronger winds 10knts, larger swell 1-1.5m and testing surf	Event runs	Standard Event process
HEAVY	Strong winds 15 knots, large swell 2.0m	Event runs.	Course to be modified as appropriate. (Start may be repositioned to be from the boat ramp at the northern end of Bondi Beach, subject to approval of Waverley Council lifeguards.)
UNSAFE	Very strong winds 20 knots+ and large swell 2.0m+	Event is postponed	Postponement of event is communicated via all means of communication/media.

Following the testing of the sea conditions a categorisation of the conditions should be made according to the above criteria:





## 19. RISK ASSESSMENT

Following are the identified risks of the event and agreed course of action.

Grading	Risk / Danger	Action to Mitigate Risk	Risk to be minimised by
Almost Certain	Swimmer too far away from support boat	Marine Rescue to inform boat captain and swimmer that they need to be within 30 metres of each other	Marine Rescue, Lifeguards on Jet Skis and Boat Captain
Likely	Blue Bottles	Boat captain and swim support members to remove swimmer from the water to support boat & give medical attention.	Boat Captain and swim observer
Likely	Swimmers exhausted	Boat captain and swim support members to remove swimmer from the water to support boat & give medical attention.	Boat Captain and swim observer
Likely	Swimmers off course	Marine Rescue, Boat captain and swim support members to inform swimmer that they are off course	Marine Rescue, Lifeguards on Jet Skis and Boat Captain
Possible	Hypothermia	Remove swimmer from water, keep warm wrap in a thermal/space blanket or similar, and cover the head to maintain body heat. Give patient warm drinks if conscious but NOT alcohol.	Marine Rescue, Lifeguards on Jet Skis and Boat Captain
Possible	Swimmer to close to rocks	Marine Rescue, Boat captain and swim support members to inform swimmer that they are off course	Marine Rescue, Lifeguards on Jet Skis and Boat Captain
Possible	Support boat breaks down	Marine Rescue to arrange for boat to be towed into a safe location. Boat Captain to arrange a tow back to Sydney Harbour or Bondi Beach.	Marine Rescue and boat captains
Possible	Shark siting	Boat captain and swim support members to remove swimmer from the water to support boat	Marine Rescue, Lifeguards on Jet Skis and Boat Captains
Unlikely	Spinal Injury	Remove swimmer from the water to support boat & give medical attention – Call Ambulance & evacuate to Ambulance pick up point at Rose Bay Wharf.	Boat Captain and Marine Rescue
Unlikely	Lost Swimmer	Alert Marine Rescue safety craft and Waverley Council Lifeguards on Jet Skis and all boat captains to look for swimmer.	Marine Rescue and Boat Captain
Rare	Epileptic fit, Heart Attack.	Call Marine Rescue on radio. Remove swimmer from the water to support boat & give medical attention – Call Ambulance & evacuate to ambulance pick up point at Rose Bay Wharf.	Marine Rescue and Boat Captain