



The Sydney Skinny Event Day Information Booklet

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Congratulations for registering to participate in the Sydney Skinny and welcome to the world's biggest nude ocean swim! This information booklet has been written to provide you with more details to help you get ready to enjoy the event.

Key information:

- Event Date: Sunday 23rd February 2014.
- Event Location: Middle Head Road, Sydney Harbour National Park, Mosman.
- Timing:
 - 8am - event site opens and all participants are welcome
 - 8:20am - swimmer briefing and welcome
 - 9am - first wave of swimmers commences
 - 11.45am - the last wave commences, however this is dependent on the number of on the day entries and overall timing of the event day.
 - 2pm - Event site closes

You **MUST BRING YOUR TICKET** with you, all swimmers use this to register for the swim at the Registration tent in the festival area. Upon presentation of your ticket each swimmers will be given a **swimmer wristband and a nudie gift bag**.

The point of entry to the festival area is at the very end of Middle Head Road, where the National Parks boom gate is. You will see the Sydney Skinny signage and event helpers ready to direct and assist you.

For people requiring assistance down the Cobblers Beach track please make yourself known to event staff when you arrive to receive further information about the NSW National Parks and Wildlife vehicle which will take you down to the Beach for your swim.

The event site is open from **8am and there will be a welcome presentation from 8:20am**, plus the swim and event briefing prior to the **1st wave of swimmers marshalling at 8.40am**.



nudie swimmer gift bag

Late / On the Day Entries

The event website has online entries available until 10am on Saturday 22nd February but if you miss out or a friend wants to join you, late entries are available on the day.

Late entries are subject to limited numbers, so to avoid queues and disappointment on the morning we strongly recommend you enter online prior.

- On the day entries available from 8am, Sunday 23rd Feb - \$40 cash on the day.
- On the day entries are at the Late Registrations tables and no card payments on the day.
- All swimmers must agree to the swim terms and conditions, fill out a swimmer entry form and sign to enter the swim.

Spectators

As stated across the website and all event communications, **no spectators will be allowed on the Beach at all**, this is to ensure everyone can fully enjoy their Sydney Skinny experience.

There will be media in attendance – so those of your in wave #1... smile for the camera's!!! However as you all know the media/all photographers are only allowed on the Beach for the **1st wave**. There will be an official event photographer and videographer team who will be wearing a high visibility vests however will only be on the beach prior to the start of wave 2.

The team from **Abacus Security** will be on site ensuring that all media follow the very strict rules and will be escorted from the beach prior to the start of the 2nd wave. Please speak with a member of the security team if you have any concerns or issues on the day.

There will be Rangers from NSW National Parks and patrolling the sites and paths around Cobblers Beach ensuring only Sydney Skinny entrants have access to the Beach area and water ways.

If you wish to use the Beach, the public are welcome to do so as soon as the swim is over (from approximately 1pm on the day) and prior to this will be guided to use Obelisk Beach, Chowder Bay Road on the southern side of Middle Head National Park.

WAVE GROUPS:

Wave Group	Marshalling time	Swim time
Wave 1: Media	08.40am	09.00am
Wave 2	08.55am	09.15am
Wave 3	09.10am	09.30am
Wave 4	09.25am	09.45am
Wave 5	09.40am	10.00am
Wave 6	09.55am	10.15am
Wave 7	10.10am	10.30am
Wave 8 Bare Fish	10.25am	10.45am
Wave 9	10.40am	11.00am
Wave 10	10.55am	11.15am
Wave 11	11.10am	11.30am
Wave 12	11.25am	11.45am

The marshalling area will be signposted and the Bondi Lifeguard Sunscreen team will have sunscreen available for you to slip, slop, slap prior to your swim. All swimmers are invited to leave their personal belongings at the Baggage drop area and just walk down the track in protective or reasonable footwear and light clothing.

Swimming aids: You are welcome to bring any swim aid you chose; from flippers to floatation devices. Our friends from **DMC SWIM** will be on site in the festival area from 8am if you would like to purchase a pair of helpful short fins, goggles or a kick board to help you achieve your swim goal.

Please note: there is no nudity permitted prior to reaching the sand on Cobblers beach and all participants must be clothed off the sand.

YOUR SWIM:

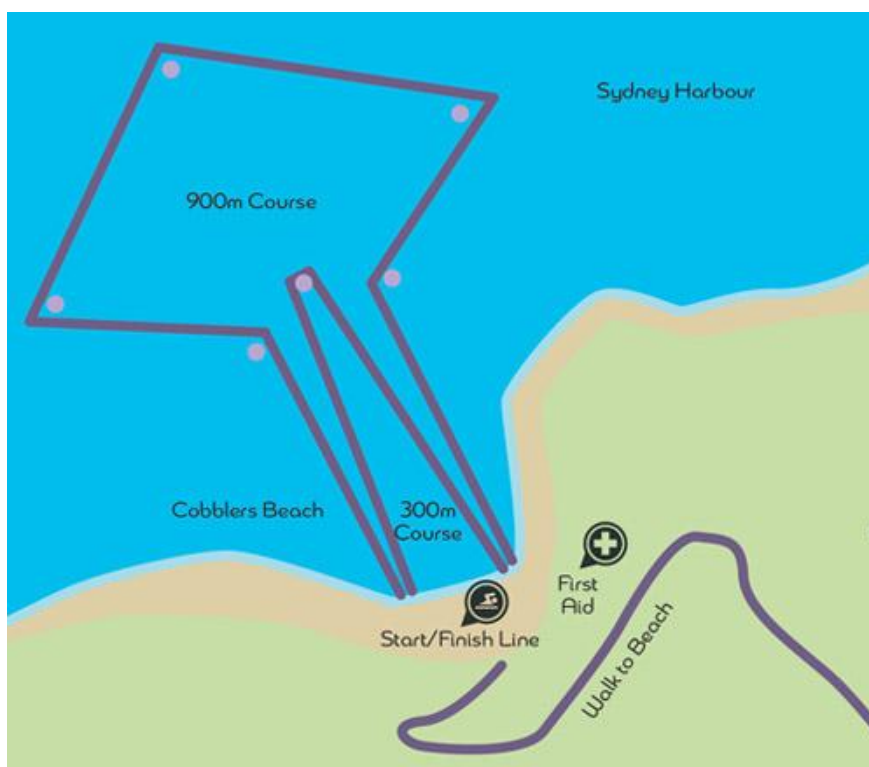
The Sydney Skinny swim course is 900m and will be marked by 5 purple **nudie** swim cans. The course has been designed in a diamond shape so swimmers are kept close to the beach / headland at all times.

The **nudie novice** 300m swim is marked by 1 fluoro pink buoy in the middle of the 900m course. Those completing the 300m will start on the right hand side of the start area.

All swimmers may start together no matter what distance they are swimming. You may change your mind on the day and swap to swim the other distance to what you entered.

There will be 3 water safety boats and more than 24 lifesavers on rescue boards throughout the course.

If you need assistance throughout the swim – **DO NOT PANIC! Raise your arms and get the attention of one of the lifesavers who will paddle to you and assist you.**



The Festival Area

Our event presenting partner **nudie** will be onsite providing participants with amazing juices and gift bags for all swimmers!

The Foundation for **National Parks & Wildlife** is putting on a wonderful BBQ, the **Coffee Crew** will be there for your early morning fix (or top up) together with the amazing **Agape Food Truck** and **Willie Smith's Organic Cider** team offering samples of their wonderful Tasmanian Organic Cider.

Phil Moore will entertain you on the beach with his amazing **spanish guitar** and you can pick up his CD's at the merchandise tent. There will be **2014 Sydney Skinny** t-shirts on sale for \$20 cash.

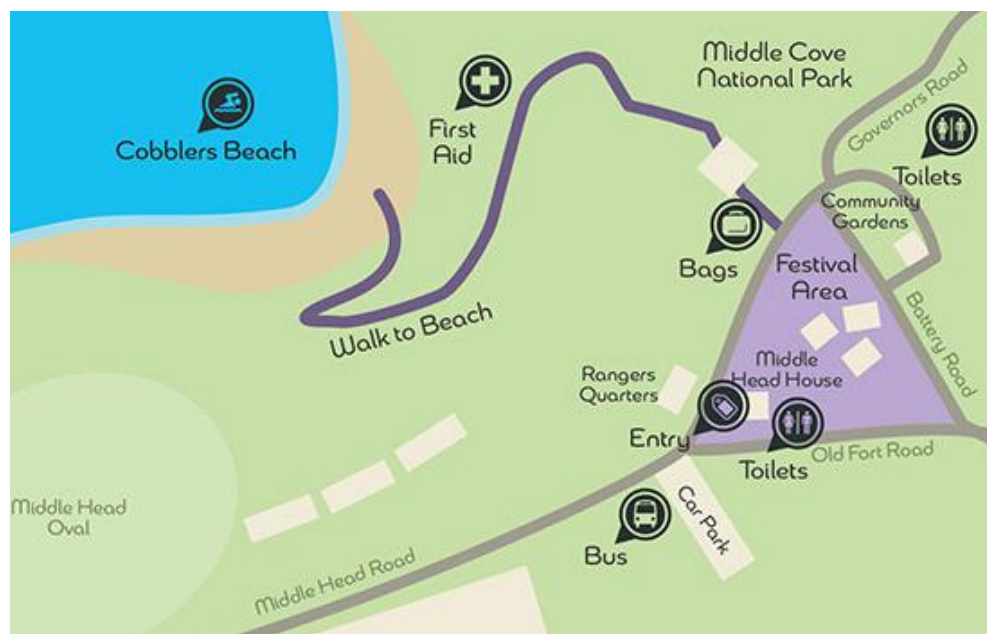
Bondi Lifeguard Sunscreen have kindly donated sunscreen for us to sell with all money going to Foundation for National Parks & Wildlife. We will be selling the sunscreen well under recommended retail – so pick up some and help FNPW at the same time!

The **Australian Wildlife Displays** will be conducting presentations of rescued or native animals to the area from 10am. This presentation discusses the conservation efforts undertaken to protect these native animals under threat.

Who fancies a quick massage to limber up??? Well the team from Phytocare will have mini massages happening for a gold coin donation – with all donations going to

Foundation for National Parks & Wildlife. So no need for an excuse – come see the Phytocare team and limber up pre or post swim!

The Festival area is a great location to chill out and enjoy the morning. Also there are some amazing walks throughout the headland like a visit to Middle Head's 1801 Fort.



Supporting National Parks & Wildlife – Fundraising & Donations

The event preferred charity partner is the **Foundation for National Parks & Wildlife**.

The Foundation believes in parks for people, encouraging everyone to get outdoors and enjoy the experience that our public parks have to offer. Doing so creates a healthy appreciation of the beauty of nature and the importance of protecting it.

The Foundation, as an independent, non-government organisation raises funds to support national parks by helping to provide facilities that give visitors greater enjoyment.

It's not too late to show your support, we encourage everyone to jump online to donate or support one of the amazing fundraisers, just visit the **Everyday Hero** by clicking this link for further information - [Click here](#)

Transport, Private Buses & Parking

We encourage everyone to use **public transport** to arrive at Middle Head, Sydney Harbour National Park. Another option is for people to ride their bicycles to the event. Please ensure you bring your bike chain and lock for security.

We have hired two private busses from 8.00am – 2pm on rotation, running **between Mosman Junction, Taronga Zoo Wharf and Middle Head National Park**. The busses will commence from the start of Middle Head Road, at Mosman Junction from 8am and from Taronga Zoo from 9.10am (first ferry arrives at 9.02am).

There are many bus routes from the city to Mosman Junction, the 244 & 247 are recommended, however please check current bus time tables and routes to avoid disappointment on the day.

The **free** event busses will stop at the public bus stops along Middle Head Road all the way to the event site and are running. The busses will have a Sydney Skinny sign (below) in the front and side windows, so please flag them down to ensure the driver knows to stop for you. Please note most of the parking along Middle Head Road is free.

There are approximately 180 parking spots throughout Middle Head National Park, which are owned by Sydney Harbour Trust and are ticketed. If you do drive please make sure you get a parking ticket as we don't want anyone's day ruined by a parking fine.



Personal Belongings

All personal belongings can be left in the baggage area, prior to walking down the track to Cobblers Beach. Each participant bag will be tagged with your surname and contact number so we can identify each person's belongings.

Clothing

You must be clothed to walk down the bush track to Cobblers Beach and we recommend sturdy and supportive shoes are worn as the track is uneven and not sealed. You will be able to leave your clothes at the Beach area with the assistance from our friends at **nudie**. You will be given a sarong from our helpers on the Beach at the completion of your swim so you can take your time to enjoy your post swim celebrations and find your clothes.

Refreshments

We are dedicated to minimising impacts to the environment so we ask all swimmers to **please bring a refillable water bottle** or on the day **Foundation of National Parks and Wildlife** are selling the below re-usable drinks bottles for a **gold coin donation**.



There will be a first aid water station down on the Beach, however we want to avoid using any single use cups as this just creates more rubbish = landfill, so **bring a water bottle with you and you can refill your bottles in the festival area at the water station pre or post your swim.**

A message from Nigel Marsh, founder of The Sydney Skinny

"The response this year has been overwhelming. So many wonderful messages of support. Thank you to everyone who has sent one - and to everyone who has signed up.

We want this Sunday to be a joyous celebration that reminds people of all the good things in this world, life and city and makes people feel permanently better about themselves.

I look forward to meeting and chatting with as many of you as possible. Bring on the sun that the weather reports are predicting!"

From our amazing friends at **nudie** and The Sydney Skinny Team we hope you have an amazing and exhilarating swim this Sunday.

