

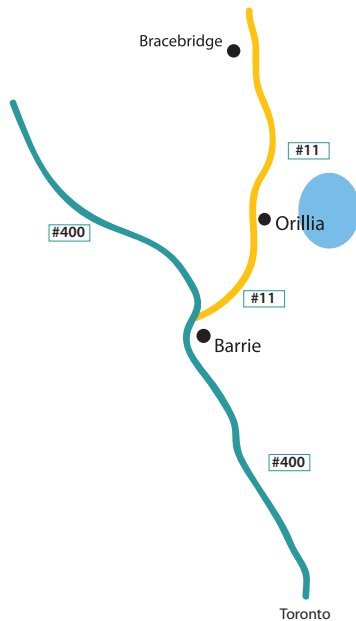
## Driving Directions

### From South of Barrie

Take Highway 400 North to Highway 11 North towards Orillia/North Bay. Take Highway 12 South, exit 131A. Stay right to merge onto Highway 12 South. Turn right onto Atherley Road/Highway 12. Turn left on Rama Road. Turn left onto Fern Resort Road. Turn right into Fern Resort at 4432 Fern Resort Road.

### From North of Barrie

Take Highway 11 South towards Toronto. Take Simcoe Road 169/Washago exit. Simcoe Road 169 becomes Highway 169. Turn right onto Rama Road. Turn right onto Fern Resort Road. Turn right into Fern Resort at 4432 Fern Resort Road.



## Start Fundraising Today!

Raising funds for your swim is simple. You can either pick up a pledge form at the OSMH Foundation office, grab one online at [www.suncityswim.ca](http://www.suncityswim.ca), or email us at [events@osmh.on.ca](mailto:events@osmh.on.ca) and request one.

It is requested that swimmers raise a minimum of \$100 in pledges and donations.

We also encourage you to consider setting up your own personal giving page online. Just follow the directions below.

## It's Easy to Fundraise Online

Just follow these simple steps:

1. Go to our website [www.suncityswim.ca](http://www.suncityswim.ca)
2. Click FUNDRAISE
3. Follow our simple directions
4. Send your page to family and friends

## Thank You for Your Support!

Each participant who raises the minimum \$100 in pledges will receive a Swim Kit.

## Early Bird Draw!

**Sign up now!** Register by July 30<sup>th</sup>, 2012 and your name will be entered into a draw for an underwater MP3 player (retail value of \$210).

Registration forms are available:

- In person at the OSMH Foundation office
- Online at [www.suncityswim.ca](http://www.suncityswim.ca)
- Email us at [events@osmh.on.ca](mailto:events@osmh.on.ca)

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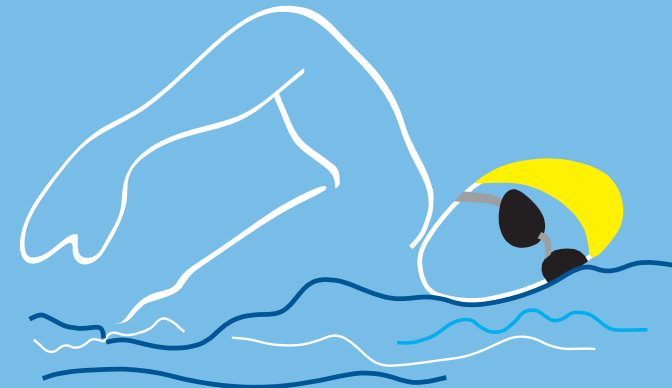
# SWIM SUN CITY SWIM 2012

Orillia Soldiers' Memorial Hospital Foundation presents

1K or 4K Open Water Swim

August 11, 2012 • Orillia, Ontario

In support of the OSMH Equipment Fund



ORILLIA SOLDIERS' MEMORIAL  
**OSMH**  
FOUNDATION

## Sun City Swim 2012

Saturday, August 11 - Fern Resort, Ramara

The Sun City Swim 2012 is an open water swim across Lake Couchiching for participants of all ages and skill. Participants have the option of participating in the 1K or 4K swim.

### Entry Fee

This is a charity event and all proceeds from the swim will go towards equipment at Orillia Soldiers' Memorial Hospital (OSMH).

Swimmers are required to raise a minimum of \$100 in pledges and donations. Please see reverse for more details.

### Swim Description

- Dock Start
- Swim is across Lake Couchiching
- 1K is 500 metres from Fern Resort dock and back
- 4K swim is across the lake, finishing at Couchiching Beach Park
- Lifeguards, paramedics, police and fire will be on the water with the swimmers
- Support boats are required for all swimmers participating in the 4K

### Swim Day Schedule

6:30 a.m.	Swim day registration opens and Swim kit pick-up
7:50 a.m.	Pre-swim meeting (at swim start)
8:00 a.m.	Start 1K and 4K
9:00 a.m.	1K swimmers are bused to 4K finish line
10:00 a.m.	Post-swim meal and awards

### How to Register

Registration forms are available:

- In person at the OSMH Foundation office
- Online at [www.suncityswim.ca](http://www.suncityswim.ca)
- Email us at [events@osmh.on.ca](mailto:events@osmh.on.ca)

Please send your completed registration form to:

Orillia Soldiers' Memorial Hospital Foundation  
146 Mississaga Street West  
Orillia, ON L3V 3B3

You may also fax it to us at 705-325-4693, or scan and email it to [events@osmh.on.ca](mailto:events@osmh.on.ca).

Forms will be accepted until August 10, 2012.

### Rules and Regulations

1. Participants may use any stroke to propel themselves through the water; they may also tread water or float.
2. A participant may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary boat.
3. In an emergency, a participant should raise an arm overhead and call for assistance.
4. Wetsuits are allowed.
5. A participant must wear the swim cap provided.
6. Goggles and nose clips are allowed.
7. Each swimmer participating in the 4K swim is required to provide a personal, non-motorized safety boat (i.e. canoe, kayak, etc.) to accompany them through the swim.
8. There will be a time limit of 2 hours and 15 minutes for the 4K swim. Anyone over that time will be boated back to shore.

### For Support Boaters

- There must be a PFD or lifejacket for each person in the boat plus one for the swimmer.
- Please launch from the Fern Resort boat launch, and paddle to the main dock to meet your swimmer.
- Support boats must stay clear of the start and finish lines. It is vital at the start area that support boats watch their swimmer from afar and join them once swimmers thin out.
- Boats must not block the path of any swimmer as they maneuver to meet their escort.
- Please do not enter your boat into the finish line or beach it there. Please paddle your boat to the right side of the finish line and pull your boat up the beach.
- NO POWER BOATS ALLOWED except for designated volunteer patrol boats.

### Volunteers

If your spouse, family members or friends are accompanying you to the swim, why not ask them if they would like to join us as a volunteer and have some fun too! Email us ahead of time if they want to help, so we can assign them – [events@osmh.on.ca](mailto:events@osmh.on.ca).

### Contact Us

Orillia Soldiers' Memorial Hospital Foundation  
146 Mississaga Street West  
Orillia, ON L3V 3B3

tel: 705-325-6464  
fax: 705-325-4693  
email: [events@osmh.on.ca](mailto:events@osmh.on.ca)