



Buoy laying & course measuring: A practical guide

Establishing and developing safer venues
to support mass participation

Introduction

The aim of this guide is to provide the basic information to help you install an accurately measured swim course. The design of the swim course is intrinsic to this process so the guide also references some of the key points for course design. Further information about course design can be found within the Beyond Swim guidance document “Organised open water swimming (Establishing and developing safer venues to support mass participation)”.

The principles covered within this guide can be applied to all types of water (lake, river or sea) and for one-off events or regular swim sessions.

The guide advocates a **“Keep It Simple, Stupid (KISS)”** approach underpinned by thorough preparation.





Background Research

Prior to designing your course it is recommended that you get as much background information about the nature of the waterbody as possible. Time invested at this stage will reduce the likelihood of unforeseen challenges during the course build. Local knowledge e.g. from the water owner/operator or sailing clubs that use the venue should be sought where possible.

The following factors should be taken into consideration:

- **Water Depth** – Knowing the water depth will give you an idea of how much rope you will need. It will also give you an indication of how much the buoys may move in the wind / tide and how difficult it will be to lay and recover the buoys. Taking depth readings around the course can help identify any sudden depth changes/shelving which can cause difficulty for buoy laying.

TIP: If you do not have access to a boat equipped with depth reading capability you can simply measure by using a weighted rope and measuring the length of rope required for the weight to reach the bottom.

- **Type of Substrate** – whether a lake, reservoir, river or sea it is important to know what the bed is made of as this helps identify what type of weight or anchor to use. It is far harder to secure buoys on a rocky substrate than on a silt or mud substrate.
- **Tide/Flow** – if tide or flow is going to be a factor for your course it is important to know what it is going to be doing at the time of the course laying and the time of the swim event/session which may be some time later. Changes in water depth and/or changes in flow direction will affect the buoys and may necessitate some adjustment prior to the swim. For additional information see Appendix 1.
- **Obstacles** – are there any hazards that may affect laying, adjusting and retrieving the course such as underwater pipes or debris? For additional information see Appendix 1.
- **Other Water Users** – Could the course inhibit other water users or cause conflict? Could they accidentally damage the buoys or move them?

NOTE: If there are existing buoys/marks for other activities that may cause confusion please seek permission before removing or relocating them.

- **Wind Direction** – what is the direction of the wind forecast at the time of the swim? Will it be different to the wind direction at the time of the course laying and therefore potentially affect the buoys and require some adjustment prior to the start. For additional information see Appendix 1.
- **Duration** – how long will the buoys be in the water? Is the course going to be in for the season or only for the day? This will affect the choice of equipment to use.



Planning

When planning a course thought should be given to ensuring that:

- There are enough buoys so swimmers don't get lost but not too many so as to confuse swimmers and, the distance between buoys and their size and colour facilitates easy sighting.
- In general, the simpler the course shape the less likely it is for swimmers to become disorientated and go off course. Straight line, rectangular, triangular and circular courses are generally easier to follow. Swimming parallel to banks/shores can also help swimmers to maintain a straight line.

Other factors to take into consideration:

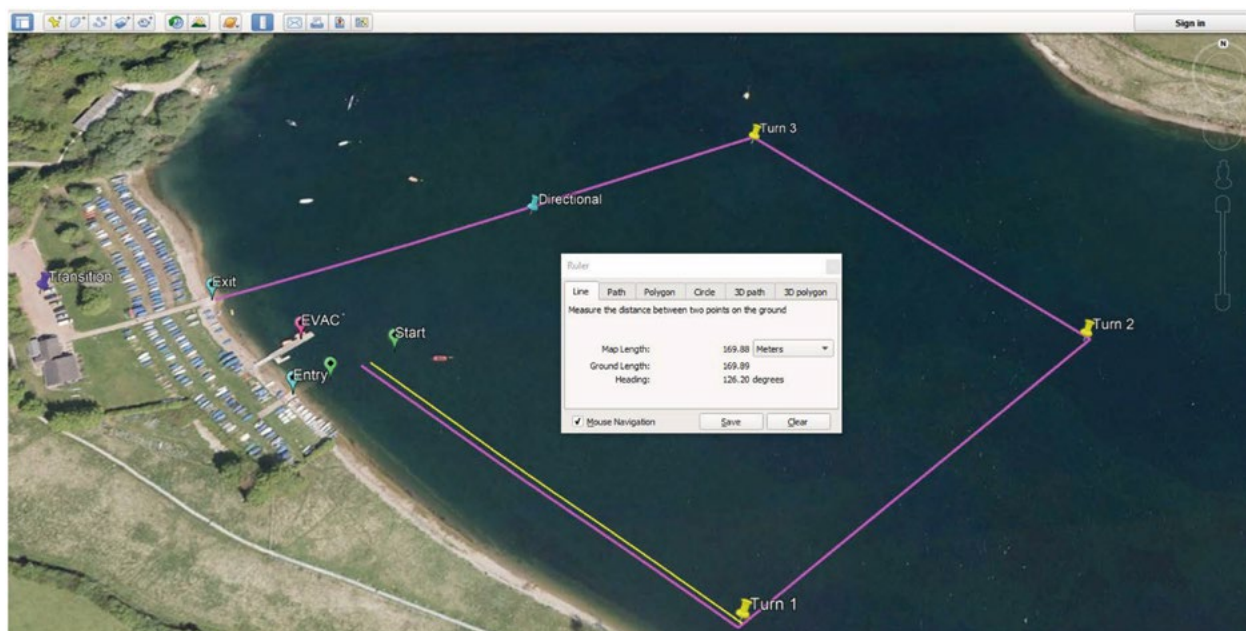
- **Entry/Exit** – Where will swimmers enter/exit the water? Are their obvious/safe locations which will dictate the start and finish point(s) for the swim?
- **Sun** – The position of the sun when swimmers are on the course which will impact on the swimmers' ability to sight (and the ability of the safety team to observe swimmers) when swimming towards the sun.
- **Tide/Flow** – Unless specifically designing a challenging course the swim route and direction should favour the swimmers.
- **First Turn** – For non-linear swims with many swimmers starting at the same time the distance to the first turn buoy should be sufficient to allow swimmers to separate out as far as possible to reduce the chance of collisions. Whilst the time taken for swim waves to separate varies depending on wave size and the mix of swimming ability it is advisable to avoid any sharp turns for a minimum of 200m (or if this is not possible limit the wave size).
- **Turns** – It is preferable for swimmers to maintain buoys to the same side and where applicable always turn in the same direction? If this is not possible how will you distinguish between a left turn and a right turn?
- **Multi Distance Course** – If you do need to accommodate different distances based on the same course e.g. a ½ mile option within a 1 mile course, how will the different distances be clearly marked? The use of different colour or different size and/or different shape buoys can work well.
- **Course Size** – The size of course should be guided by what can be comfortably managed from a safety perspective (and in particular the ability to swiftly recover any casualties with the available safety resources).
- **Clear Sight Lines** – As far as possible, natural or man-made obstacles that prevent clear sight lines for both swimmers and the safety team should be avoided.
- **Existing buoys** – are there any existing buoys you could use as part of your course?

NOTE: If the buoy itself is not suitable but the infrastructure (rope and weight) could potentially be used i.e. the buoys swapped over, check the nature of the weight to ensure that it is suitable for the swim buoy. It may be necessary to add additional weight, particularly if the swim buoy is larger and therefore has increased windage.

Course Map

Once you have designed the swim course based on the above, developing a course map that can be printed off and used to guide the buoy laying is highly recommended. The easiest way to do this is to use a satellite image of the venue and to mark the buoy positions directly onto it.

The use of Google Maps or Google Earth is useful at this point as they allow you to measure distances between buoys and hence determine the distance of your course. It also allows you to plan buoy positions and work out visual references. If desired, it can also then be taken a step further with the buoy positions loaded onto a GPS app.





Equipment

Once you have planned out your course, it is time to make a list of the equipment you will need. Some or all of the following items may be required:

- **Buoys** - do you have enough? Are they in good working order?

TIP: Where applicable and prior to the swim session inflate the buoys and leave overnight to test for any punctures or leaking seals.

- **Temporary Buoys** – if you are laying a course with large buoys, heavy weights or where there are other water users it is often useful to lay a smaller temporary buoy initially and then swap this with the actual swim buoy prior to the swim session.
- **Rope** – for temporary courses polypropylene rope is normally the most cost effective option. It isn't always easy to work with and it floats (so care needs to be taken to ensure that any loose ends are tucked/tied away so that not a hazard to boat propellers) BUT the pros outweigh the cons.



TIPS:

- Polypropylene rope is available in different thicknesses. 8mm rope will suffice for the majority of courses but where there is likely to be significant strain on the rope e.g. deep water (20m+) it may be prudent to use 10mm rope
- If possible purchase the rope on wooden/card reels for ease of management. If this is not possible you can use a bucket or similar as a makeshift rope dispenser (by placing the rope coil in the bottom of the container) to prevent the rope uncoiling into a tangled mess
- Gloves can help prevent rope burns and discomfort when dropping and recovering heavy weights attached to polypropylene rope
- Before cutting polypropylene rope wrap it with electrician's tape/insulation tape at the point where you are going to cut it to prevent the rope from fraying once cut



- **Counter-weights** – A counter-weight suspended immediately below the buoy will make it stand upright. Not all types of buoy require a counter-weight and the size of the counter-weight required will vary depending on the size and shape of the buoy but it is likely to be between 5kg and 20kg.

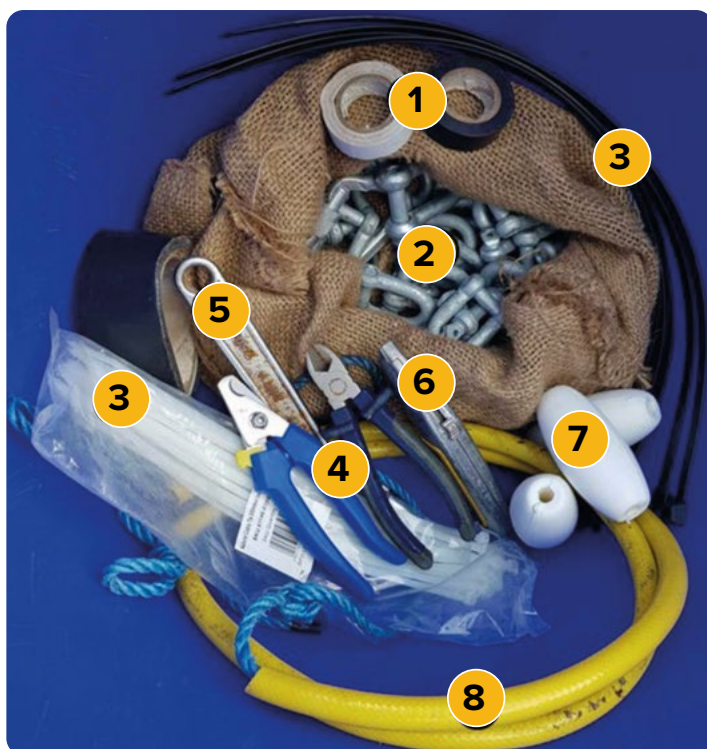
TIP: Heras fence panel rubber blocks make good counter-weights for larger buoys and are easy to attach ropes to – just check that the blocks sink as some blocks are made from a plastic material that floats!

- **Ground-weight/Anchor** – this is the weight that will be on the bottom. For tidal water it will need to be an anchor but for inland waters a mud-weight.
- Various items can be used to act as mud-weights but for ease try to use something that is easy to secure to the rope such as a hollow dense concrete block, bucket of concrete with a metal eye, a kettlebell weight or a free-weight disc.



TIP: If there are sharp edges on the mud-weight (e.g. dense concrete block) there is a possibility that over time movement of the buoy will cause fraying where the rope rubs against the weight to a point where the buoy eventually breaks free. To minimise the risk of this happening use a protective sleeve or strop through which the rope, at the point of attachment to the weight, is fed. A cheap option is to use a short section of garden hose.

- **Shackles/carabiners** – budget zinc ionised shackles are a very useful item to have with you particularly when you are using temporary buoys that need to be replaced quickly.
- **Small Equipment** – Knife, insulation tape, tool bucket, gloves, cable ties – there is nothing more annoying than finding you are missing something that means you cannot lay a buoy correctly.



- 1 Installation/Electrical Tape
- 2 Shackles
- 3 Cable Ties
- 4 Snips
- 5 Spanner
- 6 Knife
- 7 Temporary Buoys
- 8 Protective Strops

- **GPS or Golf Range Finder** - if you have set distances between buoys a range finder is the easiest way to set that distance. If you have a pre-planned course marked out on an app then use that and have faith in the accuracy of the app





Laying

Before starting to install the course give some thought to the order in which you want to lay the buoys. This may be working backwards from a known point or putting corner marks in first and then putting guide marks in later.

There is no perfect way to lay a buoy and it is worth bearing in mind that there will always be some movement due to water, movement or wind.

IMPORTANT: Avoid the temptation to get the line so tight that there is no slack in the line as any change in water height (e.g. due to waves, tide, heavy rainfall) will result in the ground-weight lifting off the bed and the buoy moving.

To lay a buoy you will need;

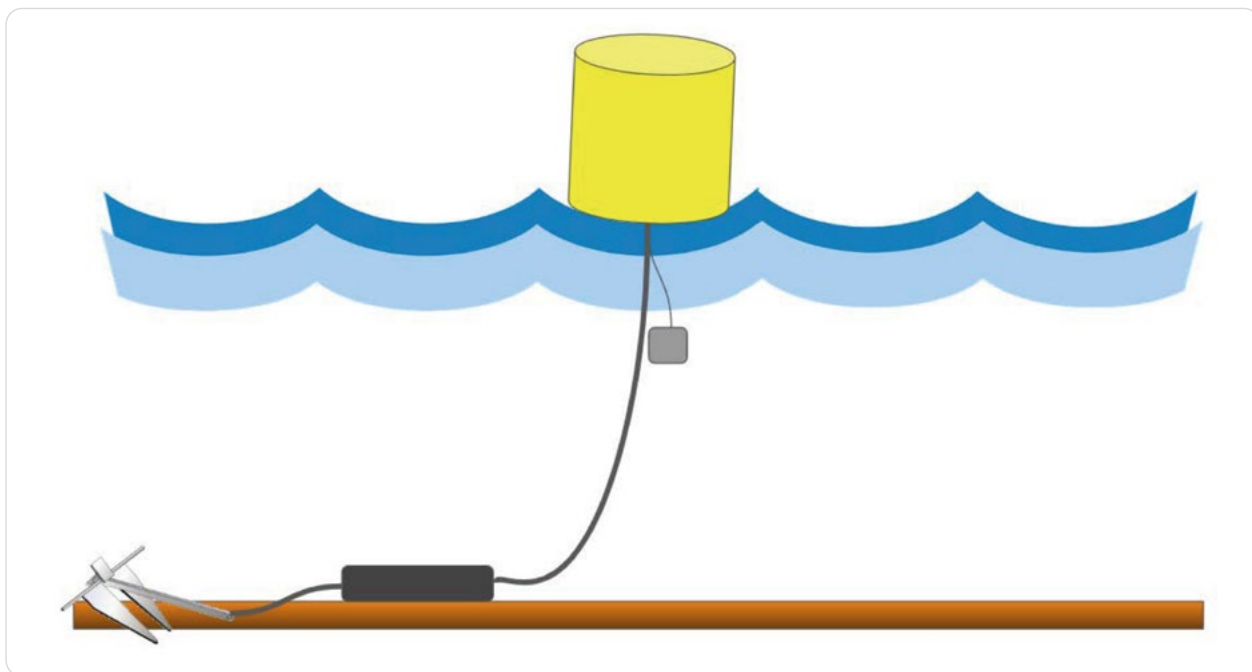
- A ground-weight (and counter-weight if needed)
- Line/rope and,
- The buoy itself

The whole operation is much easier if you pre-prepare the equipment as far as possible. The suggested method for laying the buoy is:

- Connect the ground-weight to the rope (remembering to use a protective strop if the ground-weight is sharp – see above)
- Make sure the rope is free to run, there is nothing worse than the weight getting caught half way down because the rope is twice round your ankle

TIP: Use a reel for the rope or a rope bucket/container to minimise the risk of entanglements. If you use a reel you can also consider supporting it on wooden pole balanced across the hull of the boat.

- When in position drop the weight and let the rope run until the weight is on the bottom (if you are letting it run through your hands then wear gloves)
- Once weight is on the bottom cut the rope (using insulation tape to prevent fraying) allowing for slack and tying a loop in the rope at surface level
- Connect the buoy to the loop using a shackle or carabiner
- Where required, connect a counter-weight on a short line of required.
- Trim the rope to the correct length, leave a short tail after the loop. This is useful to grab later.



If there is wind or flow it can be difficult to hold position to get everything prepared so it is best to work as a team of two minimum, where one person drives to the correct position (from down-wind or tide) and holds the boat in position while the other person prepares the ground-weight so it can be dropped as soon as in position. Once dropped work efficiently to get the loop in the rope. If you want to connect a temporary buoy you can come back and connect the counter-weight and buoy.

Try to keep the boat head to wind or tide whilst laying the buoy and try to work towards the front of the boat. Once the buoy has been laid drop back away from the buoy as to not catch it with the propeller.

TIP: If possible use a boat with a low freeboard edge or a drop down bow to make the operation easier.

Measuring

Swimmers will never swim in a perfectly straight line from buoy to buoy, but they will notice if the course is long or short from their timings and/or their GPS watches, if worn. Therefore the course should be as accurate as possible.

Whether it is due to tide/flow or to a change in wind direction, buoys will move around in the water and it is not possible to stop this from happening. This means that no matter how well you lay your course there will always be a degree of error when it is measured. This will be exacerbated by any deviations from the most direct swim line when measuring the course in a boat. Therefore, when measuring the course the aim should be to get as close to the distance as possible. With careful course laying it should be possible to get within 1 – 2% of the required distance in the vast majority of cases.

Recommendation: Measure the course more than once and ideally in both directions before working out the average distance.

The best way to measure a course is with a GPS, sports watch or phone app*. Ideally use more than one system to be able to compare accuracy bearing in mind that a small degree of error exists within GPS systems. The slower it is done the better, but you also need to keep on track so as to not increase the distance.



*For linear courses where the course runs parallel to the shore, bank or quayside it is acceptable to use a measuring wheel but a subsequent measure of the whole course with a GPS (or similar) is recommended.



Adjustment

If you know that your course may need adjusting it is preferable to only have to move one or two buoys as opposed to having to adjust all of them. The easiest way of adjusting a course is to move the furthest buoys by either bringing them closer or moving them further away but the shape of your course may mean this isn't always possible. It is worth thinking about course adjustment and which buoy(s) you will move if necessary at the course design stage.

Once you have measured your course a couple of times and you have determined how it needs to be adjusted then move the appropriate buoys by the amount to the new location remembering to allow them time to settle before re-measuring. You may need to repeat this process a couple of times.

Removal

When it comes to removing the course, please do so with care. Try to remove all the weights and rope that you have used. This may mean you can re-use them but it also is better for the environment and more respectful of other water users.

If the people who strip out the course differ to the people who laid the course it is important to ensure that they understand how the buoys are connected and what weights are attached so that they remove everything without creating further issues e.g. cutting ropes unnecessarily or not repositioning existing buoys correctly. It may be easier to ask the strip out team to swap the buoys for temporary buoys which can remain in situ until the course laying team are able to complete the strip out and return any existing buoys to their correct position.



Appendix 1: Additional Information

Flow

Only affect rivers. Additional info about flow in rivers can be found at

www.gaugemap.co.uk

This will give you recorded levels and flow but note that river flow can be very quickly affected by heavy rain.

Tidal information

For short term predictions you can visit:

www.ukho.gov.uk/easytide/easytide

For long term predictions you can visit :

<https://tidesfishing.com>

Note that tides are predicted and can be affected by weather conditions. Tide predictions only provide heights throughout the day, they do not describe which way the water will be moving. For information about this talk to local water users or visit:

www.visitmyharbour.com/articles/category/842/tidal-streams

Note that these charts are generic and not done at a very localised level.



Obstacles

For tidal water the location of large obstacles will be recorded on local navigational charts. On a local level, regular water users will be the best source of information, and on a micro level (swim entry / exit) the most robust way is to have divers visually inspect the area or hazards to a depth where swimmers will definitely be swimming.

Weather Forecast – (including wind direction)

It is essential that you have the best possible idea of what the weather will be doing on the day and how this may affect your event/course. There are many sources of weather forecast information but it is advisable to use one which uses the latest data.

Note that services have to pay to use weather data / predictions that is less than 12 hours old such as:

www.metoffice.gov.uk

or

www.bbc.co.uk/weather

It is also worth noting that an event insurer may only recognise forecasts from a specific service such as the Met Office. Be aware of how a certain wind direction can affect your course and what wind-speed your buoys can take before they start to move. It make be worth increasing the amount of weight holding the buoys If high winds are forecast or if a course is left in for a long period.