

2027
MS Mighty Swim

Your Weekend Guide

We're thrilled to be bringing back the MS Mighty Swim and can't wait to spend an incredible weekend with you at Unley Swimming Centre.

MS South Australia & Northern Territory

Proudly supported by: The City of Unley

Hello and welcome!

As many of you know, this event has a long and much-loved history. This year will also be a little different, as it marks the first MS Mighty Swim being delivered by our new Events Team. While we've been busy behind the scenes planning and preparing, we know many of you are returning swimmers, Team Captains, volunteers and supporters who have helped make this event so special over the years.

As we continue to grow and evolve the event, you may notice a few changes, including some new fundraising incentives and event experiences. These updates have been introduced to help ensure MS Mighty Swim remains sustainable, rewarding and impactful for years to come, while staying true to the community spirit that makes it such a unique event.

Most importantly, thank you for choosing to be part of the MS Mighty Swim. Every lap swum, every dollar raised and every hour donated helps support people living with multiple sclerosis across South Australia and the Northern Territory.

Whether you're joining us for the first time or returning for another year, we're so grateful to have you as part of our MS Mighty Swim community.

We can't wait to see you poolside!

The MS Mighty Swim Event Team
Sam, Dannielle & Trish



The essentials

When
Saturday 13 – Sunday 14 February 2027

Where
Unley Swimming Centre, Ethel Street, Forestville

Check-in
From 11:30am Saturday
Please stop by the information desk when you arrive to check in and collect your participant pack and any fundraising merchandise you've unlocked.

Saturday
11:30am: Check-in opens
12:00pm: Official welcome
12:15pm: Swim begins!

Sunday
12:15pm: Swim concludes
12:30pm: Awards presentation





What you need to know

This is a fundraising swim - not a race.

The MS Mighty Swim is first and foremost a fundraising event. It's about coming together, having fun and making a difference for people living with MS in South Australia & Northern Territory.

Know when you're swimming

Your Team Captain is responsible for organising your team's swimming roster. Make sure you speak to them before the event so you know when your shifts are.

Keep track of your laps

- Team Captains will receive lap-counting sheets. Your team is responsible for organising your own lap counters.
- Only one team member can be swimming at a time.
- A maximum of three team members can sit at the end of the pool at any one time.
- Always keep to the left and swim in a clockwise manner.

Weekend schedule

Saturday 13 February

11:30am	Check-in opens
12:00pm	Official welcome
12:15pm	Swim begins
2:00pm - 7:00pm*	Massage services available
4:00pm - 5:00pm	Costume Hour
12:00pm - 6:00pm	Live DJ
6:00pm - 8:00pm*	BBQ dinner available for purchase
12:00am	Midnight snack

**Please note, schedule is subject to change*

Sunday 14 February

6:00am - 8:00am*	BBQ breakfast available for purchase
8:00am - 11:00am*	Massage services available
10:00am	Raffle closes and winners announced
12:15pm	Swim concludes
12:30pm	Awards presentation for highest fundraisers, most laps swum and team spirit award

What to bring

Use the checklist below as your MS Mighty Swim weekend pack list:

Swim essentials:

- [x] A can-do-attitude
- [ ] Swimmers
- [ ] Goggles
- [ ] Swim cap
- [ ] Towel
- [ ] Water bottle
- [ ] Hat
- [ ] Sunscreen
- [ ] An extra dry towel if you're getting a massage
- [ ] Warm clothes/jacket for overnight and early morning shifts

Team area:

- [ ] Chairs
- [ ] Shade shelter/cabana
- [ ] Esky
- [ ] Decorations and team spirit

Overnight essentials:

- [ ] Sleeping bag/swags/tent/pillow (if camping)
- [ ] Weights for camping gear
- [ ] Sleeping bag and pillow
- [ ] Decorations and team spirit

Please note: tent pegs are strictly prohibited. You must use weights to secure tents, umbrellas, cabanas and other structures.



Food and drink

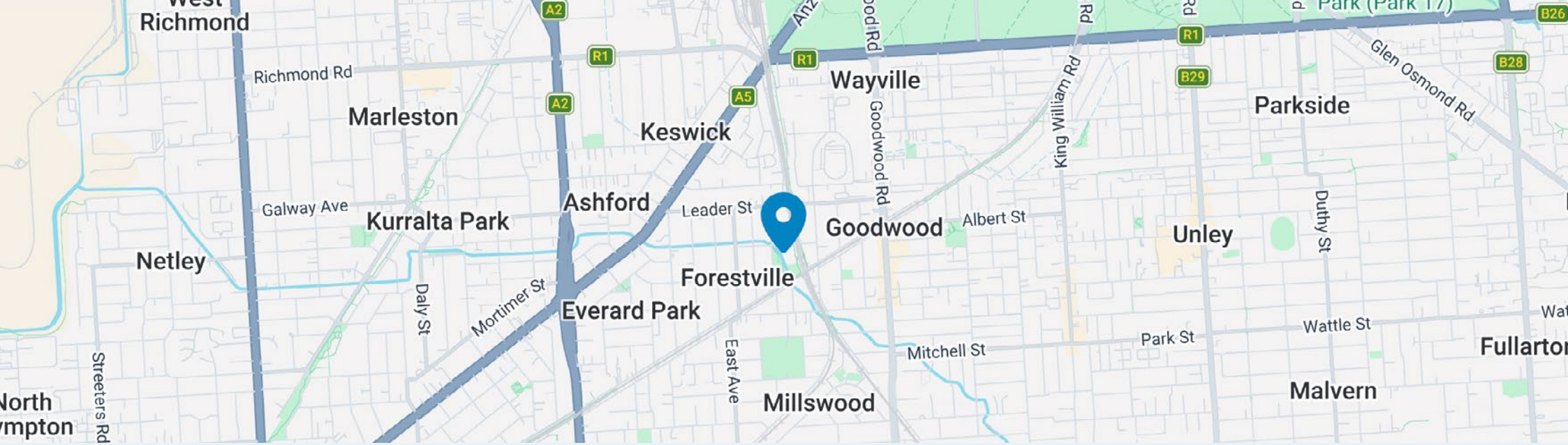
The Unley Swimming Centre kiosk will be open throughout the event, selling coffees, cold drinks and snacks. There will also be:

Saturday dinner: BBQ (gold coin donation)
Sunday breakfast: BBQ (gold coin donation)

You're also welcome to bring your own food and drinks.

Please note:

- There are no kitchen facilities available.
- There is no fridge or freezer space for food storage.
- You can refill your reusable water bottle onsite.
- Please don't eat near the pool.
- Alcohol is not permitted.
- Glassware and glass containers are not permitted.



Parking & getting there

Parking around Unley Swimming Centre is limited and the venue is located in a residential area.

Please follow all parking signs and restrictions and do not park in the 'Permit Zones' within the main car park. Parking fines issued for parking violations will not be waived by the City of Unley.

There is a small onsite car park, although parking restrictions may apply depending on the time of day.

We recommend parking on Nichols Street, where there are no time restrictions. If possible, we also recommend using public transport, with both train and bus services stopping close to the pool.

Safety

Lifeguards will monitor the pool throughout the 24-hour event. Please follow all directions from Unley Swimming Centre lifeguards, staff and MS
Society event staff.

In the event of an emergency, please follow the directions of the Unley Swimming Centre lifeguards and staff. Announcements regarding safety and emergency procedures will be made throughout the event.

In addition to the event rules outlined in this guide, all attendees must comply with the Unley Swimming Centre's Conditions of Entry and Pool Safety requirements.

Please remember:

- No running within Centre.
- Diving is **not permitted** in shallow end of main pool or within junior pools.
- Children under 5 yrs must be accompanied into the centre by a responsible adult over 16 yrs of age and supervised at arm's reach at all times.
- Children under 10 yrs must be accompanied into the centre by a responsible adult over 16 yrs of age and supervised at all times.
- Participants under 16 yrs must have written consent from a parent/legal guardian and be accompanied by an adult at all times.
- The MS Mighty Swim is strictly Smoke, Vape, Drug and Alcohol free.
- We recommend leaving valuables at home. Lockers are available for use within the change rooms at a cost of $2 per use.
- Please hand any cash donations directly to a MS Society member at the Information Desk for safekeeping.

Please review these prior to the event:

Unley Swimming Centre Conditions of Entry

Unley Swimming Centre Pool Safety Information

What you need to know

To keep everyone safe and make the swim enjoyable for all teams:

- The MS Mighty Swim is **not a race.**
- Only Team MS members may use swimming aids and flotation devices unless approved by the Event Team beforehand.
- There is now **no maximum team size** for MS Mighty Swim teams.
- Team Captains are responsible for organising swimmer rosters.
- Team Captains will be issued with lap counting sheets to record their team's laps. Teams are responsible for arranging their own lap counters, and we recommend lap counters are rostered as well as swimmers.
- Team Captains will receive a lane allocation on the day.
- Only one team member may swim at a time, excluding Team MS.
- A maximum of three team members should be seated at the end of the pool at any one time.
- Please practise good swim etiquette: be aware of other swimmers, avoid stopping in the middle of the lane and keep to the left of the lane.
- **Fins, paddles, snorkels and flotation devices are not permitted** unless approved by the Event Manager, excluding Team MS.
- Wetsuits are permitted.
- Unsportsmanlike conduct, as determined by the Event Manager, may result in immediate disqualification. The Event Manager's decision is final.
- Please be conscious of the fact the pool is in a residential area and noise must be kept to a minimum, particularly during the night.

If you're unsure about any of the rules, please speak to the MS Society Event Team.

Pool facilities:
The junior and toddler pools will be open during the swimming centre's normal weekend operating hours: **9:00am – 6:00pm**

Merchandise

Merchandise & fundraising rewards
Your fundraising helps make the MS Mighty Swim possible and supports people living with MS across South Australia and the Northern Territory.

Rather than purchasing event merchandise separately, participants can now **unlock exclusive MS Mighty Swim merchandise through their fundraising efforts.** It's our way of recognising and rewarding the incredible impact you're making. All eligible merchandise will be available for collection at the event.

Donations
You can also make cash or EFT donations at the information desk on the day. There will also be several additional fundraising activities over the weekend, such as the barbecue catering and raffle. We recommend you bring a small amount of cash for the raffle and gold coin donations, if possible.

Fundraise to unlock your rewards*



Raise $200
Unlock your official MS Mighty Swim Swimming Cap



Raise $500
Unlock a limited-edition MS Mighty Swim Towel



Raise $1,000 *(by 18 Dec)*
Unlock your exclusive MS Mighty Swim T-Shirt**

**While stocks last*
***If you reach this milestone, please let us know your preferred size before* **18 December** *to ensure we can order the correct size for you.*



A few final reminders

Be a good neighbour
The pool is located in a residential area. Please keep noise to a minimum, particularly during the night and early morning.

Look after your team
Team Captains: please make sure all members of your team have read and understand the event information and any instructions provided throughout the weekend.

Have fun!
Decorate your team space, dress up for Costume Hour, cheer each other on and make the most of the weekend.

Most importantly, remember why we're all here; to come together and make a difference for people living with MS.



Need help?

If you have any questions or concerns before or during the event, please contact Sam, Trish or Dannielle. Our team will be happy to help with any questions in the lead-up to or during the weekend.

events@mssant.org.au

(08) 6454 3131

Mighty Swim

MS South Australia & Northern Territory

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