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18 October 2011

From: Chief Executive Officer
To: Affiliate Presidents
Affiliate Secretaries
Cc: SSA Executive Committee
Convenors of Technical Committees

RE: OPEN WATER SWIMMING RULES FOR SANCTIONED EVENTS

Attached find the Open Water Swimming Rules for SSA Sanctioned Events for the period 01 May 2011 to 30 April 2012.

We have attached a list of events we are currently aware of and kindly request affiliates to confirm all sanctioned events by not later than 31 October 2011.

Should you require any clarification, kindly contact Ms. Daphne Bird at our office or via e-mail on daphne@swimsa.co.za.

Yours sincerely

A handwritten signature in black ink, appearing to read "Adriaanse".

SL Adriaanse
Chief Executive



Swimming South Africa Open Water Swimming

Rules for Sanctioned Events

October 2011

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1. INTRODUCTION

This Manual is intended to assist the management committee of the Local Organizing Committee (LOC) in the successful staging of The Swim Challenge Series events and other Open Water Swimming events in the Republic of South Africa.

Every open water swimming event will have specific problems depending upon the venue, type of water, start and finish points and safety considerations. While covering these points in general terms each LOC should appoint local specialists to interpret the guidelines to fit their specific needs.

Open water swimming competition is becoming increasingly popular. Whether it is a 1600 metre lake swim or a 25 kilometre ocean swim, a carnival-like atmosphere usually prevails at open water events despite the arduous demands placed on the swimmers. Conquering the kilometres of open water is a quite a feat.

The increasing popularity of triathlons and the addition of long distance events to the FINA World Championships have even more athletes participating in open water swimming events.

With FINA and the IOC having introduced the 10km as an Official "Marathon" event, the need for efficiently organizing safe swims has become imperative.

2. SAFETY CRITERIA FOR SSA SANCTIONED EVENTS

Water safety and medical backup will and must always be the number one priority at any open water event.

All SSA SANCTIONED open water swimming events will have a SAFETY OFFICER and a MEDICAL OFFICER appointed by the event organising committee.

The parameters of these officials are dealt with in the OFFICIALS EXPLANATORY NOTES section of this document.

The SAFETY OFFICER will ensure that the relevant chapter of SA LIFESAVING is present to oversee the safety of all participants. All lifeguards on duty will be in possession of a FPA – Fresh Water Proficiency award or a SPA – Surf Proficiency Award.

The following guidelines should be used for each event :

- Minimum number of patrollers with rescue boards on the water at any one time = 15
- Patrollers in rest / reserve on shore = 5 (minimum)
- IRB with skipper and one crewman on the water at any one time = 2
- Base support (Tent, gazebo's, ablutions) needs to be at the control point.

The MEDICAL OFFICER will ensure that is a qualified medical practitioner along with a recognised medical back up service at the event. The medical back up service should include paramedics and an ambulance which should be positioned on site at least 30minutes prior to the first event commencing. This unit will only be permitted to depart once the last competitor from the final event has left the water.

3. ORGANISATION OF SSA SANCTIONED EVENTS

3.1 Sanctioning and Hosting Of Events Bids

To stage a SSA open water swimming event and or have an open water swimming event SSA SANCTIONED bids must be submitted to the relevant SSA Affiliate in whose area of jurisdiction the event is to be held.

3.1.1 Information is outlined on the SSA website, www.swimsa.co.za regularly. Before bids are made the would-be Event Organiser shall clearly establish the following points:

- 3.1.1.1 A suitable course is available.
- 3.1.1.2 Safety requirements can be met.
- 3.1.1.3 Temperature limits will not be exceeded.
- 3.1.1.4 Sufficient funding can be provided to cover all event staging requirements.

- 3.1.1.5 Approval has been provided by the relevant government authority for staging of the event
- 3.1.2 In order to allow fair appraisal of a bid or sanctioning request, submitting Event Organisers should ensure that the fullest details are given of the course, organising committee, safety plan, funding and media coverage.
- 3.1.3 Upon being awarded a SSA event and or a SSA SANCTIONING of an open water swimming event, the relevant Affiliate shall provide to SSA details of the date, venue and course. Course details shall include type of water (salt or fresh), temperature range, tidal/current parameters, type of escort craft, and details of all events taking place.
- 3.1.4 Confirmation of an event having been sanctioned will only be accepted from a member Affiliate of SSA.
- 3.1.5 The Host Affiliate and or Event Organiser shall appoint a liaison officer to work with, and to keep SSA informed.
- 3.1.6 Affiliates must appoint OWS delegate/s who will ensure that event organisers have complied with all requirements for the staging of events.
- 3.1.7 All event organisers will pay a sanctioning fee of R5 per competitor to the relevant affiliate, for the event to be sanctioned by SSA, of which R2.50 will be retained by the affiliate and R2.50 paid to SSA by the affiliate.
- 3.1.8 Event organiser must submit to the relevant affiliate all results in hardcopy and in a suitable electronic format for capture into meet manager, immediately on completion of the event with the Event Report Form.

3.2 The Organising Committee

The Organising Committee appointed by the Host Affiliate and or the Event Organiser shall be responsible for providing the items or facilities given below, and for checking, correcting and/or maintaining the various requirements before and throughout the competition. The details given in the FINA Handbook concerning Open Water Swimming should be carefully consulted well in before submitting the bid / sanction application.

3.3 Affiliate Open Water Swimming Delegate/S

- 3.4.1 Co-ordinate with Event Organiser on all details for the conduct of SSA SANCTIONED open water swimming events.
- 3.4.2 Conduct a final inspection of facilities prior to the start of competitions, including any automatic timing equipment to be used.
- 3.4.3 Conduct meetings for the briefings of Delegates and Team Managers of participating members before the start of the competition.
- 3.4.4 Conduct briefings for Technical Meet Officials who will participate in the control of the competition.
- 3.4.5 Prepare a report to the Affiliate and SSA.

3.4 Affiliate Responsibilities

For SSA Open Water Swimming Events under its jurisdiction, affiliates will ensure the following in the preparation and conduct of the competition.

In particular:

- 3.5.1 **ENTRIES** - To review all applications and start lists.
- 3.5.2 **OFFICIALS** - To check all officials are accounted for.
- 3.5.3 **PROTOCOL** - To assist and ensure proper protocol is observed.
- 3.5.4 **MEDIA** - To assist the Affiliate officer appointed on matters related to SSA and FINA
- 3.5.5 **RESULTS** - To review and approve the ratified results list.
- 3.5.6 **MEDICAL** - To receive the report of the medical officer on pre-event medicals and to review the drug testing arrangements and actuation
- 3.5.7 **SAFETY** - To ensure that all safety precautions are in place for the event.
- 3.5.8 **COMPETITION** - To review all other arrangements.

4. OFFICIALS

The following is intended to give guidance to Event Officials on the interpretation and manner of execution of the Event Rules. The following officials shall be appointed at Open Water Swimming competitions:

- A Chief Referee (one per race)
- Referees
- Chief Judge
- Chief Timekeeper plus 2 Timekeepers
- Chief Finish Judge plus 2 Finish Judges
- Safety Officer
- Medical Officer
- Course Officer
- Clerk of the Course
- Race Judges (one per competitor) except for events of 10 km or less
- Turn Judges (one per alteration of Course)
- Starter
- Announcer
- Recorder
- Officials to be renamed as above thereafter

4.1. The Chief Referee

The Referee shall:

- 4.1.1 Have full control and authority over all officials and shall approve their assignments and instruct them regarding all special features or regulation related to the competition. He shall enforce all Rules and decisions of FINA and SSA and shall decide all questions relating to the actual conduct of the meet, the final settlement of which is not otherwise covered by these Rules (OWS 3.1)
- 4.1.2 Have authority to intervene in the competition at any stage to ensure that FINA and SSA Rules are observed (OWS 3.2)
 - 4.1.2.1 In case of hazardous conditions that jeopardize the safety of the swimmers and the officials, in conjunction with the Safety Officer he can stop the race. (OWS 3.2.1)
- 4.1.3 Adjudicate on all protests related to the competition in progress (OWS 3.3)
- 4.1.4 Give a decision in cases where the Judges' decision and times recorded do not agree (OWS 3.4)
- 4.1.5 Signal to swimmers, by raised flag and short blasts on a whistle, that the start is imminent and when satisfied indicate by pointing the flag at the Starter that the competition may commence (OWS 3.5).
- 4.1.6 Disqualify any swimmer for any violation of the Rules that he personally observes or which is reported to him by other Authorised Officials (OWS 3.6)
- 4.1.7 Ensure that all necessary officials for the conduct of the competition are at their respective posts. He may appoint substitutes for any who are absent, incapable of acting or found to be inefficient. He may appoint additional officials if considered necessary. (OWS 3.8)
- 4.1.8 Receive all reports prior to the start of the race from the Clerk of the Course, Course Officer and Safety Officer. (OWS 3.8)

4.2 Referees

The Referees shall:

- 4.2.1 Have authority to intervene in competition at any stage to ensure that FINA Rules are observed. (OWS 3.9)
- 4.2.2 Disqualify any swimmer for any violation of the Rules that he personally observes. (OWS 3.10)

4.3 The Starter

The Starter shall:

- 4.3.1 Start the race in accordance to OWS 4 following the signal by the Chief Referee (OWS 3.11).

4.4 The Chief Timekeeper

The Chief Timekeeper shall:

- 4.4.1 Assign at least 3 Timekeepers to their positions for the start and finish (OWS 3.12)
- 4.4.2 Ensure that a time check is made to allow all persons to synchronise their watches with the official running clocks 15 minutes before start time (OWS 3.13)
- 4.4.3 Collect from each Timekeeper a card showing the time recorded for each swimmer, and if necessary, inspect their watches (OWS 3.14).
- 4.4.4 record or examine the official time on the card of each swimmer (OWS 3.15)

4.5 The Timekeepers

The Timekeepers shall:

- 4.6.1 Take the time of each swimmer assigned. The watches shall be certified correct to the satisfaction of the Management Committee (OWS 3.16).
- 4.6.2 Start their watches at the starting signal, and only stop their watches when instructed by the Chief Timekeeper (OWS 3.17).
- 4.6.3 Promptly after each finish record the time and swimmers' number on the time card and turn it over to the Chief Timekeeper (OWS 3.18).

Note: when Automatic Equipment is used, the same complement of hand timers is to be used.

4.7 The Chief Judge

The Chief Judge shall:

- 4.7.1 Assign each Judge to a position (OWS 3.19).
- 4.7.2 Record and communicate any decision received from the Referees during the competition (OWS 3.20).
- 4.7.3 collect after the race, signed results sheets from each Judge and establish the result and placing which shall be sent directly to the Referee (OWS 3.21)

4.8 Finish Judges

The Finish Judges (three) shall:

- 4.8.1 Be positioned in line with the finish where they shall at all times have a clear view of the finish (OWS 3.22).
- 4.8.2 Record after each finish the placing of the swimmers according to the assignment given (OWS 3.23).

Note: Finish Judges shall not act Timekeepers in the same event.

4.9 The Race Judges

- 4.9.1 The Referee will brief the Race Judges on their assignments. The instructions will cover, but not be limited to the following:
 - 4.9.1.1 Rules and their interpretation
 - 4.9.1.2 Course
 - 4.9.1.3 Safety
 - 4.9.1.4 Protocol
 - 4.9.1.5 Special instructions.

Each Race Judge shall:

- 4.9.2 Be positioned in an escort craft (where applicable), assigned by random draw immediately prior to the start, so as to be able to observe at all times, his appointed swimmer (OWS 3.24).
- 4.9.3 Ensure at all times that the Rules of the competition are complied with, violations being recorded in writing and reported to the Referee at the earliest opportunity (OWS 3.25).
- 4.9.4 Have the power to order a swimmer from the water upon expiry of any time limit so ordered by the Referee (OWS 3.26).

- 4.9.5 Ensure that his appointed swimmer does not take unfair advantage or commit impedance on another swimmer and if the situation requires instruct a swimmer to maintain clearance from any other swimmer or boat (OWS 3.27).

Some more explanations:

- 4.9.6 The Race Judges will be assigned to an escort craft by draw immediately prior to the launching of the craft. Once assigned the Race Judge shall immediately load and board the designated craft. No contact with the swimmer or swimmer's representative shall take place prior to boarding.
- 4.9.7 The Race Judge shall report all technical violation to the Chief Judge in the manner prescribed in the pre-race briefing.
- 4.9.8 The Race Judge shall refrain from offering advice in the best routes to follow, but shall ensure (except on grounds of safety_ that the crew follow such directions as the swimmer's representative may give.
- 4.9.9 The Race Judge shall enforce the "impediment" rule. The rule is intended to eliminate slip streaming/drafting or "impedance". The rule shall not be enforced within the designated start area, finish area or turns in the case of slip streaming but shall apply at all times for cases of impedance. If, in the opinion of the Race Judge, a swimmer is impeding and or slip streaming another swimmer the Race Judge shall warn the Swimmer's Representative to immediately achieve a separation. Where one swimmer has to manoeuvre to give the required separation it shall be deemed that the overtaking swimmer is responsible for maintaining the separation until such time as they show they have a clear advantage over the swimmer previously in front. It is then the duty of the "overtaken swimmer" to maintain the required separation. The decision of which swimmer shall give way shall be based on the relative positions of the swimmers and not of their escorted boats. In all cases the Race Judge shall indicate infringement by clearly indicating with hand, palms facing, at shoulder width apart and then move them outwards followed by pointing at the swimmer.
- 4.9.10 The Race Judge shall keep a log on all matters pertaining to the swim. This log shall included violations of rules, time/distance information, stroke rate, times of feeding and any other incidents. This information shall be kept in a clear manner to enable inspection by a Medical Officer should the ability of the swimmer to continue be in any doubt.
- 4.9.11 Race Judges shall, at all times, bear in mind that they are the Referee's representative, their primary role being to uphold the rules of the competition and to ensure that the swimmer and Swimmer's Representative are competing within the spirit of the sport.
- 4.9.12 In a small boat for some eight hours it is important that a cordial relationship is established and maintained and that the swimmers are given every opportunity to swim the course to the best of their ability.
- 4.9.13 At all times from start until the assigned swimmer leaves the water the Race Judge shall be in such a position as to maintain close observation of their swimmer. With the obvious problems that arise in being on a small craft for this space of time care should be taken to ensure the Race Judge is fully prepared for personal comfort and sustenance.

4.10 The Turn Judges

The Turn Judges shall:

- 4.10.1 be positioned so as to ensure all swimmers execute the alterations in course as indicated in the competition information documents and as given at the pre-race briefing (OWS 3.28).
- 4.10.2 Record any infringements of the turn procedures on the record sheets provided and indicate the infringement to the Race Judge at the time of infringement by blasts on a whistle (OWS 3.30).
- 4.10.3 Promptly upon completion of the event deliver the signed record sheet to the Chief Judge (OWS 3.31).

4.11 The Safety Officer

The Safety Officer shall:

- 4.11.1 Be responsible to the Referee for all aspects of safety related to the conduct of the competition (OWS 3.31).
- 4.11.2 Check that the entire course, with special regard to the start and finish areas, is safe, suitable, and free of any obstruction (OWS 3.32).
- 4.11.3 be responsible for ensuring that sufficient powered safety craft are available during the competition so as to provide full safety backup to the escort boats (OWS 3.33)
- 4.11.4 Provide prior to the competitions to all swimmers a tide/current chart clearly indicating the time of tide changes on the course and showing the effect of tides or current on a swimmer's progress along the course (OWS 3.34).
- 4.11.5 In conjunction with the Medical Officer advise the Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted (OWS 3.35).

In addition to the Rules, please note the Safety Officer:

- 4.11.6 Co-ordinates with the Course Officer on all aspects of the course. Checks the tidal conditions/rates of water flow and be satisfied that the course is safe for the conduct of the Championship.
- 4.11.7 Checks with the Course Officer that suitable warnings of the Event have been passed to all other craft using, or likely to use, any portion of the course.
- 4.11.8 Briefs swimmers, handlers, and Race Judges and boat crews on all or any potential safety hazards and the action to be taken should any happen.
- 4.11.9 Checks prior to the start, evacuation procedures and sites of Medical Teams.
- 4.11.10 15 minutes prior to the start confirms to the Referee that, in their opinion, all safety requirements have been met.
- 4.11.11 Inspect the swimmers' escort craft as being suitable for the purpose intended. Depending upon conditions appertaining to a particular course the type of boat used will vary. In general terms the following criteria should apply.
 - 4.11.11.1 The boat should be of sufficient size to be able to contain the crew, the Race Judge and a Swimmer's representative.
 - 4.11.11.2 During any Event over 10km the swimmer will need to receive refreshment at regular intervals therefore it is essential that the Swimmer's Representative can get close enough to transfer the required refreshment without impairment or delay to the swimmer.
 - 4.11.11.3 If propulsion of the escort boat is achieved by human effort, it must be remembered that the swimmers will be travelling at up to 4km and if there would be a head wind during the event, staying with the swimmer could be very difficult.
 - 4.11.11.4 When an escort boat with mechanical propulsion is used the following points should be considered:
 - i. Exhaust fumes. Vertical or inboard exhausts present little problem; However, waterline exhausts can cause severe problems for the swimmer.
 - ii. At surface speeds of 3 knots or less a standard inboard, or outboard engine will be liable to "oiling up" and require periods of high revolution bursts to keep the engine clean. These should always be conducted with the engine in neutral.
 - iii. When a large engine is used and there is a problem with staying alongside a swimmer "Drogues" can be used. One or two buckets attached to secure lines can be streamed behind the boat to give additional drag. Care must be exercised that the lines cannot become tangled in the propellers.
 - iv. Toilet arrangements. Consideration should be given to the personal requirements of those persons who may be in the boat for up to eight or nine hours.

- 4.11.12 Inflatable's should only be used as a last resort due to their inability to keep a constant track in windy conditions and their unsuitability to be rowed at the required pace.
- 4.11.13 Canoes/surfboards can be of use as close-in escort in open stretches of rough water but must always be backed up by a suitable larger craft.

4.12 The Medical Officer

The Medical Officer shall:

- 4.12.1 be responsible to the Referee for all medical aspects related to the competition and swimmers (OWS 3.36)
- 4.12.2 inform the local medical facilities of the nature of the competition and ensure that any casualties can be evacuated to medical facilities at the earliest opportunity (OWS 3.37)
- 4.12.3 In conjunction with the Safety Officer, advise the Referee if, in their opinion, conditions are unsuitable for staging the competition and make recommendations for the modification of the course or the manner in which the competition is conducted (OWS 3.38).

In addition to the Rules:

- 4.12.4 The Medical Officer is responsible to the Organising Committee for the provision of adequate medical safety cover to ensure the well being of all swimmers and provide such facilities as are required under the rules and recommendations of FINA. During the actual event the Medical Officer's primary responsibility is to the Referee and will also act in conjunction with, and liaise with, the Safety Officer.

The Medical Officer's duties shall include:

- 4.12.5 Checking that the water quality for the designated course is safe and suitable for staging the event and to confirm that there are no other factors (such as shark, crocodile or jellyfish) which would render the venue undesirable.
- 4.12.6 Provision for final physical examination of all swimmers prior to the day of the event. Any swimmer who is, in the opinion of the Medical Officer, medically unfit to take part shall be reported to the Referee and Organising Committee.
- 4.12.7 To compile such data on the status of the swimmers as may be requested by FINA Medical Committee.
- 4.12.8 Provided for officials, boat crews and swimmers' representatives an explanation of the race medical plan. This plan should include swimmer recovery/casualty evacuation procedures.
- 4.12.9 Provide for Medical, First Aid and Paramedic Teams a detailed explanation of the medical plan together with relevant procedures required for its activation.
- 4.12.10 Ensure that all swimmers, at the time of finishing or in the case of withdraw, at the point of landing are not requiring further medical supervision.
- 4.12.11 Providing advice and assistance regarding suitable intake of refreshment or sustenance to aid recovery from the event.
- 4.12.12 Submitting a detailed report on all medical aspects of the event together with any recommendations for the planning and execution of medical plans in future events.
- 4.12.13 The Medical Officer shall also provide a Medical Plan.
- 4.12.14 The detailed medical plan for any given event will be unique when the vast ranges of variables are taken into consideration, especially the variations in temperatures and climatic conditions.

The medical plan should include but not be limited to the following:

- 4.12.15 Sufficient personnel and equipment to execute the plan.
- 4.12.16 A timetable and personnel roster for the pre-race inspection of all swimmers.
- 4.12.17 A main medical receiving site at which there should be sufficient medical equipment and trained personnel to ensure the basic medical needs of a swimmer until onward transportation or evacuation can be accomplished.
- 4.12.18 Detailed plan for onward evacuation of serious urgent medical cases to prepared designated hospitals or medical centres.
- 4.12.19 Sufficient means of communication to establish and maintain contact between the Medical Officer and their Medical Teams.

- 4.12.20 Detailed planning for the treatment of either hypothermic or hypothermic symptoms.
- 4.12.21 Details of the provisions made to supply the equipment and personnel required to conform to the rules and recommendations regarding the testing of swimmers for banned substances.
- 4.12.22 Sufficient land, water and airborne transportation to ensure the rapid movement of any casualties from the water or escort boat to a medical team.

4.13 The Course Officer

The Course Officer shall:

- 4.13.1 Be responsible to the Management Committee for the correct survey of the course (OWS 3.39).
- 4.13.2 Ensure that start and finish areas are correctly marked and all equipment has been correctly installed and, where applicable, is in working order (OWS 3.40).
- 4.13.3 Ensure all course alteration points are correctly marked and manned prior to the commencement of the competition (OWS 3.41).
- 4.13.4 With the Referee and Safety Officer inspect the course and markings prior to the commencement of the competition (OWS 3.42).
- 4.13.5 ensure that Turn Judges are in position prior to the start of the competition and report this to the Referees (OWS 3.43)

Some additional points:

- 4.13.6 Prior to the first briefing meeting that all aspects of the course are such as to conform to the initial safety clearance given at time of application.
- 4.13.7 Ensure prior to the first briefing that no obstructions exist on the course other than those already allowed for.
- 4.13.8 Confer with, and keep fully briefed, the Safety Officer.
- 4.13.9 At the briefing meeting ensure that large scale maps of the course, clearly showing start, finish and all turns, are available for swimmers representatives, Race Judges, all Officials and the media.
- 4.13.10 Brief all Turn Judges and allocate positions, ensuring sufficient markers and flags are available.
- 4.13.11 Check that sufficient transport is available to ensure that Turn Judges will be on station in time to carry out their duties and that sufficient arrangements have been made to ensure their collection after the last swimmer has passed their post.

4.14 Clerk of the Course

The Clerk of the Course shall:

- 4.14.1 Assemble and prepare competitors prior to each competition and ensure proper reception facilities at the finish area are available for all swimmers (OWS 3.44).
- 4.14.2 Ensure each competitor is identified correctly with their race number (OWS 3.45).
- 4.14.3 Be certain all competitors are present, in the assembly area, at the required time prior to the start (OWS 3.46).
- 4.14.4 Keep swimmers and Officials informed of the time remaining before the start at suitable intervals until the last 5 minutes, during which one minute warnings shall be given (OWS 3.47).
- 4.14.5 be responsible for ensuring that all clothing and equipment left in the start area is transported to the finish area and kept in safekeeping (OWS 3.48)
- 4.14.6 Ensure that all competitors leaving the water at the finish have the basic equipment required for their well being, should their own attendants not be present at the time (OWS 3.49).
- 4.14.7 Also the Clerk of the Course shall ensure that escort craft and swimmers are properly identified by number. The number assigned will be selected by lot (the number allocated will also indicate the number of the escort craft and start line position) all swimmers' numbers will be selected no later than the day previous to the competition.
- 4.14.8 It is the responsibility of the Clerk of the Course to ensure that all swimmers and their representatives are kept fully informed of the approach of the start signal and in that capacity to ensure that the swimmer's representative is made aware of the exact location of the escort boat in which they will travel plus the arrangements for getting into that boat immediately prior to the start. The Clerk of the Course is to ensure that

all swimmers are taken from their preparation area into the start area at the appropriate time and that clearly marked containers are available for any equipment not going on the boat, which, after the start will be transported and stored at the finish area.

- 4.14.9 The Clerk of the Course will ensure that finishers are re-united with their representative and escorted away to the showers/changing facilities or to the media interview positions.
- 4.14.9.1 Check-in each swimmer
 - 4.14.9.2 Ensure that all administrative details are accomplished: Entry fees paid, registration completed.
 - 4.14.9.3 If an escorted swim, ensure that the escorts are present.
 - 4.14.9.4 Assign number and mark both the swimmer and the escort.
 - 4.14.9.5 Brief or arrange to brief all swimmers and escorts on course and safety matters.
 - 4.14.9.6 Assist the Starter in lining up swimmers.
 - 4.14.9.7 After consulting with the Starter have escorts take positions.

4.15 RECORDER

The Recorder Shall:

- 4.15.1 Record withdrawals from the competition, enter results on official forms, and maintain record for team awards as appropriate. OWS 3.50
- 4.15.2 Report any violation to the Chief Referee on a signed card detailing the event, and the rule infringement. OWS 3.51

4.16 The Announcer

The Announcer shall:

- 4.16.1 Welcome swimmers and spectators.
- 4.16.2 Introduce them to Open Water Swimming.
- 4.16.3 Introduce Principals: Race Officials, Organisers, Sponsors, Elected Officials, etc.
- 4.16.4 Describe the course, the event, when to start day's other events, conditions.
- 4.16.5 Explain safety measures:
 - 4.16.5.1 head count,
 - 4.16.5.2 paddlers,
 - 4.16.5.3 escorts,
 - 4.16.5.4 lifeguards,
 - 4.16.5.5 doctor,
 - 4.16.5.6 Retirement procedures.
- 4.16.6 Announce notables present:
 - 4.16.6.1 International Swimmers,
 - 4.16.6.2 National Record Holders etc.
- 4.16.6.3 Keep an eye on the finish area and announce accordingly
- 4.16.6.4 Announce results and advise where they are posted.

5. ORGANISING OPEN WATER EVENTS

- 5.1 Plan a safe well-marked and patrolled open water swimming course.
- 5.2 The established Start and Finish areas should be highly visible from both land and water.
- 5.3 Consult with any and all local authorities concerning permits, authorities, etc for the conduct of the event in the specific location on the date and for specific hours. This should include not only in and on the water details, but vehicle parking, traffic control, other logistics, and emergency action.
- 5.4 Notify and consult land emergency organizations (ambulance, hospital, fire department, etc.) concerning the event and obtain emergency numbers. It is desirable for stand by emergency units to be at the event. A competition doctor shall always be available throughout the race.
- 5.5 Understand symptoms of hyperthermia, heat exhaustion and heat stroke. Be prepared to treat these and other conditions.

- 5.6 Include a communications network with two-way radios, an effective Public Address system and an Announcer who can give instructions, emergency announcements and race details to the spectators.
- 5.7 Explore the possibility of using a computer for entries, registration and results.
- 5.8 A chart and/or map for entrants and escorts to study at the race location should be set up. This should also be available with the meet information packet.
- 5.9 Do not allow late entries. You cannot adequately plan if you do not know the number of swimmers who will start.
- 5.10 Conduct a meeting **30 minutes** prior to the start of the race. Mandatory attendance is required of all coaches, swimmers and escort personnel. A refresher meeting should be held immediately prior to the race.
- 5.11 At the meeting:
 - 5.11.1 Describe the course, water temperature, surf condition and bottom conditions. Pinpoint hazards and currents in detail.
 - 5.11.2 Establish an accurate head count of swimmers and verify it at the starting line and at the finish line.
 - 5.11.3 Instruct swimmers and escorts of the system to be used to notify Race Officials that a swimmer has withdrawn from the race.
 - 5.11.4 Instruct swimmers on the event rules, including starting and finishing requirements.
 - 5.11.5 Be prepared to answer any questions and brief swimmers on any special safety matters that may include:
 - 5.11.5.1 Requirement to wear a brightly coloured cap
 - 5.11.5.2 Location or restriction on use of escort's boats
 - 5.11.5.3 Registration and numbering procedures
- 5.12 Provide qualified water rescue, safety personnel and any additional medical support personnel.
- 5.13 Arrange for a co-operative effort between water rescue safety personnel and paddlers, who will be patrolling the open water swimming course if the swim is not escorted. Urge the attendance of qualified lifeguards and safety personnel to oversee and participate in monitoring the swim.
- 5.14 Establish a cut off time, where swimmers are deemed "not to have finished" and may be removed from the water if they fail to finish within the established limits. For all Swim Challenge Series events and Swimming South Africa (SSA) sanctioned event, the rule requires that all swimmers not finishing within thirty minutes of the winner may be withdrawn from the water.
- 5.15 On longer swims and in cold water swims, where hypothermia is a problem, in-water finishes are essential. Requiring a person to run up a beach could be disastrous. It is for this reason that all 500m, 1km, 5km and 10km events will have in water starts and finishes.
- 5.16 There are conditions that arise and special considerations that may warrant cancellation of a race by the meet management. If inclement weather, fog, lighting, heavy winds, tides/currents, unfriendly sea creatures or any other conditions adversely affect the safety of the swimmers, the race should be cancelled. If the race is in progress, Race Officials should have a plan to remove all the swimmers from the water. There are sometimes conditions that place the escort and not the swimmer in danger. If the escort is in danger, so is the swimmer and they should be stopped.
- 5.17 The Meet Management must protect individual swimmers and it must have authority to remove any swimmer from an unsafe situation. In addition to being disqualified for violations of technical rules(i.e. the impediment rule, unsportsmanlike conduct, or not meeting the time limit) the swimmer can be disqualified for violation of a safety rule such as swimmer or support crew drinking alcohol or improperly placing a boat to cut off another swimmer.
- 5.18 As unpopular as a decision to cancel or disqualify may be, the Race Organizers and Officials primary concern is for safety, and they need to be prepared to take prompt decisive action.
- 5.19 Because of the numerous safety-related items at the meet, it is essential that a Meet Safety Officer be appointed.

5.20 The Course

- 5.20.1 Certification of the length of the course and suitability of the water must be provided to the Coordinator Open Water Swimming and the Event Safety Officer.
- 5.20.2 Course identification. The course is to be clearly marked with distance markers, where practical, every 1km along the course and all alterations/turns to be clearly marked and manned by a Turn Judge. A chart clearly showing the course and any/all turns is to be provided for each swimmer and each Race Judge. A distinctive marker is to be placed to indicate, at both start and finish areas, the point at which escorts boats may join or must leave their swimmers.
- 5.20.3 The following facilities are to be provided in addition to those given for the Start and Finish Areas:
 - 5.20.3.1 A suitable boat for the Race Referee to be used and directed entirely at the Referee's discretion.
 - 5.20.3.2 Transport to take all Turn Judges to their allocated positions and to retrieve them immediately after the last swimmer has passed or upon the Referee declaring the competitions closed.
 - 5.20.3.3 A suitable boat to allow VIP's to view the competition.
 - 5.20.3.4 Safety boats as required, having regard to the course.
 - 5.20.3.5 A suitable pilot craft that will maintain a position approximately 100 metres ahead of the leading swimmer.
 - 5.20.3.6 Landing points along the course at which withdrawn swimmers can be landed.
 - 5.20.3.7 Points along the course at which patients can receive immediate treatment.
 - 5.20.3.8 Spare escort boats able to substitute should one in service become inoperable.
 - 5.20.3.9 A supply boat able to provide food and refreshments to all boat occupants throughout the race.
- 5.20.4 The start line marking apparatus to be secure, safe and in proper working order.
- 5.20.5 If an operational system is used, it must be installed and maintained as approved by the Coordinator Open Water Swimming including:
 - 5.20.5.1 Automatic timing system, using touchpad at finish and video facilities.
 - 5.20.5.2 Audio-Visual System for Starter.
 - 5.20.5.3 Public Address System.
 - 5.20.5.4 Provision of back-up hand timing equipment.
- 5.20.6 The finishing point to be checked as securely fixed, safe and in proper working order.
- 5.20.7 Turn Judges Positions to be checked as in place and secure.
- 5.20.8 Turn or alteration points to be clearly marked.
- 5.20.9 Necessary chairs weatherproof clothing and recording books to be issued to all appropriate Officials.
- 5.20.10 Suitable containers for swimmers' equipment, their safe storage and transportation to the finish point to be arranged.
- 5.20.11 Equipment to be distributed to all safety craft and personnel including spare towelling material and blankets.

5.21 Pre-Race Facilities

- 5.21.1 The following facilities are to be provided prior to the race day.
 - 5.21.1.1 Medical inspection room
 - 5.21.1.2 Briefing meeting room
 - 5.21.1.3 Officials briefing room
 - 5.21.1.4 Course inspection by Swimmers, Team Officials and Race Officials.

5.22 Start Area

- 5.22.1 The following facilities to be provided in the start area:
 - 5.22.2 Changing rooms for Swimmers and their Representatives.
 - 5.22.3 Changing rooms for Officials.
 - 5.22.4 Room or covered/wind proof area for greasing/awaiting start.
 - 5.22.5 Receptacles for waste material.

- 5.22.6 Medical receiving facilities
- 5.22.7 Seating
- 5.22.8 Suitable containers for swimmers equipment which is not going on a boat.
- 5.22.9 Secure stowage and transportation of items in (g) above.
- 5.22.10 Toilet facilities and clean drinking water
- 5.22.11 Facilities for providing hot water for flasks
- 5.22.12 Waterproof marking pens for marking swimmers with their numbers
- 5.22.13 A suitable area for warm up
- 5.22.14 Area for final Race Officials briefing
- 5.22.15 Area for Boat Crew briefing.
- 5.22.16 Suitable crowd control personnel and equipment to keep the water entry point clear.
- 5.22.17 Spectator accommodation with clear view of start.
- 5.22.18 VIP seating with clear view of start.
- 5.22.19 Flagstaff for the National flag, Host Affiliate's flag and the SSA flag.
- 5.22.20 Display of Affiliate flags for all Affiliates competing.
- 5.22.21 Public Address System and Timing Display Equipment.
- 5.22.22 Refreshment room for VIP's.

5.23 Finish Area

- 5.23.1 The following facilities are to be provided in the vicinity of the finish point.
 - 5.23.1.1 A dais for honouring Swimmers.
 - 5.23.1.2 Affiliate flags of all Affiliates competing.
 - 5.23.1.3 The SA National flag, the Affiliate flag and the SSA flag.
 - 5.23.1.4 Sufficient crowd control personnel and equipment.
 - 5.23.1.5 Medical treatment area.
 - 5.23.1.6 Media interview area.
 - 5.23.1.7 Drug testing rooms.
 - 5.23.1.8 Seating arrangements for VIP's and officials.
 - 5.23.1.9 Information board giving current race data.
 - 5.23.1.10 Facilities for spectators giving clear view of finish.
 - 5.23.1.11 Landing facilities for personal equipment.
 - 5.23.1.12 Provision for swimmers' equipment that had been left in start area.
 - 5.23.1.13 Showers and changing facilities.
 - 5.23.1.14 Public Address system and Timing Display Equipment.
 - 5.23.1.15 Supply of drinks and refreshments for Swimmers, Coaches and Boat Crews and Race Officials.
 - 5.23.1.16 Provision of refreshments for officials and VIP's on site.
 - 5.23.1.17 Results publication facilities.
 - 5.23.1.18 Transport to take swimmers back to accommodation.

5.24 Communications

- 5.24.1 All Swimmers and Officials are to be given accurate information in verbal and written form clearly indicating any tidal/current flows that will in any way affect the course during the events. In tidal waters the time of tide change and rate of water movement are to be given.
- 5.24.2 The pickup point when escort boats can get alongside their Swimmers clear of the congested start area is to be clearly marked as should be the designated point, at the finish, at which boats must leave the Swimmer.
- 5.24.3 The public address system is to give a time check as authorised by the Chief Timekeeper prior to the start to allow all Officials and spectators or interested persons to synchronise their watches.
- 5.24.4 A communications plan is to be established. The "Primary" net shall include the Referee, the Safety Officer, and the Medical Officer plus a member of the Management Committee at the finish area. This net is to be used for the communications of urgent information only.

- 5.24.5 The "Secondary Working" net is to include Safety Personnel and secondary Race Officials and is to be used as the main linking system between all areas of the championship and back up facilities.
- 5.24.6 The "Secondary Working" net can be used for passing up to date positions to the Announcer and Information Board Operator at the finish point. All communications are to be conducted in English and the national or designated language of the Host Affiliate.
- 5.24.7 All those concerned with the event are to be provided with details maps which clearly show the accommodation, briefing, medical inspection, start, finish and presentation venues together with an appropriate timetable.
- 5.24.8 Full press facilities are to be provided including access to telephone, fax and other such means of communications as are necessary.
- 5.24.9 Visual media requirements should be provided to enable film or television teams to have access to all stages as appropriate.
- 5.24.10 Printing facilities shall be provided to enable a rapid results list to be produced immediately after the championships are declared closed. All Swimmers and Team Officials shall be issued with a ratified results list prior to the presentation ceremony.

6. FINA and SSA RULES CONCERNING START, VENUE, RACE AND TEAM EVENTS (OWS 5.1-5.10)

6.1 The Venue

- 6.1.1 SSA SANCTIONED open water swimming events will be 500m, 1000m, 1200m, 1500m, 3km, 5km, 10km or 25km conducted at a venue and course approved by SSA.
- 6.1.2 The course shall be in water that is subject to only minor currents or tide and may be salt or fresh water.
- 6.1.3 A certificate of suitability for use of the venue shall be issued by the appropriate local health and safety authorities. In general terms the certification must relate to water purity and to physical safety from other considerations.
- 6.1.4 The minimum depth of water at any point on the course shall be 1.40 metre.
- 6.1.5 The water temperature should be a minimum of 16 degrees Celsius. It should be checked the day of the race, 2 hours before the start, in the middle of the course at a depth of 40cm. this control should be done in the presence of a Commission made up of the following persons present:
 - 6.1.5.1 a Referee
 - 6.1.5.2 a member of the Organising Committee; and
 - 6.1.5.3 One coach from the teams designated during the Technical Meeting.
- 6.1.6 All turns/alterations of course shall be clearly indicated.
- 6.1.7 A clearly marked craft or platform, containing a Turn Judge, shall be positioned at all alternatives of course in such a manner as not to obstruct a swimmer's visibility of the turn.
- 6.1.8 All Feeding Platforms, turning apparatus and Turn Judges' craft/platform shall be securely fixed in position and not be subject to tidal, wind or other movements.
- 6.1.9 The final approach to the finish shall be clearly defined with markers of a distinctive colour.
- 6.1.10 The finish shall be clearly defined and marked by a vertical face.

6.2 The Start (OWS 4.1-4.10)

- 6.2.1 All Open Water competitions shall start with all swimmers standing on a fixed platform or in water depth sufficient for them to commence swimming on the start signal.
- 6.2.1.1 When starting from a fixed platform, competitors shall be assigned a position on the platform, as determined by random draw.
- 6.2.2 The Clerk of the Course shall keep swimmers and officials informed of the time before start at suitable intervals and at one minute intervals for the last 5 minutes.
- 6.2.3 When the numbers of entries dictate it, the start shall be segregated in the Men's and Ladies' competitions. The Men's event shall always start before the Ladies' event.
- 6.2.4 The start line shall be clearly defined by either overhead apparatus or by removable equipment at water level.
- 6.2.5 The Referee shall indicate by a flag held upright and short blasts on a whistle when the start is imminent and indicate that the competition is under Starter's orders by pointing the flag at the starter.
- 6.2.6 The Starter shall be positioned so as to be clearly visible to all swimmers.
- 6.2.6.1 On the starter command "take your marks" they shall take up a starting position with at least one foot at the front of the platform.
- 6.2.6.2 The starter will give the starting signal when he considers all swimmers are ready.
- 6.2.7 The start signal shall be both audible and visual.
- 6.2.8 If in the opinion of the Referee unfair advantage has been gained at the start the offending competitor will be given a yellow or red flag in accordance with OWS 6.3.
- 6.2.9 All escort safety craft shall be stationed prior to the start so as not to interfere with any swimmer, and if picking up their swimmer from behind shall navigate in such a way as not to manoeuvre through the field of swimmers.
- 6.2.10 Although they may start together, in all other respects the men's and ladies' competitions shall be treated as separate events.

6.3 The Race (OWS 6.1-6.17)

- 6.3.1 All Open Water Competitions shall be Freestyle events.
- 6.3.2 Race Judges shall instruct any swimmer who is, in their opinion, taking unfair advantage by pace or slip streaming with the escort craft to move clear.
- 6.3.3 **Disqualification Procedure**
- 6.3.3.1 If in the Opinion of the Chief referee or Referees, any swimmer, or swimmer's representative, or escort safety craft, takes advantage by committing any violation of the rules or by making intentional contact with any swimmer, the following proceeding shall apply:
- 6.3.3.2 1st infringement
A yellow flag and a card bearing the swimmer's number shall be raised to indicate and to inform the swimmer that he/she is in violation of the rules
- 6.3.3.3 2nd Infringement
A red flag and a card bearing the swimmer's numbers shall be raised by the Referee (OWS 3.6) to indicate and to inform the swimmers that he/she is for the second time in violation of the rules. The swimmers shall be disqualified. He/she must leave the water immediately and be placed in an escort craft, and take no further part in the race.

- 6.3.4 If in the opinion of a Referee, a action of a swimmer or a escort safety craft, or a swimmer's approved representative is deemed 'unsporting' the referee shall disqualify the swimmer concerned immediately
- 6.3.5 Escort safety craft shall manoeuvre so as not to obstruct or place themselves directly ahead of any swimmer and not take unfair advantage by pacing or slip streaming.
- 6.3.6 Escort safety craft shall attempt to maintain a constant position so as to station the swimmer at, or forward of, the midpoint of the boat.
- 6.3.7 Standing on the bottom during a race shall not disqualify a swimmer but they may not walk or jump.
- 6.3.8 With the exception of OWS 6.6, as mentioned above, swimmers shall not receive support from any fixed or floating object and shall not intentionally touch or be touched by their escort craft or crew therein.
- 6.3.8.1 Rendering assistance by an official medical officer to a swimmer in apparent distress should always supersede official rules of disqualification through "intentional contact" with a swimmer (OWS 3.1)
- 6.3.9 Each escort boat shall contain a Race Judge, a person of the swimmer's choice, and the minimum crew required to operate the escort safety craft.
- 6.3.10 No swimmer shall be permitted to use or wear any device that may be an aid to their speed, endurance or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.
- 6.3.11 Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive.
- 6.3.12 The pacing of a swimmer by another person entering the water is not permitted.
- 6.3.13 Coaching and the giving of instructions by the approved swimmer's representative on the feeding platform or in the escort craft are permitted. No whistle shall be allowed. Feeding poles are not to exceed 5m in length when extended. No objects, rope or wire may hang off the end of the feeding poles except national flags. National flags are allowed to be attached to the feeding pole but may not exceed the size of 30cm x 20cm.
- 6.3.14 When taking sustenance swimmers may use Rule OWS 6.6 provided Rule OWS 6.7 is not infringed.
- 6.3.15 All swimmers shall have their competition number clearly displayed in waterproof ink on their upper back, arms and hands.
- 6.3.16 Each escort safety craft shall display the swimmer's competition number so as to be easily seen from either side of the escort safety craft, and the national flag of the swimmer's Federation.
- 6.3.17 In all events, time limits shall apply as follows from the finish time of the first swimmers:
- | | | |
|-------------------|---|-------------|
| Events under 25km | – | 30 minutes |
| Events of 25km | - | 60 minutes |
| Events over 25km | - | 120 minutes |
- 6.3.18 Competitors who do not finish the course within the time limits shall be removed from the water except that the referee may allow a competitor outside the time limit to complete the course but not participate in any points or prizes awarded.
- 6.3.19 Emergency Abandonment
- 6.3.19.1 In cases of emergency abandonment of races of 10km or less, the race will be restarted from the beginning at the earliest possible moment.
- 6.3.19.2 In cases of emergency abandonment for races of longer than 10km, where the lead swimmer has accomplished at least $\frac{3}{4}$ of the race, the final ranking will be as reported by the Chief Referee. If the lead swimmers has not competed $\frac{3}{4}$ of the race, it will be restarted from the beginning at the earliest moment possible

6.4 The Finish of The Race (OWS 7.1-7.7)

- 6.4.1 The area leading to the finish apparatus should be clearly marked by rows of buoys that narrow as they get closer to the finish wall. Escort Safety crafts should be stationed at the approach to and entrance of the finish lane to ensure that only the boats authorised to do so enter or cross this entrance.
- 6.4.2 The finish apparatus should, where possible, be a vertical wall at least 5m wide fixed if necessary to flotation devices, securely fastened in place so as not to be moved by wind, tide or the force of a swimmer striking the wall. The finish should be filmed and recorded by video system with slow motion and recall facilities including timing equipment.
 - 6.4.2.1 When automatic Officiating Equipment is used for timing of competitions in accordance with rule SW 11, microchip transponder technology capable of providing split times is mandatory and should be added to the Equipment. Use of microchip transponder technology is mandatory for competitions at the World Championships and Olympic Games. Microchip transponder timing technology will be recorded officially in tenths of seconds. The final places will be determined by the referee based upon the finish judges' report and the finish video tape.
 - 6.4.2.2 It is mandatory for all swimmers to wear a microchip transponder on each wrist throughout the race. If a swimmer loses a transponder the Race Judge or other authorised Official, will immediately inform the Referee who will instruct the responsible Official on the water to issue a replacement transponder. Any swimmer who finishes the race without a transponder will be disqualified.
- 6.4.3 The Finish Judges and Timekeepers shall be placed so as to be able to observe the finish at all times. The area in which they are stationed should be for their exclusive use.
- 6.4.4 Every effort should be made to ensure that the swimmer's representative can get from the escort boat to meet the swimmer as they leave the water.
- 6.4.5 Upon leaving the water some swimmers may require assistance. Swimmers should only be touched or handled if they clearly display a need, or ask for assistance.
- 6.4.6 A member of the Medical Team should inspect the swimmers as they leave the water. A chair, in which the swimmer can sit while an assessment is made, should be provided.
- 6.4.7 Once cleared by the Medical Member, swimmers should be given access to refreshment.

6.5 Team Events (FINA BL 9.3.7.5)

- 6.5.2 Team events can be contested over the 5km distance
- 6.5.3 Teams will consist of three (3) swimmers, either one (1) man and two (2) women or two (2) men and one (1) woman.
- 6.5.4 Every team shall start with all swimmers together sixty (60) seconds after the preceding team.
- 6.5.5 The allocation of starting positions shall be taken from the automatic random draw. The ranking shall be decided by the individual time achieved by the third swimmer of the only one team per Club / Affiliate is allowed.
- 6.5.6 At the Telkom South African National Aquatic championship events there will be team events which will be contested on a provincial basis.

7 MEDICAL ISSUES

This section is derived from Open Water Swimming – Medical Notes by Dr Paul Mark, Perth Western Australia:

7.2 Nutrition and fluid Balance:

Competing in open water swimming events is a major physical effort, for which all competitors should have adequately trained. Swimmers can expect to be in the water for 2 – 4 hours for an up to 8km event and up to 6 – 8 hours for a 25km+ event. It is therefore important to recognize that the body has a finite reserve of carbohydrate and liquid and that the frequent intake of nutritional substances is essential.

It is not appropriate for swimmers to wait until they feel their energy levels decreasing before stopping for nutrition. Rather, swimmers should aim to complete the event with “half a tank full” of energy. This will require frequent stops over the longer events of 25km + events even though they may feel their energy reserves are adequate.

It is recommended that approximately 200 – 400mls of a balanced carbohydrate/electrolyte solution is ingested every half hour. This will also help in reducing cramps that are due to electrolyte depletion. Solid food may also be ingested but it will be difficult to chew with a fast heart rate. Chopped up banana, peach or fruit salad are recommended. Ingested substances should not be icy cold.

It is important to limit the duration of each break to less than 30 second in order to reduce the risks of hypothermia (getting too cold) and muscle stiffness.

7.3 Hypothermia (Lowered Body Temperature):

Prevention of hypothermia is essential. Wool fat (anhydrous lanolin) should be applied and will also help to lubricate the skin, especially around the neck, groin and armpit. Double bathing caps should be worn because a large amount of body heat is lost through the head. As body temperature is reduced, the blood vessels in the skin constrict and a disproportionately larger amount of heat is lost through the head and neck rather than through the rest of the body.

Nutrition stops should be brief because exercise increases the amount of blood flow through the skin, thereby increasing heat loss. Whilst active exertion is taking place, this is balanced by the increased muscle activity but when the swimmer stop, the increased flow through the skin results in further heat loss whilst muscular heat production is reduced. Prolonged stops are an easy formula for the development of hypothermia.

Swimmers who begin to feel cold should ingest more food by taking more stops of short duration. Food increases the body temperature because heat is produced by digestion and because the muscles require high levels of nutritional substances for maximum efficiency including heat production.

Escort crews should always be on the lookout for the development of hypothermia in their swimmers. Early symptoms consist of uncoordinated swimming movements and continual veering off course. When the swimmer stops, their mental processes may be dulled and they may appear vague. If a swimmer is unable to raise his/her arms above the head, obey other commands or to answer questions appropriately, then he/she should be retrieved from the water.

Hypothermia casualties should be handled gently. They should be dried thoroughly and wrapped on all sides with thick blankets. Towels etc. may be wrapped around the scalp and the sides of the neck. They should be protected from the wind either with windproof jackets or large green garbage bags. Food and fluids should be encouraged frequently in small amounts but alcohol is not advised.

The Medical Officer for the event should see the patient retrieved from the water on account of hypothermia.

7.4 Exhaustion:

Exhaustion occurs because of lack of energy from inadequate nutritional intake and from the effects of hypothermia. Its recognition and management are similar to hypothermia.

7.5 Pain:

Approximately 15km into a swim, many swimmers develop pain, especially in the shoulders. They may become abusive but can obey commands and answer questions. Support crews will require considerable tolerance in this situation but should encourage their swimmers to continue.

7.6 Sunburn:

This is a real risk despite the water. As a minimum, ICI Sports Blockout 15+ should be applied 15 minutes prior to wool fat. It is important to include the area behind the ears, the back, the back of the legs and the bottom of the feet. Fair skinned persons should reapply sun block every two hours to any area of their body not covered by wool fat.

7.7 Jellyfish stings:

These could be a problem for those people susceptible to stings. Wool fat will help to prevent them but Vaseline is far less effective because it melts off. The main problem with jellyfish stings is pain, although if there are multiple contacts, the pain may be severe and systematic symptoms such as nausea and vomiting may develop.

Pain is often soothed by the coolness of the water. Persistent severe pain should be reported to the Medical Officers.

7.8 Swallowed salt water:

Salt water is approximately 3% sodium chloride that is three times more concentrated than the body's internal fluids. Ingestion often results in vomiting. Treatment includes reassurance in the first instance, but persistent vomiting may require withdrawal.

7.9 Trauma:

Shark attack is unlikely. A significant risk however exists from escort boat propellers and extreme care must be taken when manoeuvring near swimmers. It is therefore highly recommended that all IRB units that are used in the vicinity of swimmers be equipped with a "prop guard", a stainless steel unit that fits over the exposed propeller.

8. OPEN WATER EVENT SANCTION APPLICATION

The following documents must be submitted with the application for sanctioning an open water swimming event. Completing the sanction application does not automatically grant you a sanction. This application will be reviewed and granted or denied the relevant affiliate. Failure to include all aspects requested in the application will automatically cause the application to be denied.

- 8.1. Open Water Swimming – Event Sanction Application Form
- 8.2. General Event Information
- 8.3. Race Plan
- 8.4. Safety Plan
- 8.5. Water Quality Certification
- 8.6. Emergency Plan
- 8.7. Contingency Plan

OPEN WATER SWIMMING - EVENT SANCTION APPLICATION FORM

BASIC INFORMATION			
Name of Host Club:			
Name of Event:			
Event Location:		Event Date	
City	Province	Affiliate	District
Length of Race (s):			
Age Groups Participating: (circle all that apply) 10&U 12&U 13&14 15-18 Open			

KEY PERSONNEL			
Meet Director:			
Cell Phone:		Telephone:	E-mail:
Chief Referee	Name:	Phone:	E-mail:
Safety Officer	Name:	Phone:	E-mail:
Clerk Of the Course	Name:	Phone:	E-mail:
Recorder	Name:	Phone:	E-mail:
Medical Officer	Name:	Phone:	E-mail:
On-Site Emergency	Name:	Phone:	E-mail:
On-Site Safety Auth.	Name:	Phone:	E-mail:
<i>If using multiple waves or separate gender races</i>			
Additional Referees:			
Assistant Referees:			

ADDITIONAL PERSONNEL	
Name of Medical Personnel on site:	Qualifications:
Open Water experience of Medical personnel:	
Additional medical personnel: (qualifications)	
Will medical personnel be located on the Course? Yes No	
Safety experience of first responders on the course: (Lifeguards, EMS, SAPS, etc)	
Name of Closest Medical facility:	
Type of medical Facility: (e.g. clinic, hospital)	
Distance to closest medical facility:	Approximate transport time.

RACE DAY CONDITIONS	
Expected Air Temperature:	Expected Water Temperature:
Type of Body of Water: (circle one) Lake Ocean River Pond Other:	
Water type: (circle one) Salt Water Fresh Water	
Course: (circle one) Closed course Open Course	
Technical Meeting (Date/Time/Place)	To include start, finish, turns, safety craft, withdrawal procedures, anticipated conditions
Pre-Race Briefing (Date/Time/Place)	To include course review, tides, currents, marine life, safety craft, withdrawal procedures, jewellery/nail inspection, roll-call
Safety Craft (Number and locations)	
Lifeguards (Number and locations)	
Anticipated weather conditions through finish	
List any changes from original race organization	
Water Quality Test (Date/Time/Results)	

9. OPEN WATER SWIMMING EVENT REPORT

BASIC INFORMATION				
SSA / Affiliate Delegate:			Date:	
Name of Host Club:				
Event Location:				
Name of Event:				
City/Town:	District:	Province:	Affiliate:	
Length of Race (s):				
Age Groups Participating: (circle all that apply) 10&U 12&U 13&14 15-18 Open				

DETAILS OF VENUE				
Length Of Course				
Category	Open	Age Group	Masters	
Type:	One Way	Circuit		
Water Temperature: C		Air Temperature: C		
Quality Of Water:	Rough	Waves	Choppy	Calm
Certificate Of Purification :		<i>Yes - Displayed</i>		

DETAILS OF EVENT	
Map Of Course:	
Start:	
Turn Buoys / Boats	
Marker Buoys:	
Finish Line:	
Type Of Timing:	

SAFETY	
Chief Referee:	
Safety Officer:	
Medical Officer:	
On-Site Emergency:	
On-Site Safety Auth:	
Doping Control:	
Life Guards:	

COMPETITION				
Number of Participants:	Men:	Women:		
Personal Observations of Race:				
Attached Complete Sets of Results	Yes:	No:		
Technical Meeting:				
Awards	Medals	Trophies	Prize Money	Other

ACCOMMODATION	
Athlete:	
SSA/Affiliate Delegate:	

OTHER	
Media	
Any Other relevant Information:	