

## **Dubai Holding Burj Al Arab Swim**

### **Pre – Race Tips:**

- Race day should not be your first open water swim. Make sure some of your training replicates real race conditions.
- As an athlete in training, you should take the proper steps to assess your health with your physician.
- It's important to prepare yourself mentally as well as physically prior to the race. Thoroughly review the pre-race communication to familiarise yourself with the course.
- Study the event timetable to plan for proper arrival and preparation.
- Do not use new gear on the race day - you should never race in equipment you haven't trained in – this is not the time to test new gear!
- Make sure your goggles, swim cap and other accessories work properly.
- All swimmers compete at their own risk. By entering the starting area you acknowledge that you have read and understood the event rules and have completed the event entry form including the release and waiver, in full.

### **Race Tips:**

- Don't eat anything new on the morning, stick with your nutrition that works for you, and test this during your swim training prior the event.
- Warm up on race day- a designated area will be allocated for warm up swims and to check your goggles and swim cap.
- Start easy, relax and breathe. Don't race your maximum effort at the start, focus on proper breathing technique as you settle into a sustainable pace. You are the best judge of your fitness level.
- Due to the nature of open water swimming be aware that there will be body contact during the start, if you are not a strong/confident swimmer, wait until the stronger swimmers have moved ahead and then start your swim.
- Diving into shallow water is dangerous and is strongly discouraged.
- Stay clear of the Burj Al Arab Island as there are sharp barnacles and sea urchins that might cause injury.
- If you or a fellow swimmer need help, just raise your hand to alert a lifeguard or safety boat.
- Yellow pontoons are placed along the course and can be used as rest areas if needed.
- Feel free to hold on the lifeguard tube, kayak or pontoons on the course.
- If you are swimming with family members/children, please stay together and ask for assistance if required.
- Once you have crossed the finishing line volunteers will remove the timing tag from your ankle, continue to move towards the exit area as to keep the finishing area clear.
- Have fun!