

## SWIM ADVICE FOR ESCAPING FROM SPIKE

Leave the beach and aim for the end of the pier. At the end of the pier the water gets a little more “open”, this could mean slightly bigger waves and a breeze/wind on the water once the shelter of the island is left behind.

The pier length is about 160m.

From this point on the swimmer needs to be sighting every four to six strokes. There shouldn't be much going on, current wise, between here and the end of the slag heap so aim just to the right of this. There is a boom and some marker buoys in the water at the end of the heap, keep a little to the right of these.

There can be a feeling of exposure here between the islands so keep the focus on the first target i.e. the eastern end of the slag heap.

As you pass this you have covered between 450m and 700m from the beach on Spike.

Once Haulbowline begins to drift behind your left hand side you should begin to look for your exit.

You are now just over half way.

At this point it is enough to aim between the two spires, Cobh Museum/Scots Church on the left and St. Coleman's Cathedral on the right.

If conditions are perfect you may make out the distinctive façade of the old Methodist Church - “Pillars Night Club” and Carrig House (Council Offices) on the hill. Your target is just right of these.

You are now entering the channel, where most of the swimming is to be done.

If we've had no rain the surface ebb should be minimal so the general flow of the current is right to left, take this into account when sighting. If we are on time the current should be slack enough. As you get within 150m of the DOD slip you may find yourself having to swim harder to maintain your course. It is important to keep swimming here. Don't be tempted to stop for a look and a rest since the current will move you away from your course and you'll have to battle harder get back on line.

If you do find yourself off target try to get in as close to the shore as you can and swim against the (weaker close to shore) current.

Try not to blindly follow other swimmers, they may not know where they are! Also try not to follow kayaks/safety boats too blindly since they might be heading off to retrieve stray swimmers. This can be a tough swim, but if you remain aware of the conditions that you are experiencing on the day and alter course accordingly then you'll be fine.

Keep looking.

Keep swimming.

