



### [MS Information desk](#)

The MS information desk will be located right near the front entrance of Unley Swimming centre and will be open from 11am Saturday 9 February right through until 12pm Sunday 10 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 information 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 11:30am onwards on Saturday 9 February and must be packed down by 1pm on Sunday 10 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 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 dinner voucher and 1 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 at the BBQ. All funds collected from the BBQ will go towards the final Mighty Swim fundraising total.

The MS BBQ will be operating at the following times:

- Saturday 9 February 5pm – 8pm
  - Sunday 10 February 7am – 10 am
- \*There will be vegetarian options available for both meals.

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



### Water

The SA Water Quench Bench will be onsite to assist people to fill up their own bottles. This is an initiative for reducing waste by encouraging people to use their own water bottles – and more than once! The City of Unley are actively looking at ways to implement waste reduction, so we're supporting the community and the environment. A brand new red MS water bottle will be given to all registered participants in their participant packs, and will be available for purchase on the day.

### 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 9 February, 1pm – 9pm
- Sunday 10 February, 9am – 12midday

Every participant will receive 1 massage voucher, which you will need to present to the students to claim your free massage. 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 totals.

### 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 swimming pool. Alternatively, it may be a good idea to car pool with other team members to reduce the amount of cars at the event.

### Pool access

Mighty Swim participants will have access to Unley Swimming Centre from 11am onwards on Saturday 9 February. Should you wish to enter the pool at an earlier time, normal entry fees will apply.

### 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 of the 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 – or the same colour allocated
- No diving is allowed in the shallow end of the pool

#### Lap counting

All teams will be issued with lap counting sheets to record laps swam, you must organise your own lap counters. Team captains should roster lap counters as well as swimmers. There may be some volunteers to count laps on the day, but they are only for emergency.

#### Activities & entertainment

A range of entertainment and activities have been organised to enhance the MS Mighty Swim. We will have a water slide available for children on Saturday afternoon, along with a talented face painter.

On Sunday morning at 8am, 8:30am and 9am there will be yoga sessions run by Emma Hart a qualified yoga teacher.

There will also be 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 'Awards Ceremony' will be held at the conclusion of the Mighty Swim on Sunday 10 February from 12:30-1pm. 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 swimming and fundraising!

Prizes will be awarded in the following categories:

- Highest Individual Fundraiser – 1<sup>st</sup> place
- Highest Individual Fundraiser – 2<sup>nd</sup> place
- Highest Fundraising Team – 1<sup>st</sup> place
- Highest Fundraising Team – 2<sup>nd</sup> place



- Most Laps Swum
- Ruth Zeigeler Award for Best Team Spirit
- Post Event fundraising push (one week after the event)

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 2019, encouraging everyone to dress-up between the hours of Saturday 7:30pm – 8:30pm. There will be prizes awarded for the best dressed adults and kiddies, so make sure you bring your best outfit with you!

#### Prohibited items

The following items are not permitted at the Mighty Swim:

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

#### Safety

Please exercise caution in and around the 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 or shallow end

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 information 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).