



## Final Event Bulletin Thursday 22<sup>nd</sup> June

First of all some safety-related reminders. We pride ourselves on being a friendly community event but when it comes to the tides we have to be strict.

So here's your reminders:

Please double check your travel timings including the walk from the car park. If you're late for registration or late onto the pier you will be turned away.

As you walk through the gate to the pier you will be counted. Entry & exit to the pier is very strictly controlled. Once you go through the headcount you cannot exit except for medical / welfare reasons.

1300 Car park & bike park open

1400 Registration open

1630 Dip area open for acclimatisation

1645 Registration closes, all swimmers go to the pier

1700 Mandatory safety brief for all swimmers

1715 Estimated start (may vary slightly according to tidal conditions on the day)

1815 Outgoing tide running faster - last swimmers out of the water

1900 Raffle & Presentations

Only bring what you need for the swim down to the pier – please, nothing to be left on the pier as this creates an obstruction. We know it's nice to walk down in crocs or have your dryrobe waiting for you, but there is no room for these items on the pier. All personal items should be left in the bag drop where we have security at all times. If you leave items on the grass nearer the pier that's at your own risk!

If you'd like a reminder about our safety procedures please watch the video on the Safety section of the website.

Finally, there is an unsupervised dip area on a stony beach just next to the pier which you're welcome to use for acclimatisation just before the swim.

A few other things...

- Please bring your own mug if you can for hot drinks and your own water bottle for refills. We're trying to cut down on plastic waste.
- Àban runs Scotland's first outdoor equipment charity shop – [see details here](#). If you have any pre-loved outdoor kit items you'd like to clear out from home, we will have a donation point open at the event centre all day.
- There is now a small army of 70 volunteers starting to work on the event. We're so grateful to everyone! As ever, all proceeds from the event go to support our outdoor youth work programmes in Merkinch & South Kessock, so please consider generously supporting our raffle, donation points and Community Partners. We can't wait to welcome you on Sunday 😊

*Johannes, Jeff, Alasdair, Calum, Evan & Anne –  
your Kessock Ferry Swim organising team!*

