



# DIVE IN

# AND MAKE A DIFFERENCE

**SATURDAY, 10 & SUNDAY, 11 FEBRUARY 2018**



## MS INFO DESK

The MS Info Desk will be located right near the front entrance of Unley Swimming Centre and will be open from 11am Saturday, 10 February right through until 12pm Sunday, 11 February.

We ask that all swimmers check-in at the info desk on your way into the pool, so that we can tick your name off and hand over your individual participant packs.

The Info Desk will also be taking all on-the-day registrations, collecting donations, selling merchandise and answering any of your questions.

## CAMPING

We would absolutely love for you to stay the night with us!

Please bring everything that you will need for an overnight stay, including a tent, bedding and chairs.

Please note that the use of tent pegs is strictly prohibited, you must use weights to secure your tent.

Tents can be set up from 11am onwards on Saturday, 10 February and must be packed down by 1pm on Sunday, 11 February.

Please ensure that you keep your area clean and tidy and make sure to take all rubbish with you when you leave.

## FOOD & DRINKS

You are welcome to bring your own food and drinks to the MS Mighty Swim, however please note that no fridge or freezer space will be available for storage.

The MS Society of SA & NT will be providing a BBQ dinner on the Saturday evening and a hot BBQ breakfast on the Sunday morning.

Every participant will receive 1 x dinner voucher and 1 x breakfast voucher, which you will need to present at the BBQ to claim your free meals.

If you would like extra food, we ask that you make a gold coin donation to one of the friendly volunteers manning the BBQ. All funds collected from the BBQ's will go towards the final Mighty Swim fundraising total.

The MS BBQ will be operating at the following times;

- **Saturday, 10 February; 4pm – 8pm**
- **Sunday, 11 February; 7am – 10am**

*\*There will be vegetarian options available for both meals.*

The Unley Swimming Centre kiosk will also be open for the duration of the event, so that you can buy coffee, tea, ice-creams along with a variety of other snacks.



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## MASSAGE

We are lucky enough to once again have the students from Evolve College coming along to offer their wonderful massage services to all participants. They will be set up during the following times;

- Saturday, 10 February; 12pm – 9pm
- Sunday, 11 February; 7am – 12pm.

Every participant will receive 2 x massage vouchers, which you will need to present to the students to claim your free massages.

If you would like an extra massage, we ask that you make a gold coin donation into one of the allocated collection tins. All funds collected from the massages will go towards the final Mighty Swim fundraising total.

## PARKING

Parking is very limited around the Unley Swimming Centre, and as it is in a residential area strict parking rules apply. Please keep in mind that if you park in violation of the regulations, you will receive a fine which will not be waived by The City of Unley under any circumstances.

We would instead recommend making use of public transport; the train and bus both stop very close to the pool. Alternatively, it may be a good idea to car pool with other team members to reduce the amount of parking you will need.

## POOL ACCESS

Mighty Swim participants will have access to Unley Swimming Centre from 11am onwards on Saturday, 10 February.

Should you wish to enter the pool at an earlier time, normal entry fees will apply.



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## SWIMMING RULES

Please keep these rules in mind throughout the weekend, so that everyone can enjoy the event.

- When swimming, keep to the left of the lane and be courteous to other swimmers
- Only Team MS may use swimming and flotation devices (unless discussed with the Mighty Swim events team).
- Any swimming stroke may be used to complete laps
- Only one swimmer from each team can be in the pool at any one time – with the exception of Team MS
- Swimmers must wear the swimming caps provided when swimming
- No diving is allowed in the shallow end of the pool

## LAP COUNTING

Although all teams will be issued with lap counting sheets to record laps swam, you must organise your own lap counters.

Team captains; it is a good idea to also roster lap counters for the duration of the event.

## ACTIVITIES & ENTERTAINMENT

A range of entertainment and activities have been organised to enhance the MS Mighty Swim. We will have an 'Octopus Water Slide' available for children on Saturday afternoon, along with a talented face painter/glitter tattoo artist. On Sunday morning at 7am a yoga session will be led by Carmel from Better Movements Studio, while SaSamba will be doing a half-an-hour performance from 10:30am – 11am. There will also be plenty of opportunities to win prizes, with fun activities and games scheduled throughout the weekend – just listen out for announcements by our MC to let you know what's happening.

## PRIZES

An official 'Award Ceremony' will be held at the conclusion of the Mighty Swim on Sunday, 11 February from 12:30pm – 1pm.

If you're one of the swimmers rostered on for Sunday, please try and stay for the presentations – it's a great way for us to acknowledge the hard work that everyone has put in with their swimming and fundraising!





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Prizes will be awarded in the following categories;

- Highest Individual Fundraiser – Team MS
- Highest Individual Fundraiser
- Highest Fundraising Team – 1<sup>st</sup> Place
- Highest Fundraising Team – 2<sup>nd</sup> Place
- Most Laps Swum

There will also be plenty of spot prizes awarded throughout the 24 hours, so make sure you listen out for announcements by the event MC!

## **COSTUME HOUR**

Costume Hour is back again for 2018, encouraging everyone to dress-up between the hours of 7pm – 8pm. There will be prizes awarded for the best dressed adults and kiddies, so make sure you bring your best outfit with you!

## **HEAT CONSIDERATIONS**

As the weekend is going to be quite warm, we want to ensure that everyone stays hydrated throughout the event. Boxes of bottled water will be provided to each team at the beginning of the Swim – just let one of our friendly volunteers know when you run out, and we can issue you with more. A water station will also be set-up providing participants with cold water, while the Unley Swimming Centre Café are also happy to re-fill water bottles as required.

## **PROHIBITED ITEMS**

The following items are not permitted at the Mighty Swim;

- Alcohol
- Drugs
- Glassware and glass containers
- Tent pegs or similar

Smoking is also not permitted at Unley Swimming Centre.



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## **SAFETY**

Please exercise caution in and around swimming pools, and observe the Unley Swimming Centre rules;

- Children under the age of 10 must be accompanied by an adult at all times
- Refrain from eating near the water
- Swearing and rough behaviour will not be tolerated
- No running on paved areas
- No diving in the smaller pools

The junior and toddler pools will be open for use during the regular Unley Swimming Centre operating hours, however will be closed overnight for safety reasons.

## **SECURITY**

We recommend leaving valuables at home, however lockers are available for hire from the Unley Swimming Centre kiosk.

Please hand any fundraising money in at the MS Info Desk or hand directly to an MS staff member for safe keeping and tallying.

If you have any further queries, please don't hesitate to get in touch with one of our friendly events team members on 7002 6500 or email [events@ms.asn.au](mailto:events@ms.asn.au)