

SWIMMER'S
GUIDE
2019

STRASBOURG

ÈZE – NICE

PARIS / June 15-16th

MADINE

DOUARNENEZ

AGDE

LYON

TOULOUSE

DUNKERQUE

★
OPEN
SWIM STARS
Harmonie mutuelle

Vous êtes uniques
Vos défis aussi



#HarmonieSwim


SWIM STARS
Harmonie mutuelle

Harmonie Mutuelle
1st Health mutual fund of France

Harmonie Mutuelle, committed for a sport practice

that is accessible for everyone at the service of your health

TABLE OF CONTENTS

- 01** SWIMMING CAP WITHDRAWAL
- 02** RACES' SCHEDULE
- 03** MY JOURNEY IN THE SWIMMERS' VILLAGE
- 04** TIMING AND MARKING
- 05** SWIM'S ROUTE
- 09** WATER, AN ESSENTIAL AND VITAL ELEMENT
- 10** PRESERVING WATER, A SIMPLE ACT
- 11** OUTFIT, LOCKERS & SANITARY FACILITIES
- 12** SECURITY
- 13** RENT A SWIM SUIT

SWIMMING CAPS WITHDRAWAL

When ?



Spare some time...

Withdraw your swimming cap (excepting the swimrun) from **Tuesday 11th of June** to **Wednesday 12th of June** from 17h to 19h or on **Thursday 13th of June** from 17h to 20h30 **at Au Vieux Campeur's shop** located street Saint-Jacques, number 40, 75005 Paris.

... and get a discount

From the 11th to the 30th of June, **get a 20% discount on Au Vieux Campeur's Paris' shops** by showing off the flyer distributed during the swim cap's withdrawal ! (Valid on swimming and triathlon products)

LITTLE TIP

Withdrawing your swim cap the days before the event is a guaranty to limit your waiting time on the D-day.

JUNE 15TH

From 10h00

- . **Swimrun** : to 15h00
- . **10 km** : to 15h00
- . **5 km** : to 16h00
- . **Other races** : to 18h30

JUNE 14TH

From 14h00

To 20h00 whatever the race, **excepting the swimrun**

JUNE 16TH

From 07h30

- . **2 km Fins** : to 08h30
- . **1 km** : to 09h30
- . **2 km** : to 10h00 (1st Wave)* and 11h30 (2nd Wave)*



I do not forget my **ID card** and my **proof of license** or **medical certificate** if I haven't provided it yet.

Schedules have been determined to facilitate the swimming caps' withdrawal and limit your waiting time. We please ask you to respect them.

Where ?



Friday, Saturday and Sunday : **at the Swimmers Village** located on the Bassin de la Villette, Eric Tabarly's walk (in front of the Quai de la Loire, number 39) – in Paris (19th corner)

How ?



Bus : line 48 – Jaurès' stop, or line 54 – Ricquet's stop.

Underground : line 5 – Laumière's stop, or line 2, 5 and 7bis – Jaurès' stop

* The swimmers' distribution per waves will be shared the days before the event.

READY TO BECOME
A #SWIMSTAR ?

RACES' SCHEDULE



10 km & Swimrun - 15h00

1st bus departure to Bondy

5 km & Combined - 16h00

1st bus departure to Pantin

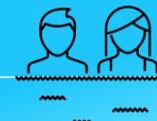


Bus departures at :
Corner of Crimée's street and
quai de l'Oise



10 km - 19h45

Podiums



13h00

Saturday 15th of June

10 km & Swimrun - 16h45

Brief & Start

Maximum time
imposed
3h00

5 km - 18h00

Brief & Start

Maximum time
imposed
2h00

Swimrun - 18h00

10 km - 18h30

5 km - 19h05

First swimmers' arrival

Swimrun - 19h00

Podiums

5 km - 20h15

Podiums

Opening of the Village and
Welcoming swimmers

7h30

Sunday 16th of June

Podiums

2 km Fins - 10h15



Podiums

1 km - 11h00



Podiums

2 km & Combiné - 13h15



2 km Fins - 09h00

Brief & Start

Maximum time
imposed
45 min

1 km - 10h00

Brief & Start

Maximum time
imposed
40 min

2 km [1st Wave*] - 10h30

Brief & Start

Maximum time imposed
1h00

2 km [2nd Wave*] - 12h15

Brief & Start

Maximum time imposed
45 min



* The swimmers' distribution per waves will be shared the days before the event.

SPECIAL OFFER

planète 
OUI


OPEN
SWIM STARS
Harmonie mutuelle

#PositiveEnergy

Join the flow and become
a « **OUIINNER** » !

Switch to 100% green electricity. It's possible : <http://bit.ly/2Diz3SS>



MY JOURNEY ON THE SWIMMERS' VILLAGE

1.

I WITHDRAW MY SWIMCAP AND MY SWIMMER STARTING BAG

Wearing the swimming cap is compulsory and only the numbered caps given by the organisation are allowed.



LITTLE TIP

Withdrawing your swimming cap the days before the event is a **guaranty to limit your waiting time on the D-day.**

2.

I PUT ON MY OUTFIT

3.

I DROP MY BELONGINGS OFF TO THE DEPOSIT

I take care of the size of my bag as the storage space on the village is restricted.

4.

I WITHDRAW MY TIME CHIP

I put it on my wrist and return it at the end of the race when exiting the water.



5.

I GO MARK MY SKIN

Marking the skin is compulsory for all the swimmers in order to identify them correctly.

6.

I GET ON THE BUS – if my race's starting point is deported – PREPARE MYSELF TO SWIM AND FOLLOW THE BRIEF



TIMING AND MARKING

RIVER



Timing : how does it work ?

- ❖ All swimmers will have to **wear a wristband equipped with a chip** on their wrist.
- ❖ Your chip is **personal** and will be given **on the day of your race**.
- ❖ To get your final timing, it will be compulsory to tap on the plate located under the arrival arch **with your hand equipped with the time chip**.
- ❖ The wristband will have to be given back at the end of your race when exiting the water.
- ❖ **Swimmers will begin the race at the same time with a start in the water for all the races excepting for the 5 km which start will be a gradual entry in the water by the swimmers.**



Marking : an open water particularity

- ❖ When recovering the chip, each swimmer will be marked with his number **on his shoulder or hand** if the swimmer is wearing a long sleeved swimsuit.
- ❖ It is **mandatory for all swimmers** to proceed to the marking in order for us to identify them in case of problems.



RACES' ROUTES

ROUTE' SIGNS

- ❖ The route, corners and possible dangers will be materialised by red buoys.
- ❖ Those buoys will have to be passed with the **swimmer's left shoulder**.
- ❖ The arrival will be judged under the arch, located near the swimmers' village on the Bassin de la Villette.



REFUELLING POINTS



- ❖ A refuelling will be offered to all swimmers of the 1 km, 2 km with fins and 2 km without fins **at the arrival when exiting the water**.

STARTING POINT



The 1 and 2 km races will start in the **Bassin de la Villette** in Paris (19th).

TIME IMPOSED

- ❖ 1 km : 40 minutes
- ❖ 2 km fins : 45 minutes
- ❖ 2 km (1st Wave) : 1h00
- ❖ 2 km (2nd Wave) : 45 minutes



For your own safety and to respect the navigation orders agreed, **we set time barriers to perform the races**. Competitors could be drop out of the water if they don't respect the time limit imposed or if their safety is compromised.

REWARDING CEREMONY



You are on the podium or wish to attend the rewarding ceremony ? **Head to the Swimmers Village on the Bassin de la Villette** on Sunday 16th of June from :

- 10h15 for the 2 km with fins
- 11h00 for the 1 km
- 13h15 for the 2 km

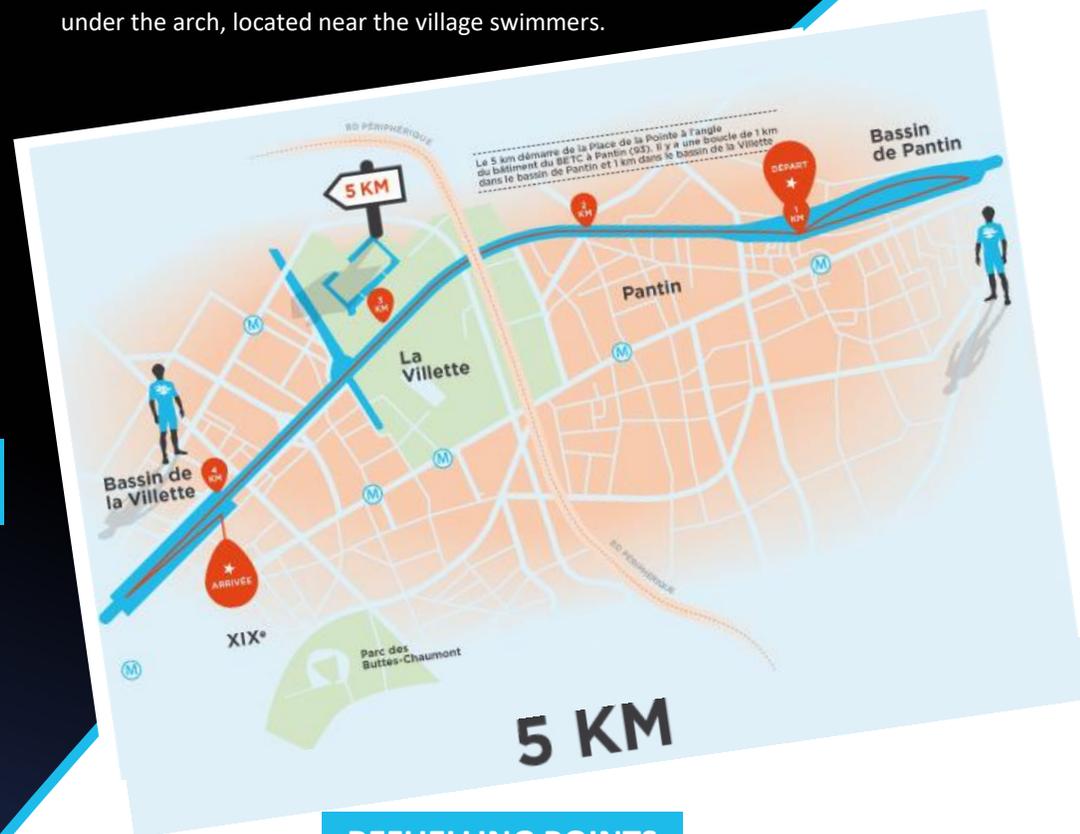
RACES' ROUTES

ROUTE' SIGNS

- ❖ The route, corners and possible dangers will be materialised by red buoys.
- ❖ Those buoys will have to be passed with the **swimmer's left shoulder** **excepting for the first buoy which will be passed with your right side.**
- ❖ After a round trip in the Bassin de la Villette, the arrival will be judged under the arch, located near the village swimmers.

GETTING BEARINGS

Yellow kilometres buoys will indicate you how far you have come.



REFUELLING POINTS

- ❖ A refuelling will be offered to all swimmers of the 5 km **at the arrival when exiting the water.**



STARTING POINT

The 5 km will begin **at the corner of BETC's building**, Ancien Canal's street in Pantin (93).



SHUTTLE

Free shuttles will be set up from the Bassin de la Villette before the race's start. We invite you to use this service. **First departure at 16h00** at Crimée's street, at the corner of the **Quai de l'Oise** with the last shuttle departure around 16h30.



TIME IMPOSED

- ❖ 5 km : 2h00



For your own safety and to respect the navigation orders agreed, **we set time barriers to perform the races.** Competitors could be drop out of the water if they don't respect the time limit imposed or if their safety is compromised.

REWARDING CEREMONY

You are on the podium or wish to attend the rewarding ceremony ? **Head to the Swimmers' Village on the Bassin de la Villette** from 20h15 on Saturday 15th of June.



RACES' ROUTES

ROUTE' SIGNS

- ❖ The route, corners and possible dangers will be materialised by red buoys.
- ❖ Those buoys will have to be passed with the **swimmer's left shoulder** **excepting for the first buoy which be passed with your right side.**
- ❖ After a round trip in the Bassin de la Villette, the arrival will be judged under the arch, located near the village swimmers.

GETTING BEARINGS

Yellow kilometres buoys will indicate you how far you have come.



REFUELLING POINTS

- ❖ A refuelling will be offered to all swimmers every 2,5 km and will be indicated by red buoys. You may also enjoy refuelling at **the arrival on the Swimmers Village.**



STARTING POINT

The 10 km will start beside the **Forest Bridge** (Pont de la Forêt) in Bondy (93).



SHUTTLE

Free shuttles will be set up from the Bassin de la Villette before the race's start. We invite you to use this service. **First departure at 15h00** at Crimée's street, at the corner of the **Quai de l'Oise** with the last shuttle departure around 16h30.



TIME IMPOSED

- ❖ 10 km : 3h00



For your own safety and to respect the navigation orders agreed, **we set time barriers to perform the races.** Competitors could be drop out of the water if they don't respect the time limit imposed or if their safety is compromised.

REWARDING CEREMONY

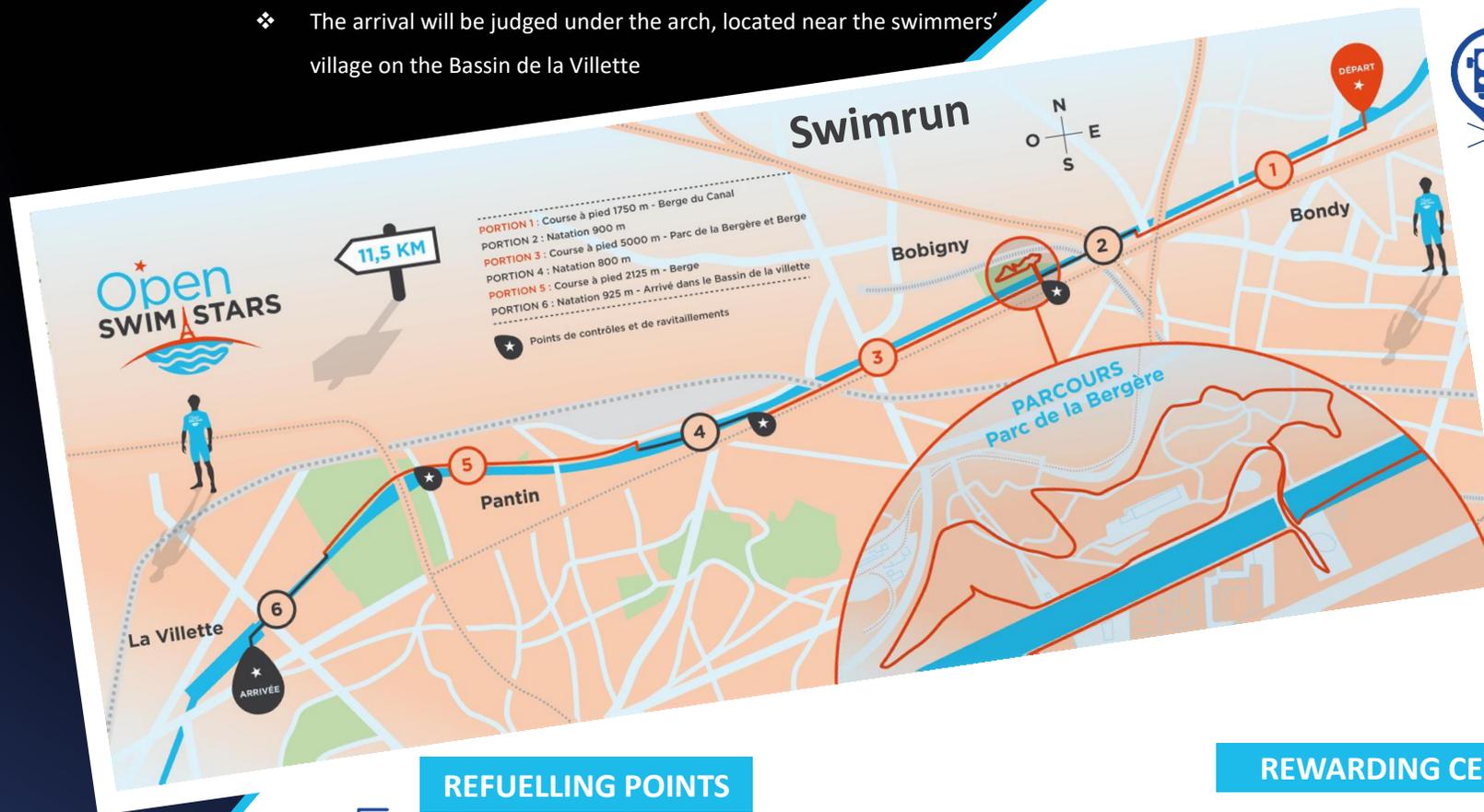
You are on the podium or wish to attend the rewarding ceremony ? **Head to the Swimmers Village on the Bassin de la Villette** from 19h45 on Saturday 15th of June.



RACES' ROUTES

ROUTE' SIGNS

- ❖ The route, corners and possible dangers will be materialised by red buoys. They will have to be passed with the **swimmer's left shoulder**.
- ❖ **On the running parts**, the route will be indicated with warning tape.
- ❖ The arrival will be judged under the arch, located near the swimmers' village on the Bassin de la Villette



REFUELLING POINTS

- ❖ A refuelling will be offered to all swimrunners and will be indicated by red buoys (*see them on the race's map above*). You may also enjoy refuelling at **the arrival on the Swimmers Village**.



STARTING POINT

The Swimrun will start at the **“Chemin de halage”** near Ourcq' canal beside the **Forest Bridge** (Pont de la Forêt) in Bondy (93).



SHUTTLE



Free shuttles will be set up from the Bassin de la Villette before the race's start. We invite you to use this service. **First departure at 15h00** at Crimée's street, at the corner of the **Quai de l'Oise** with the last shuttle departure around 15h30.

TIME IMPOSED



- ❖ Swimrun : 2h00

For your own safety and to respect the navigation orders agreed, **we set time barriers to perform the races**. Competitors could be drop out of the water if they don't respect the time limit imposed or if their safety is compromised.

REWARDING CEREMONY



You are on the podium or wish to attend the rewarding ceremony ? **Head to the Swimmers Village on the Bassin de la Villette** from 19h00 on Saturday 15th of June.

WATER, AN ESSENTIAL AND VITAL ELEMENT

Water and nature are the core of our discipline. Therefore it is necessary to take good care of it. Especially since ecosystems like humans need a good water quality to be in good health.

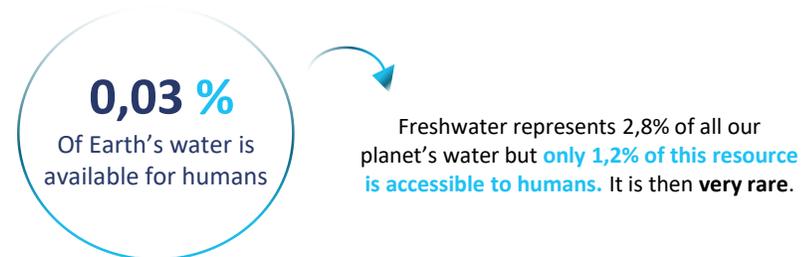
WATER, A VITAL RESOURCE...

It assures mankind survival but also the life of each vegetal and animal beings on Earth.



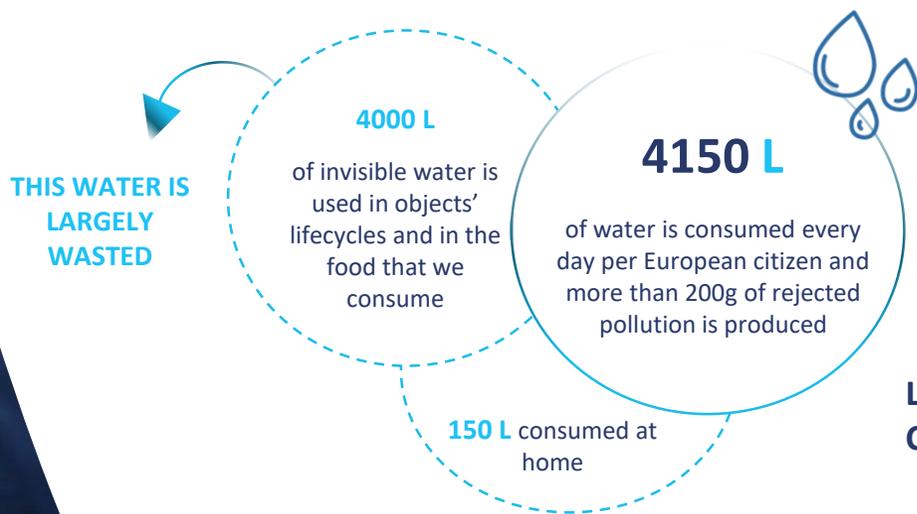
The human body is composed at 65% of water. It assures many vital functions. Ecosystems and biodiversity that composed them also need a good water quality. Otherwise, they get sick or die.

... AND YET THREATENED !



We drain our resources by overexploiting, wasting and polluting them :

- Water is more and more polluted by humans activities.
- Climate change and rising temperatures results in a more intense evaporation.
- The increase in population extends our water needs.
- Excessive and inconsiderate water consumption is a curse. 20% of water losses are due to leaks in France !



→ WATER SHORTAGE AFFECTS 4 PERSONS OVER 10 IN THE WORLD

LET'S BE CAREFUL OF OUR CONSUMPTIONS ATTITUDE !



PRESERVING WATER, IT'S SIMPLE

We are committed by your side and for you, in the best responsible way possible **to minimize the impact of our event and our lifestyle on the environment.**

LET'S ACT TOGETHER !

We invite you to adapt some good habits and eco-friendly gestures in your practice of open water swimming and regarding your participation to our Open Swim Stars :

- ✓ To get to the Open Swim Stars' place, I favor soft mobility when it's possible or use public transport or carpooling.
- ✓ I get on the free shuttles available to go to the starting point of the 10 km, 5 km and swimrun.
- ✓ I encourage my supportive relatives to take non-polluting travels along the race's route (walking, riding, rollers...)
- ✓ I choose cosmetics, sun's creams that are eco-friendly and good for my health and for water.
- ✓ I respect my practice site, don't let any waste behind me and adopt the motto « 1 open water training = 3 waste picked up ».
- ✓ I stop using plastic bottles and use a flask
- ✓ I prefer drinking tap water and Paris Water available at the fountains on the Swimmers Village. Drinking tap water is reducing the packaging volume of 7 kg per year and per household.



WATER FAMILY DU FLOCON A LA VAGUE

DANS LA WATER FAMILY JE DEMANDE
AXEL REYMOND
CHAMPION DU MONDE DE NATATION EAU LIBRE

SUIVEZ SES ÉCO-GESTES :

1 LOCAL
JE PRIVILÉGIE SURTOUT LES PRODUITS CULTIVÉS PRÈS DE CHEZ MOI, BIO ET DONC MEILLEURS POUR LA SANTÉ !

2 RGA SUFFIT LE GÂCHIS
JE NE GASPILLE JAMAIS ! S'IL Y A DES RESTES, J'INVITE QUELQUES NAGEURS APRÈS LES ENTRAÎNEMENTS, ILS ONT TOUJOURS FAIM !

3
POUR PARTIR EN STAGE OU EN COMPÉTITION, JE PRÉFÈRE LE TRAIN. LES TRANSPORTS EN COMMUN GROUPÉS : FOUS RIRES ASSURÉS !

ENSEMBLE PROTÉGEONS L'EAU ET NOTRE SANTÉ

WATER FAMILY **OPEN SWIM STARS**
DU FLOCON A LA VAGUE Harmonie mutuelle



WATER FAMILY
DU FLOCON A LA VAGUE

REGISTERING TO AN OPEN SWIM STARS, IS ALSO SUPPORTING THE WATER FAMILY

We support the Water Family, a recognised charity that works to raise awareness about the preservation of water and our health by promoting good practices.

→ FOR EACH INSCRIPTION, 1€ IS DONATED TO THEM



OPEN SWIM STARS
Harmonie mutuelle

OUTFIT, LOCKERS AND SANITARY FACILITIES



A deposit at your disposal on the village

Opening hours

- ❖ Saturday from 14h00 to 20h30
- ❖ Sunday from 7h30 to 13h00

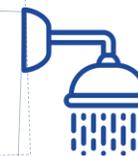
The deposit is located on the Swimmers' Village in the Bassin de la Villette.

Please note that : the storage space on the swimmers' village is limited, please ensure to **minimise the size of your bag.**

But also for each swimmers of the 10 km, 5 km and swimrunners, a complementary system will be held to take your last small personal belongings (glasses or shoes) back to the swimmers' village. **Only the bags provided by the organisation when withdrawing your swimming cap will be accepted.**

Swimmers must wear the cap provided by the organisation during the event. **Only numbered swimming caps given by the organisation will be authorised.**

Showers and toilets



Showers and toilets will be at your disposal at the arrival of each race on the Swimmers' Village (Bassin de la Villette).

The Regional Health Agency (RHA) recommends to take a shower soon after your race to protect yourself from any risks of bacterial contamination (leptospirosis, gastroenteritis, ...).

Swimmer's outfit



Are allowed : swimsuits, swim shorts, triathlon suits (5 mm thick max – compulsory if water temperature is under 16°) and open water buoys. Diving suits and hand paddles are not allowed. Masks, fins and snorkels are only accepted for the 2 km with fins.



SECURITY



WATER QUALITY



GOOD PRACTICES



Any material or physical help, from the beginning of the race to the arrival is prohibited or will be subject of disqualification. It is only allowed to hang temporarily on a fix point or on a safety boat in case of difficulty.

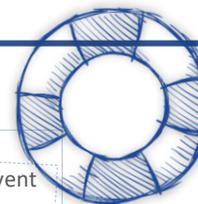


In case of problems, lie on your back and raise your arm !

Water and land based rescue teams assisted by **Stand-Up Paddles and kayaks** will accompany you and assist you during your swim race.



OUTSIDE HELP



- ❖ **Water samples have been taken by an approved laboratory** during the weeks preceding the event and will be submitted to the Regional Health Agency (RHA)
- ❖ We are committed **to respect European standards for bathing water quality** on the event day. The Open Swim Stars would be cancelled or the races' routes may be modified if those norms weren't complied. The last results of water quality tests taken four days before the race will be shared to you on your request.

The swimmers' village is restricted to participants. Considering **Vigipirate** measures, bags will be controlled at the entry. The accompanying persons won't have access to reserved services.



- ❖ It is strictly **forbidden to perturb the performance of the other swimmers**. We ask each everyone of you to **respect the values of sport**.
- ❖ We advice you to cut your nails not to harm the other swimmers and to take off any jewellery before jumping in the water.
- ❖ In case of **unhealed wounds or wounds**, swimming is strongly discouraged.
- ❖ In case of **diarrhoea or high fever** in the days following the event, please indicate to your doctor that you have participated to a swimming event in a natural environment.



RENT A SWIMMING SUIT WITH SAILFISH



Sailfish, premium triathlon and open water equipment supplier, accompanies you during your participation to our Open Swim Stars.

Rent and reserve your swimming suit right now !

HOW TO RENT A SWIMMING SUIT ?



- ❖ Go to the booking platform : https://www.njuko.net/ossparis/select_competition
- ❖ Fulfil our the information required and proceed to the payment of the rent.

WHERE AND WHEN TO PICK IT UP ?

On the D-day : present yourself to Sailfish's stand on the swimmers' village with your ID card.

- ❖ **For the Saturday swimmers :** you can pick up your swim suit only on Saturday starting from 10 a.m.
- ❖ **For the Sunday swimmers :** you can pick up your swim suit only on Sunday starting from 7h30.

You have to **give the material back** to our partner **just after your race** otherwise, the deposit may be cashed.



JOIN US ON SOCIAL MEDIA :



Facebook.com/OpenSwimStars



Instagram.com/open_swim_stars



Twitter.com/OpenSwimStars



OUR PARTNERS

