

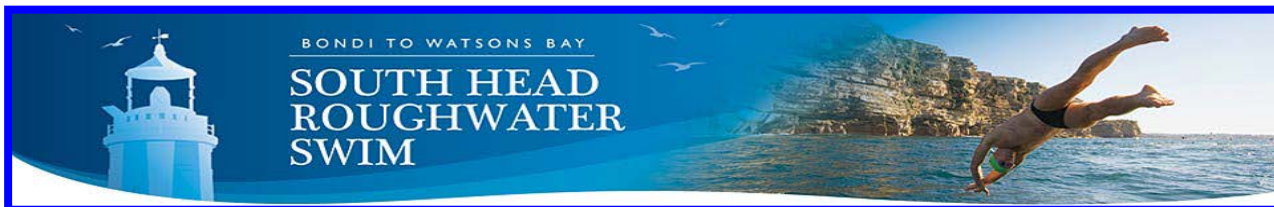
# INFORMATION BOOKLET

## Bondi Beach to Watsons Bay

### 10 km Ocean Swim Experience

**Sunday 18 May, 2025**

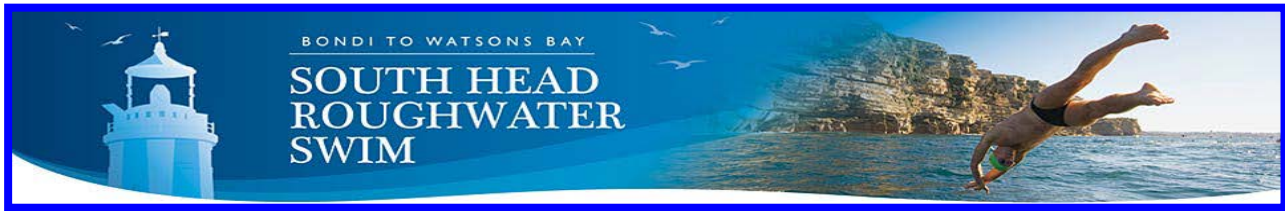




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## 1. INTRODUCTION

The South Head Roughwater Swim is a 10 km ocean swim experience starting at 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 the Vaucluse Yacht Club 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 10 kilometres as solo swimmers may enter and participate in two ways.

1 - Solo with a support boat dedicated to just you and your swim time will be recorded as a solo finisher.

OR

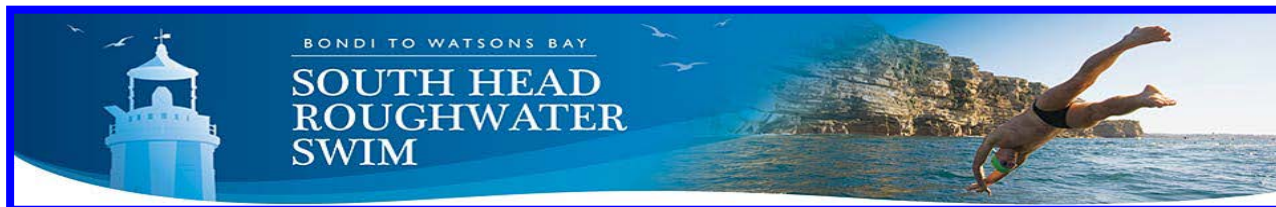
2 - In a group of solos as a team, however the swimmers must swim together at the pace of the slowest swimmer and register for the event as a team with their swim time recorded as team finishers.



The event is managed by JJF Projects Pty Ltd and has been running since 2002. Upon entry in the event on the oceanswims.com web site all the nominated registered swimmers, paddlers,boat captains & observers are covered by the public liability insurance cover for the event.

The South Head Roughwater Swim provides participants with an ocean swimming experience in an wilderness environment. Goodwill and generosity of spirit are qualities we value & we ask participants to enjoy their experience in the spirit of the challenge & respect for the ocean & each other.





## 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.

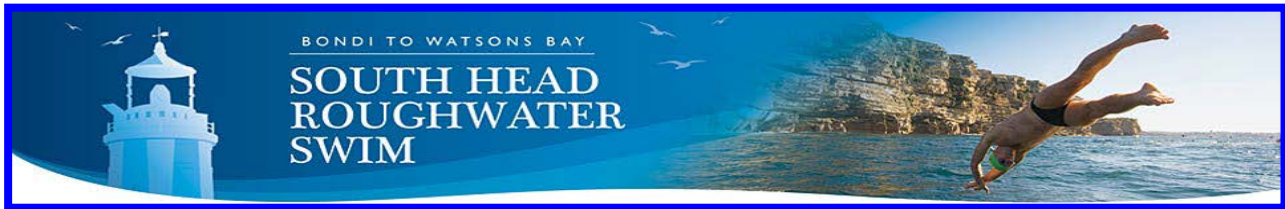
| Position       | Name         | Contact Details | Location During Event |
|----------------|--------------|-----------------|-----------------------|
| Swim Director  | Dave Conroy  | 0414 - 278 008  | SLS NSW Boat          |
| Start Manager  | John Fallon  | 0478 639 340    | Bondi Beach           |
| Finish Manager | Gemma Fallon | 0466 – 663 801  | 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    |
| Vaucluse Yacht Club - use of Clubhouse & Slipway             | Vaucluse Yacht Club |
| Public / Product Liability Event Insurance - (\$20 million ) | GSA Insurance       |



## 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 Vaucluse Yacht Club. Swimmer numbers & swim caps will be given out. At least one member of each solo or team must be present.

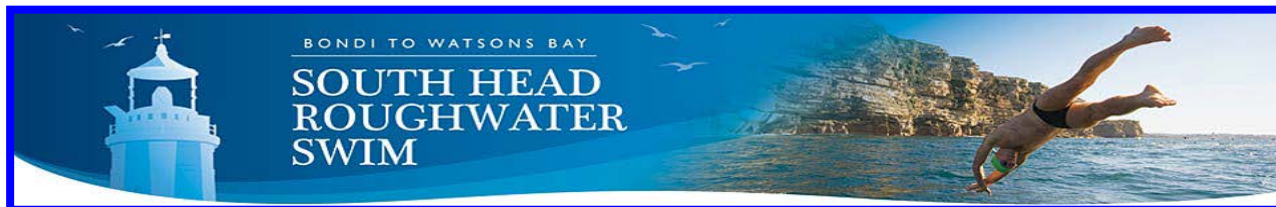


### **Safety and Risk Warning (Civil Liability Act 2002 - Section 5M )**

This is a physically demanding event. The South Head Roughwater Swim 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.

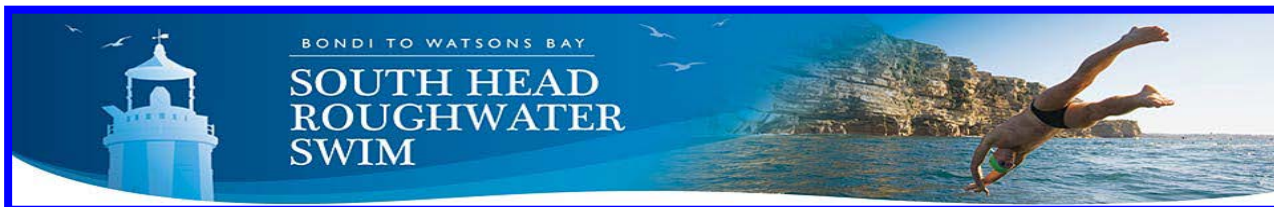




## 6. EVENT SCHEDULE

| Time              | Item   |
|-------------------|--|
| 6.00 am           | Swim Director makes decision on the event.   |
| 6.30 am           | Swimmers & 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 Surf Life Saving NSW boat advising of swimmer number.  |
| 8.45 am           | <p>SLS NSW 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 8 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.

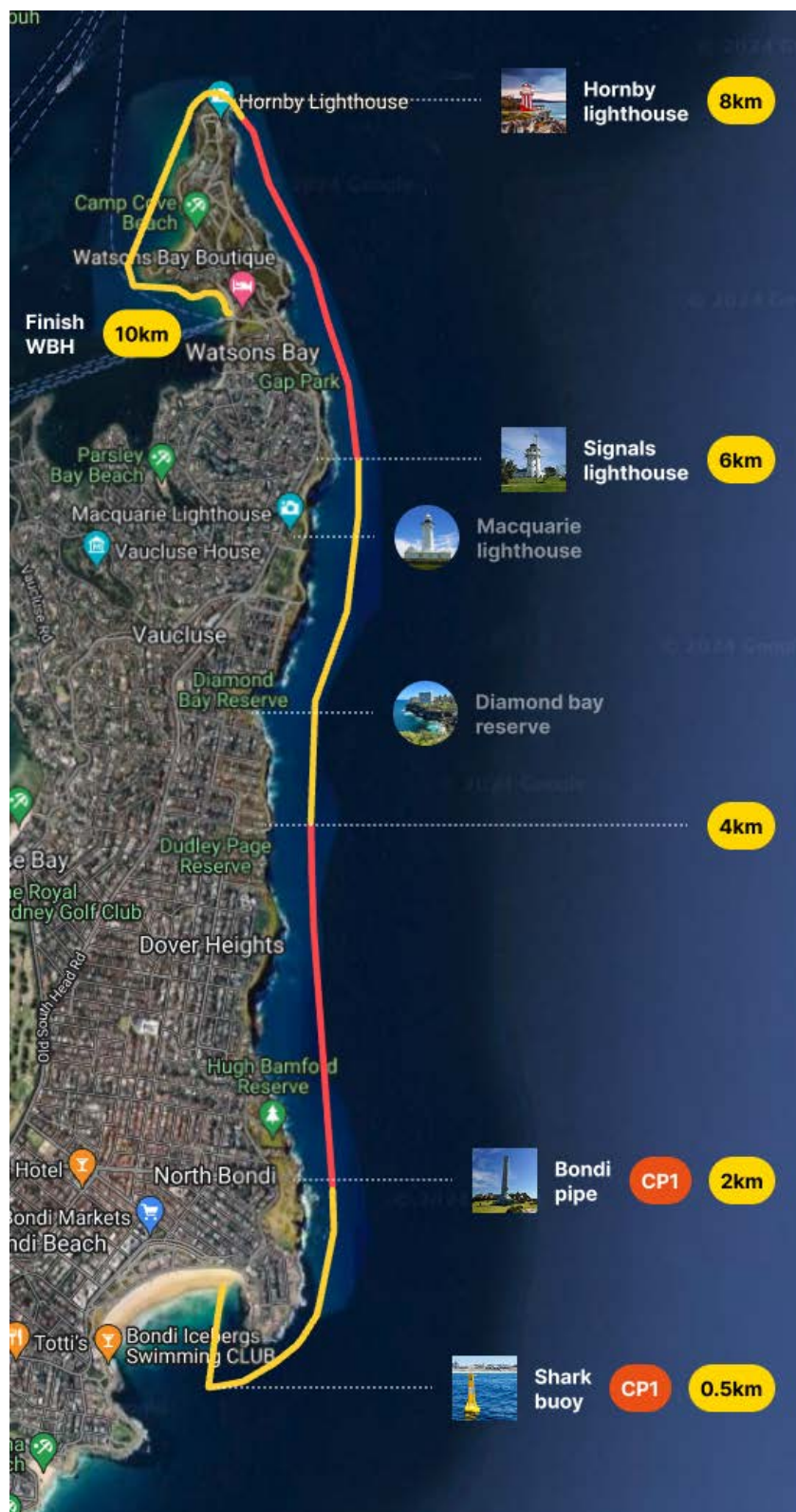
2 - Each swimmer swim a 20-minute intervals and change to the next swimmer until all swimmers have completed a 20-minute swim.

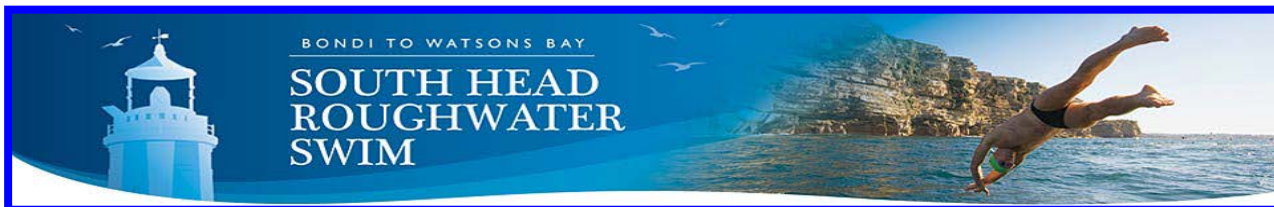
3 - Swimmers swim at their own time intervals until the swimmers rounded the headland at the southern end of Camp Cove and entered into Watsons Bay at check point 4.

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

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

6 - Never use reverse to approach your swimmer – Recommended that engines are shut down when retrieving your swimmer from the water.





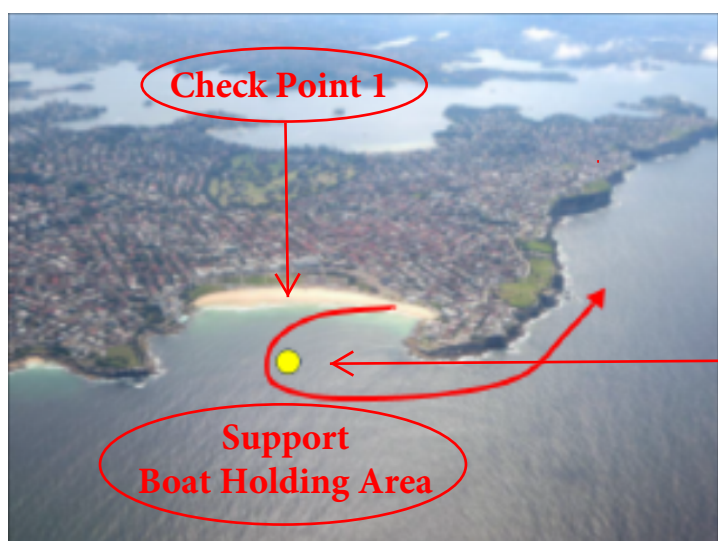
## 9. CHECK POINTS

**Check Point 1** - Swimmers start from the beach and swim to check point 1, approximately 500m offshore in Bondi bay.

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.



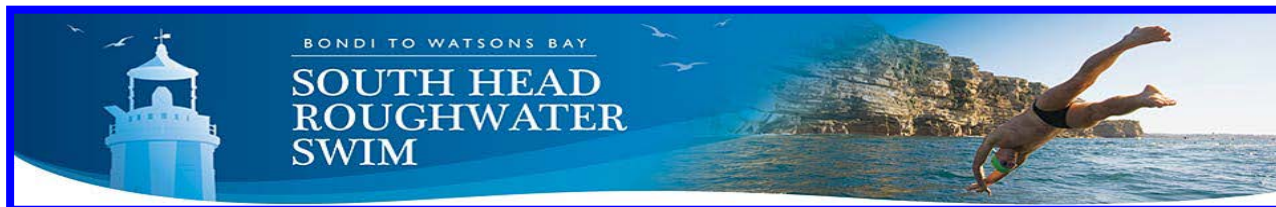
**Check Point 2** – Bondi Pipe - At the 2 km point, there is the tall grey chimney stack located on Bondi Golf Course.

**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 VHF radio message to the boat fleet advising of your swim number is here.







**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 8km 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.





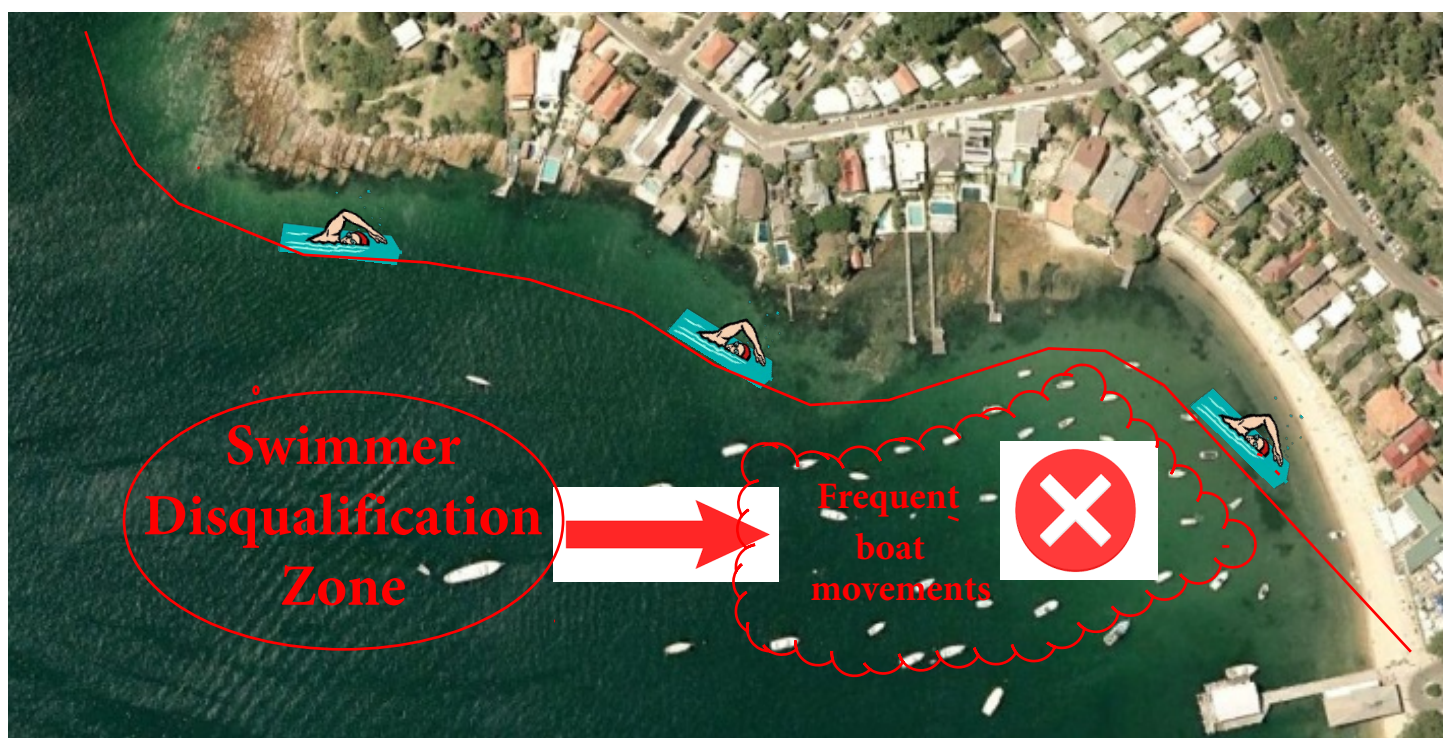
**Check Point 4 – Landmark** - As swimmers round the southern headland of Camp Cove into Watsons Bay they will pass Check Point 4 which is the obelisk landmark. Once team swimmers round this headland please enter the water together and swim together into the finish line at Watsons Bay, keeping the shoreline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



## 10. FINISH

The finish line is at the Vauclue Yacht Club at Watsons Bay

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





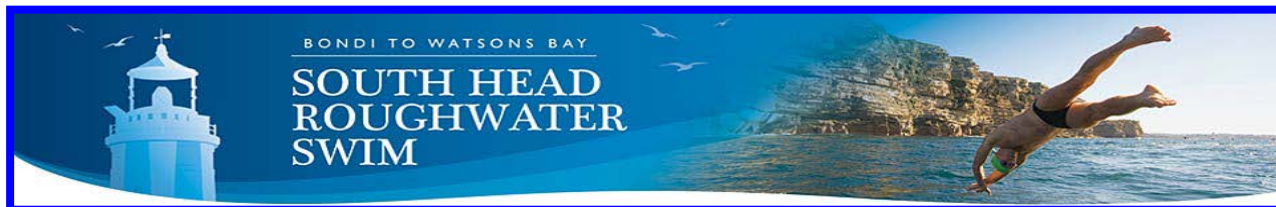


## 11. SWIM CUT OFF TIME

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

The water safety will be managed by Surf Life Saving NSW who will have a centre console mother ship with driver & observer & also a Waverley Council lifeguard on a Jet ski



**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**

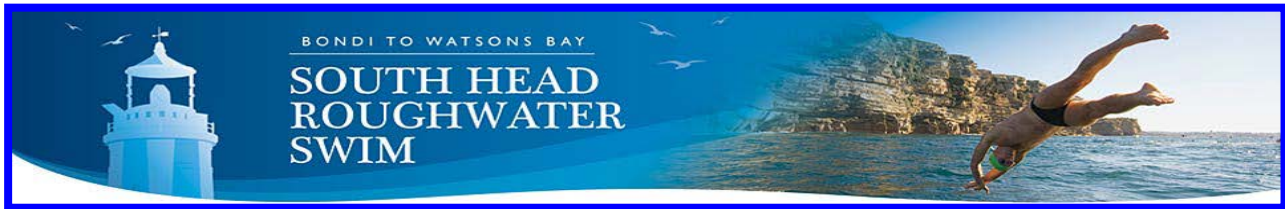


Having a paddler is also encouraged to assist with monitoring swimmers in the water, navigation, and keeping watch for water hazards. Swimmers are encouraged to provide their own immediate first aid equipment for ailments such as blue bottles, sea sickness, cramps etc.

**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, contact the SLS NSW boat by radio. The SLS NSW boat will ensure that you are towed to a safe location away from any immediate danger .

Radio contact will need to be made with Marine Rescue who operate in Sydney Harbour.

### **13. RADIO COMMUNICATIONS**

The primary form of communication for the event will be the marine radio used by SLS NSW.( VHF channel 16 will be used at the start with SLS NSW 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).

The Waverley Council Lifeguards use their own private channel on VHF radio equipment to communicate with the lifeguard tower at Bondi Beach.

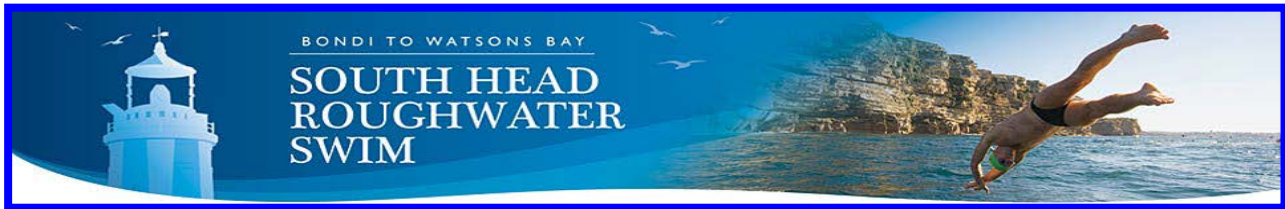
### **14. FIRST AID AND EMERGENCY SERVICES**

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 & first aid officer will be located at the finish line.

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 the event. 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 2 weeks after the original swim date, which is Sunday 1st June 2025.



## 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.bigboystoyshire.com.au](http://www.bigboystoyshire.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

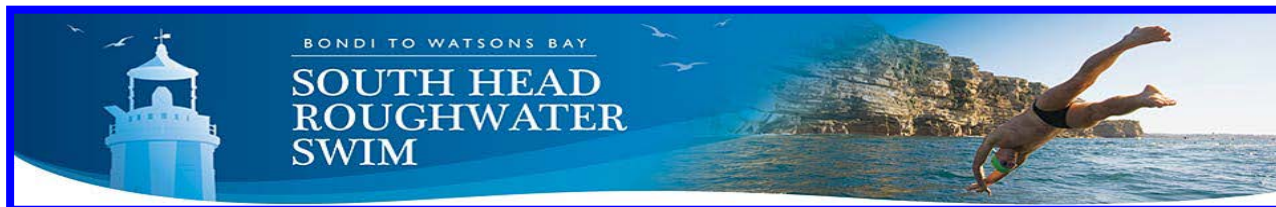
### Kayak Hire options:-

- 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.



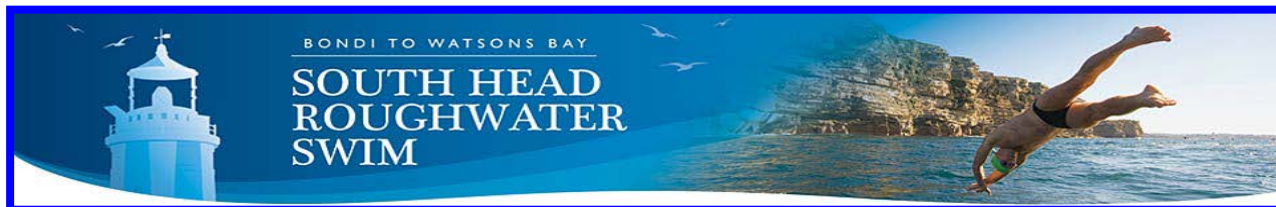


## 18. WEATHER CONDITIONS ASSESSMENT

| Conditions | Description  | Decision        | Action Required   |
|------------|--|-----------------|---|
| GOOD       | Fine, wind <5knts, swell ,1m                         | Event runs      | Standard Event process.   |
| MARGINAL   | Stronger winds 15knts, swell 1-1.5m and testing surf | Event runs      | Standard Event process  |
| HEAVY      | Strong winds , greater than 20 knots, swell 2.5m     | Event runs.     | Deep water start from Check Point 1 - the shark buoy located approx 400 metres offshore from Bondi beach. |
| UNSAFE     | Very strong winds 25 knots + and large swell 3m+     | Event postponed | Postponement of event is communicated via mobil phone SMS and socail 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 too 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 sighting                         | 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                          |