

# CHILDRENS RACE PACK



Welcome to the Burgh Island Race, being held in South Devon on **Saturday 22nd June 2024**.

It's really important you read through this race pack, and communicate the information with your child.

Run by Kate and Ivan Burton from Open Water Devon. Burgh Island provides the stunning backdrop for this exhilarating race. Whether you're a seasoned athlete or a novice participant, this event caters to all skill levels, offering a range of race categories to choose from, 8 years and up. But it's not just about the race - we're hoping to raise money for some fantastic charities. Join us for a memorable day of sportsmanship, community, and mindful environmental practices at the Burgh Island Race.

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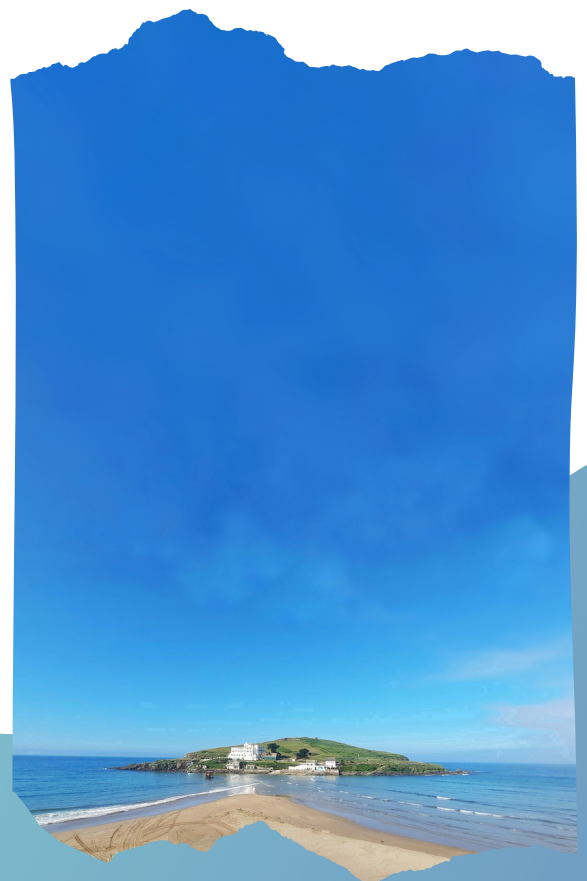
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# SCHEDULE

**4pm** Registration Opens for all - collect your race hat, drop your bag off if needed. Registration closes for your race 15 mins before.

**5pm** Nippers and Youth Race Start (parents present)

**5.30pm** Pilchard BBQ Available

**5.45pm** Kids Races Prize Giving for 1st, 2nd, 3rd

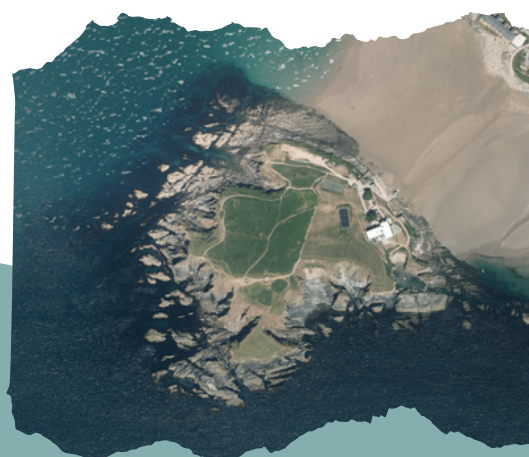
**6.30pm** Race Swimmers (Mass Start)

**6.35pm** Charity Swimmers Start (Trickle Start)

**8pm** Adult Race Prize giving for 1st, 2nd, 3rd

**9.30pm** Sun down

Please be aware these times may change slightly on the day, you need to be on the Island slipway ready to swim 10 minutes before the start of your swim. We will call the Race Swimmers to join the mass start first.



# PRE RACE INFO

You will need to park, and get yourself and your child to the Island in time to register for your event. Please leave plenty of time. You cannot register for someone else.

At registration you will receive

- A swim hat, colour coded for your entry type

Any bags will need to be left with family and friends, if you do not have this option, please contact us before the race and we can organise a bag drop option for you.

You need to be on the slipway ready to enter the water 10 minutes before your race.

The Nippers are swimming first, 150m. If parents are swimming with their children they need to be queued up and waiting alongside. Nippers must be aged 8, 9, 10 or 11 on race day.

The Youth are swimming second, 300m. Youth need to swim by themselves. Youth Swimmers must be aged 12, 13, 14, or 15 on race day.

People who are 16 and 17 years old can enter the race or charity swims, but they need a guardian or parent with them for the whole swim.

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# EVENT DAY INFO

There will be a race briefing 5 mins before each group sets of which you need to present for. There is also an orientation/briefing video available on the website.

Please be advised all marshals are volunteering their time for free and without their assistance we would not be able to put the race on. Please respect marshals.

It is your responsibility to help your child learn the route. The childrens' races are a great way to introduce children into the sport and of course to have fun too.

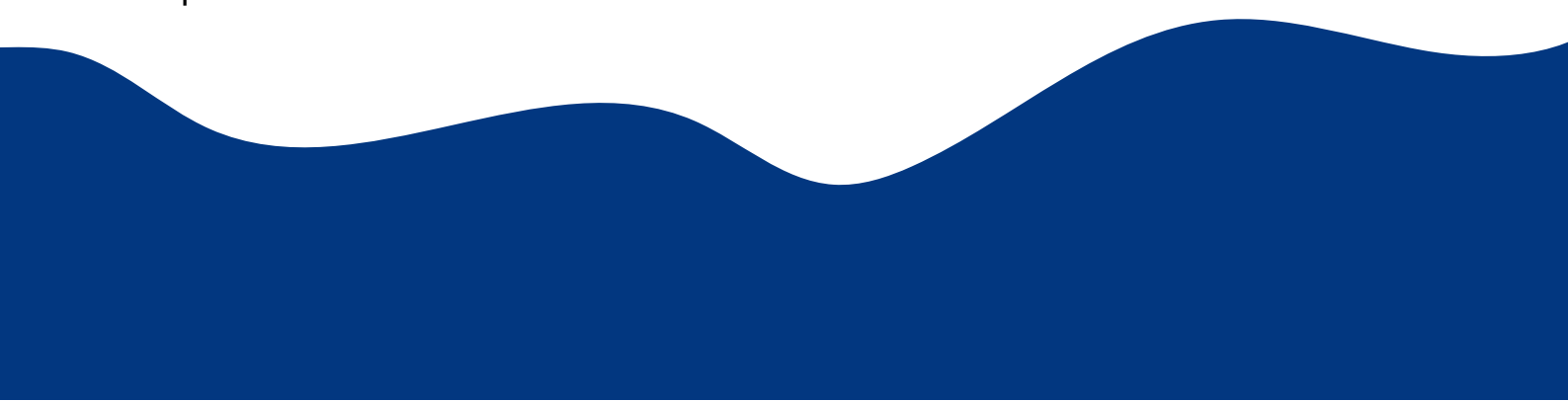
Our water safety team will be on the water throughout the children's race. Should a swimmer need help, raise your hand, and shout/whistle for help.

If your child is in the Nippers swim then you can swim alongside your child to offer moral support (parents swim for free), you cannot however help them physically in any way. Children in the Youth Race need to be able to swim by themselves, no parents will be allowed in the water.

Parents who are staying dry, will need to be on the slipway/near the exit, when their child is in the water.

The start and finish are at the same place, on the slipway.

We run a 'leave no trace' policy, we will have bins available at registration, please use them or take everything home with you to minimize our environmental impact.



# POST EVENT INFO

Your swim hat is yours to keep. Every child will receive a medal after swimming.

Photos and Videos will be posted on social media, find the race event on Facebook, or [www.theburghislandrace.com](http://www.theburghislandrace.com)

We will be holding the trophy celebration after the swims have finished, if for some reason you cannot attend, we can post your trophy to you at a cost of £5.

## WINNING CATEGORIES

Race Entry Male 1st, 2nd, 3rd

Race Entry Female 1st, 2nd, 3rd

Nippers 1st, 2nd, 3rd

Youth 1st, 2nd, 3rd

(charity places do not get awarded a trophy)



# THE COURSE

The kids course is between Burgh Island and the mainland and runs in a triangular course.

There will be buoy markers and lifeguards helping mark and show you the way.

The Nippers swim a smaller triangle, and the Youth a large triangle.



# RULES AND SAFETY

It is your responsibility as a parent, and child to know and correctly complete the full course.

- Foul and abusive language is not permitted and the failure to follow a marshal's instructions, or the water safety teams will lead to your child being removed from the line start list.
- Marshals are volunteers who help with the running of the event that you are taking part in. Please respect them and thank them for their efforts.
- Full wetsuits are mandatory for all children (no shorties, or armless wetsuits please)
- Only Front Strokes are allowed.
- No fins or floatation devices are allowed.
- Please remove your rubbish and dispose of it appropriately.
- You **MUST** wear the swim hat provided at registration. You can wear your own hat underneath, but the official swim cap must be on top.
- Water Safety is there to guide and assist, please make sure you follow any instructions they give you.



# KIT AND EQUIPMENT

We recommend you only bring the following items, leaving the bulk of your personal belongings in the car:

In a small rucksack to be left with friends/family or bag drop:

- Change of warm clothes
- A robe/towel
- Any snacks or drinks for post swim

For the swim:

- It is mandatory for children to wear a wetsuit
- Goggles
- Neoprene gloves if needed
- Neoprene Socks if needed
- Ear plugs if needed



# MERCHANDISE

You can pre order your race shirt and hoodie when you book your entries to collect on the day. They can also be ordered post race but will need to be purchased direct, and will include an extra cost for postage.



Measurements	XS	S	M	L	XL	XXL	3XL
1/2 Chest	49cm	51cm	56cm	61cm	65cm	69	73cm
Body Length	64cm	67cm	70cm	73m	76cm	79cm	82cm
Sleeve Length	57.5cm	59cm	60.5cm	62cm	63.5cm	65cm	66.5cm

Age:	<del>1-2</del>	<del>3-4</del>	<del>5-6</del>	7-8	9-11	12-13
Chest (to fit):	24	26	28	30	32	34

**T shirts - £12**  
**Hoodies - £25**

**Kids 7-8, 9-11, 12-13**  
**Adult XS, to XXXL**

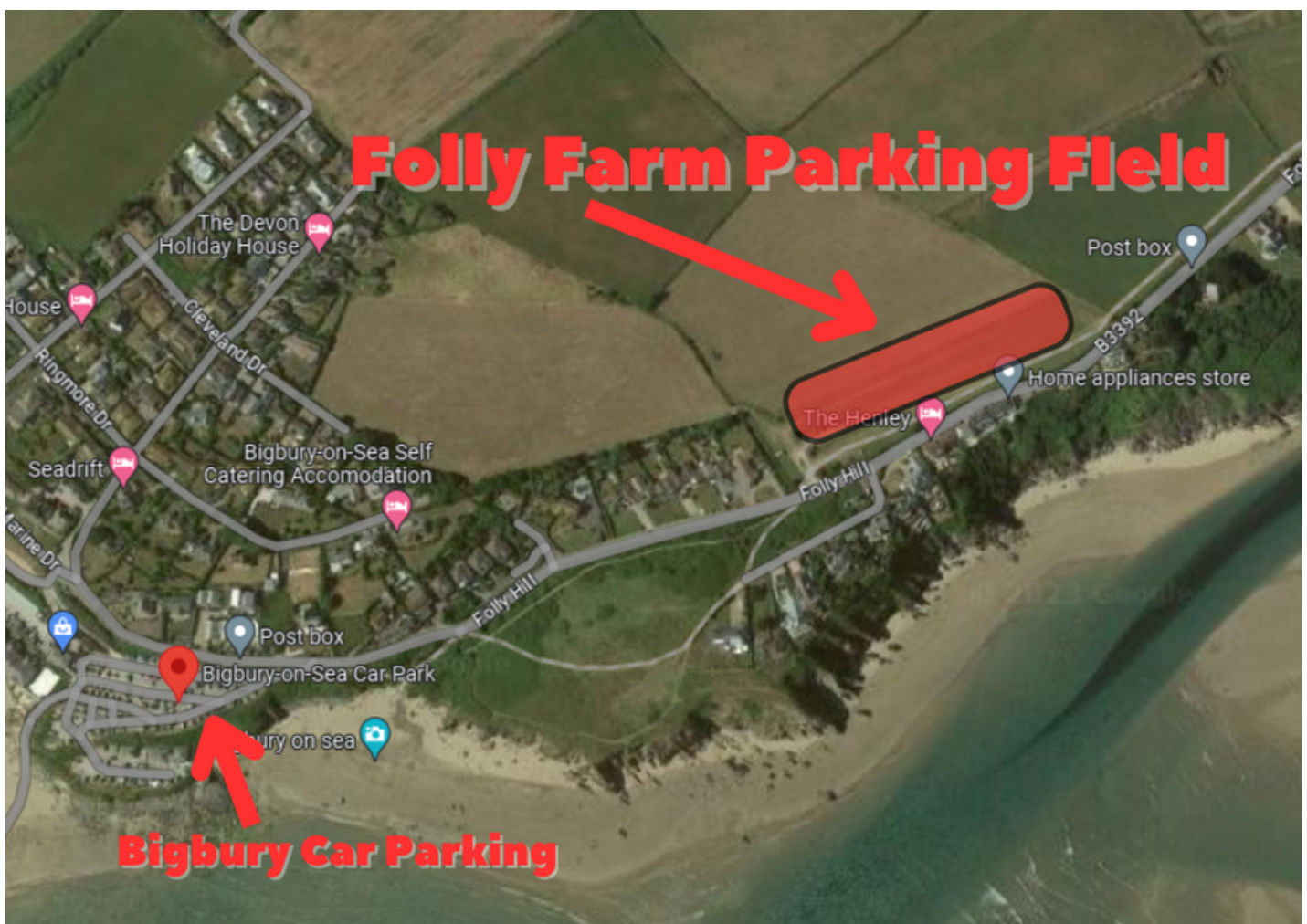
# USEFUL PLACES AND MAPS

The easiest parking is in Bigbury car park right on the waters edge, it takes RingGo or cash

**WHAT 3 WORDS** [puppets.zealous.ringside](#)

You can also park at Folly Farm Parking Field which is £5 all day, cash only

**WHAT 3 WORDS** [diplomas.trip.organisms](#)



The slipway is where the race starts and finishes  
**WHAT 3 WORDS** chops.calendars.proofread

Registration is 10m to the right of the slipway outside the  
Pilchard Inn which is where the BBQ will be held  
**WHAT 3 WORDS** bind.statement.tripled



# CHARITIES

The Burgh Island Race is raising money for 2 amazing charities. The money raised will be split 50:50 between the RNLI and Bantham Surf Lifesaving Club. The money raised from charity places, and 100% of all profits will be collected and donated.

We have set up a JustGiving, Crowdfunding page which you can find at [www.justgiving.com/crowdfunding/theburghislandrace](http://www.justgiving.com/crowdfunding/theburghislandrace)

Because we are splitting the money between 2 charities, a normal JustGiving page won't work for us as it only allows funds to 1 charity. We will collate all the funds into the business bank account and then split equally.

To raise money you can ask people to donate direct to Just Giving mentioning your name, or collect cash/transfers yourself and then donate to JustGiving in one lump sum. You can use the sponsorship form to help collect your funds if you'd like (in this pack).

The kids races have no charity fundraising targets, however if you/your child would like to raise money, that is completely.

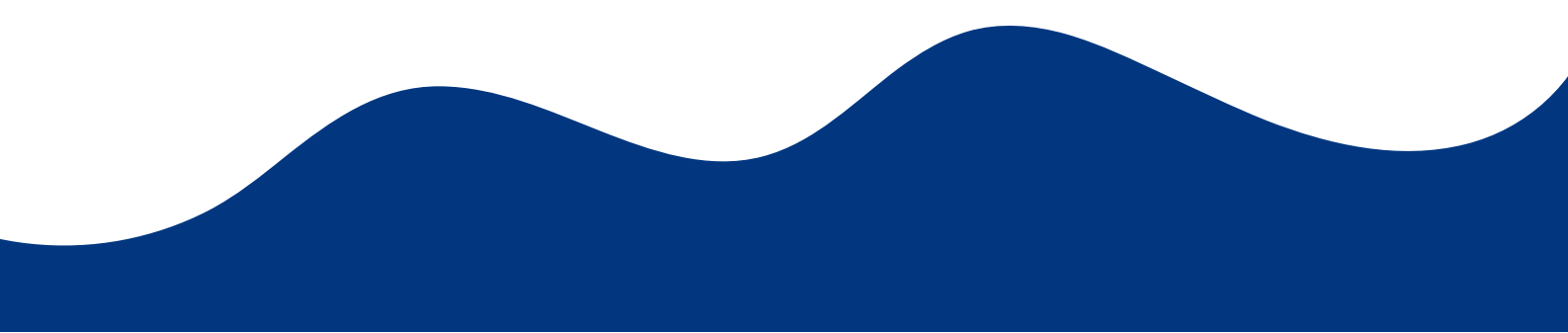


# FUNDRAISING IDEAS

You can ask your friends, family and colleagues for donations, but if you'd like to get inventive with your fundraising then see a few ideas below:

1. Organize a bake sale or coffee morning, inviting friends, family, and colleagues to indulge in delicious treats for a donation.
2. Host a themed costume party or fancy dress day, encouraging attendees to donate to support your race.
3. Organize a pub quiz night with entry fees and prizes, attracting local trivia enthusiasts and supporters.
4. Approach local businesses for sponsorship.
5. Partner with a local restaurant or cafe to host a charity brunch, with a portion of the proceeds donated to the race.
6. Create and sell handmade crafts or artwork, such as, paintings, or pottery
7. Organise an auction or raffle, seeking donations of items or unique experiences to be bid on by supporters
8. Host a garage sale or car boot sale, selling unwanted items and donating the proceeds to the race.
9. Offer a weekend car wash service
10. Ask for a set amount per 100m - 50p per 100m would be an £8 donation!

Remember, the possibilities are endless when it comes to fundraising. Embrace your creativity, engage your community, and make a lasting impact through your fundraising initiatives for the Burgh Island Race. Together, we can achieve great things!



# SPONSORSHIP FORM

I am swimming the Nippers and Youth Race at Burgh Island to raise money for the RNLI and Bantham Surf Life Saving Club.

Name	Amount	Paid?



[www.theburghislandrace.com](http://www.theburghislandrace.com)

Donate online (use swimmers name in notes) at [www.justgiving.com/crowdfunding/theburghislandrace](http://www.justgiving.com/crowdfunding/theburghislandrace)