

Open Water Swimming Guidelines



New Zealand Masters Swimming (Inc)

A set of guidelines for organisers of Open Water Swims, which
are to be run under the auspices of NZMS

June 2006

Introduction

New Zealand Masters Swimming (Inc) is the national body responsible for ensuring that Masters swimming events, organised and run under the name NZ Masters Swimmers are organised and run according to national minimum standards of safety and are conducted to ensure that all swimmers are treated fairly and equitably.

This guideline is designed to assist organisers to run their meet correctly so that swimmers safety is paramount and that the results are fair to all swimmers. It also sets out the responsibilities of OWS event organisers to NZMS.

This guideline is meant to be a “living” document and it can be altered, amended, or added to, as people obtain experience working with it. Please address all comments to the National Secretary NZMS.

Open water swimming

This guideline is about the sport of Open Water Swimming (OWS). OWS is defined as any swim meet that involves swimming in open water such as the sea, canals, rivers, harbours or rowing courses, either man made or natural.

The distance for an open water event is any distance over 1500 meters. Usually the distance is 3-5 kms but can be up to 10kms.

The course for an open water swim can vary from a straight line between to points or around a set course marked by buoys at each change in direction.

The distance is not accurately measured and is usually an approximation from marine charts. It is usually not necessary to have the course surveyed, as distance records are not kept for open water swims.

The FINA rules for OWS should be adhered to wherever possible and should be the guiding light for decisions on correct procedures.

Registration with NZMS

Any NZ Masters Swimming club organising an OWS has responsibilities to the national body. Pre-registration of the event must be done prior to the event being publicised. The form for this is in **Appendix 1** and this should be sent to the National Secretary as soon as possible after the decisions to hold the meet have been made.

Planning the event

A project plan should be prepared covering all the important aspects of the event. While each OWS event is unique, most of the important tasks are similar. An example of such a plan is included as **Appendix 2**.

Hazard Identification process

Attached, as **Appendix 3** is an example of a Hazard Identification process. It is important to go through this process to identify any obvious and not so obvious hazards that may be encountered during the swim and address the issues by adopting appropriate control measures.

Support craft arrangement and procedures

Attached, as **Appendix 4** is a format that can be used for briefing support craft personnel. This can be changed to suit local needs and circumstances.

Entry conditions and Entry form

Once the decision has been confirmed that an OWS will take place the entry form and information about the swim must be prepared. This will contain all the information necessary so the organisers can effectively manage the entries at all stages of the event. A suggested standard format is included as **Appendix 5**.

Additional safety issues

Hypothermia and warning signs

One of the most dangerous conditions found in open water swimming is a swimmer suffering hypothermia due to cold-water conditions or the chilling effect of wind. Attached, as **Appendix 6** is a guide for escort craft operators to use in recognising the various stages of hypothermia in swimmers and common warning signs. The treatment of people suffering from Hypothermia must not be delayed and must be carried out by qualified medical staff.

Consideration of Safety Standards and Precautions

Open water swimming can be hazardous so every effort must be made to ensure all swimmers are aware of the risks involved. The organising committee must ensure that the following issues are considered and managed as part of the overall project planning.

- All the necessary permits and approvals must be obtained to swim in the body of water. This may involve getting approval or permission from Territorial Local Authority, Harbour authorities, DOC, or other organisation.
- This may involve notification to other users of the water such as boating clubs or the public that a swim is taking place at a certain time and in such a location.
- The bacteriological quality of the water must be up to Local Authority or Regional Council standards for swimming.
- The course must be adequately marked to assist the swimmers and each change of direction must be clearly marked by a large highly coloured buoy.
- The temperature of the water must not be lower than 18 degrees C if swimmers are not wearing wet suits. Colder temperatures are permitted where all swimmers wear wet suits.
- Adequate provision must be made for medical coverage of the event. This could involve having medical or paramedical staff on duty on shore or in escort craft or having an arrangement with the ambulance service to attend in the event of an emergency. No effort should be spared in this aspect of the event planning.

Arrangements for the swim

Escort procedures

All open water swims must have a fleet of escort craft capable of lifting a swimmer from the water or supporting the swimmer until this assistance arrives. The following issues must be considered;

- Paddleboards, Surf skis, Kayaks, or other similar craft are acceptable for escort duties but must be backed up by powered boats such as IRBs or powered runabouts.
- For Masters Swimming events the number of escort craft should be a minimum of one to every 15 swimmers involved in the swim.
- Radio contact should be arranged between craft as necessary to assist with communication in the event of problems.
- Powered craft must not venture close to swimmers if the propeller is not protected.
- Powered craft should keep down wind from swimmers to prevent fumes from affecting swimmers.
- Escort craft must not assist swimmers by drafting or provide propulsive or towing aid.
- All escort craft captains must receive a safety briefing prior to the start of the race to ensure everyone know their role.
- All powered craft, and as many of the other escort craft as possible, should fly code flag "A" indicating that there are swimmers or divers in the water nearby. Under NZ law all craft within 200 meters of a boat flying "A" flag must reduce speed to 5 knots or less. If there is insufficient wind to fly the flag, it may be necessary to hold the flag up in such a way that it can be clearly seen by approaching boats.

(Reason: NZ Maritime Safety Authority put out a marine notice several years ago asking organisers of Triathlons and OWS to do this)

The start

Every effort must be made to ensure the start is fair for all competitors. The following points should be noted;

- Ideally the start of the event should be in water at least waist deep.
- A line can be suspended above the starting point to assist but this is not essential.
- Alternatively a start from a wharf or landing is permissible where swimmers dive into the water. Care must be taken to ensure the water is deep enough.

- A running start from land should be discouraged as this disadvantages those swimmers that are disabled.
- The start signal should be audible to all swimmers and must be heard by the timekeepers. This may involve radio contact with the finish judges some distance from the start so they can start their timing equipment.

The swim

The swimmers shall be briefed before the event commences and the following issues should be covered.

- For safety reasons all swimmers shall wear a distinctive coloured bathing cap. (to be provided by the organisers as part of entry conditions)
- Swimmers may be sent off in waves if numbers are too large. Ideally each wave should be no more than 100 swimmers.
- If a swimmer gets into difficulty the recognised signal is to raise an arm in the air to attract the attention of an escort craft.
- The layout of the course should be explained to the swimmers and in particular the changes in direction and the finish point.
- **Swimmers must report to the finish point if they are withdrawn for any reason so their whereabouts is known.**

The finish

The finish arrangements will vary according to the location and type of course set. The following points should be noted;

- The finish must be a defined line where any part of the swimmers touches or passes at the completion of the swim.
- It is desirable to have the finish in the water deeper than waist deep. This involves setting up a structure under which the swimmers are guided by buoys shaped into a funnel. Timekeepers and judges record the finish from above the swimmers.
- Where this set-up is not possible, a land finish is permissible as long as it does not disadvantage swimmers who may be disabled. In these cases a finish in shallow water may be an option.
- In all cases the finish must be clearly visible for the swimmers who are at water level. This can be done by brightly coloured flags or bunting suspended at the finish line.
- Place judges and timekeepers shall be positioned in such a way that they have clear unimpeded view of the swimmers as they finish.

Swimwear

All swimmers of the event should use normal swimwear however because of variations in conditions the following points should be noted.

- Normally wetsuits should not be permitted for masters swimming events. The NZ Masters Open Water Championships must be swum in swimsuits only.
- Because of cold water and weather conditions in some locations the use of wetsuits is becoming more common and is permitted with certain provisos.
- The entry form must clearly set out the conditions of entry and provide for either all swimmers in wetsuits or a non wet suit category separately judged. Wetsuit wearers will have a distinct advantage over those in ordinary swimsuits so each category must be judged and rewarded separately.
- Swimmers may wear up to 2 normal swim caps but wetsuit type head covering is not permitted.
- Goggles are permitted and grease and other ointments are permitted.

Registration procedures

Registration of swimmers is an important part of the organisation and contributes significantly to safety issues. The following points need to be considered.

- Registration should commence in sufficient time for all swimmers to be registered prior to the swimmers briefing and move towards the start point.
- A master list of all swimmers should be used for checking off swimmers as they register attendance
- Each swimmer is given a number and this is placed on the body in a convenient location usually on both shoulders. For those wearing wetsuit the number will be placed on the back of each hand.
- Numbering must be clear and done with waterproof marker pen.
- Care should be taken to ensure that suntan lotion or other substance is wiped off before applying the number.
- A number may also be placed on the swim cap and a gear bag if provided.
- At the completion of registration swimmers should be advised to await swimmers briefing instructions.
- Gear bags with the swimmers number should be transported to the finish point for the swimmers.

Officials

The following officials and personnel are the minimum required to run an effective OWS.

Course Safety Officer

On water controller

Starter and course judges at each change of direction

Timekeepers and recorders X 2

Computer operators and checkers

Registration desk with sufficient people to mark and record entry

Escort craft and escort support boats.

Results

Results should be made available soon after the last swimmer has finished. The following points should be noted

- If computer facilities are to be used arrangement must be made with the NZMS computer officer to have the Hytek program installed.
- Personal data must be entered after entries close for the event.
- A trial run of the event is recommended to test the system.

On the day the necessary equipment must be available to run the meet. This will include a computer, printer and consumables.

Indemnity issues

Entry forms for the event must make it clear that swimming in open water is hazardous. While ACC law provides a no fault system it is still good practice to take heed of sensible precautions and make swimmers aware of the hazards of distance swimming in cold water. Getting swimmers to sign a form that they understand this should be followed as a standard procedure. A guideline for consideration is contained in **Appendix 7**.

This is an example of a planning document for an open water swim event. Obviously situations are different and circumstances change from venue to venue but this gives an idea of the sort of planning that should be considered. (Note; Where brackets are used this represents optional information or can be varied due to circumstances.)

Annual 3Km Open Water Swim; Open Water Swim Project

Project plan: Open water swim to be held from XXXX to XXXX. To be held (date)

- An event open to all swimmers of 16 years of age and over. (optional)
- Male/female, 16 to 19 yrs
- Three Masters age groups 20 to 35, 36 to 50, 51 and over for both wet suit and non wet suit
- Age determination as at 31 December of the year of the event
- Wet suit category and non wet suit category, Masters, M and F, and non masters
- Trophies for: Non wetsuit and wetsuit categories, male/female and age categories, recognition of Masters winners.
- This year all swimmers must be prepared to swim in a wet suit to provide some certainty over the running of the event should the conditions be cool. If the conditions are suitable on the day a non wet suit category will be registered. (optional)
- Certificates for all participants (optional)
- To be held early Saturday morning with Sunday as the lay day in case of inclement weather.
- It will be necessary to start the race as near as possible to high tide to ensure deep water at the beach.
- Cancellation policy: If the race is cancelled because of unsafe conditions half of the entry will be returned upon application to the organisers. (optional)

Objectives;

- 1 To run a safe, efficient and enjoyable open water swim where everyone can compete on equal terms
- 2 To ensure that the facilities and arrangements are up to a high standard
- 3 To produce accurate results of the race within 30 minutes of the last swimmer finishing.
- 4 To produce a certificate of achievement for all entrants at a later date. (or on the day)

Venue

- 1 Venue description
- 2 Approval to use the course must be obtained from harbour authorities
- 3 Water about 18 degrees C. If significantly below this temperature swimmers may be required to wear wet suits. The race could be cancelled if the water temperature and or weather conditions are adverse.
- 4 Clean and non-polluted. Main influence on water quality is significant rainfall in the days preceding the event. May need to check water quality with authorities (ie Regional Council).
- 5 Competitors will be transported to the start on the day as part of entry fee (or what ever arrangements are necessary.)

Note:

- Confirmed by Harbour Masters office that the distance is 3km
- Advice to other users of the area about the time and date of the event. Information from harbour masters office

Pre-race marshalling

- 1 Reporting time for all participants will be from (time and date) premises on the (venue).
- 2 All swimmers must attend the pre-swim briefing at (Time) where safety issues will be discussed
- 3 Final marshalling to be done (Location) start point. Loading on Ferry at 8.50 am to depart at 9.00am.
- 4 Competitors will wear a coloured cap provided by the organisers. Cap to be marked with swimmers number.
- 5 Competitors will be sent off in one wave.
- 6 Competitors will be marked on both shoulders with their number or on the back of the hand if in a wet suit..

Note:

- Transport for swimmers
- Black waterproof markers required.
- Rubbish bags for clothing (marked).
- Be prepared for swimmers with suntan lotion or oil on. This will have to be rubbed off before marking.
- Consider marking of swimsuit wearers (on back of hand)

The Race

- 1 The event will be a straight-line course from the (point to point or around buoys).
- 2 Flags and banners to ensure swimmers can see it will mark the finish
- 3 Coloured safety flex to guide swimmers into the finishing funnel.
- 4 The start signal will be by horn or whistle (will need to relay this signal back to the finish by radio or cell phone).
- 5 A timekeeper and recorder will manually record the swimmer number and time of each swimmer. A duplicated back up team will be provided to ensure accuracy.
- 6 Two judges will be on hand to make decisions in the case of close finishes.
- 7 Results will be collated by computer system set up in the base.

Note:

- All the timekeepers on the beach will start their watches at the start of the race notified by radio.
- Start extra watches in case of a breakdown.

Essential equipment

- 1 Six stopwatches.
- 2 Six Clip boards and pencils
- 3 Prepared finish sheets.
- 4 Plastic rubbish bags for swimmers clothing to be returned to the finish (Marked with their number) (all care no responsibility)
- 5 Computer facilities including printer.
- 6 White board and pen for notices at check in.

Water Facilities

- 1 The start will be in the water, (or whatever is required) with the competitors lined up in a row.
- 2 4 timekeepers and 2 judges will be required at the finish point.
- 3 Channel the swimmers up the funnel to the finish point a meter or so from high water.
- 4 Ropes and stakes to keep public back.

Medical Facilities and Safety

- 1 A course Safety Officer will be in charge of all safety aspects of the race. This person has the authority to make all decisions about safety after suitable consultation with other authorities and experts as seen fit.

- 2 Arrangements will be made to inform emergency services of the details of the event in case of emergency treatment. Course medical officer will advise emergency services. Local emergency services (eg ambulances) have an acceptable response time to an emergency call.
- 3 A medical officer will be in attendance for the duration of the event to co-ordinate any medical emergency
- 4 A comprehensive emergency plan will be in place to handle all foreseeable incidents such as drowning, heart failure, and treatment for cold or other accident.

Note:

- Arrangements will be made with the emergency services such as helicopter and ambulance services in case it is necessary to evacuate seriously ill patients.
- Adequate arrangements must be made to cover for people affected by the cold or other accident.
- Assessment of risk of an accident caused by jet skis or motorboats entering course.

Escort arrangements

- 1 Kayaks, IRB and boats at a ratio of at least one to 15 swimmers will be provided (FINA Rule).
- 2 At least four powered escort boats will patrol the course continually outside the swimming lane.
- 3 One of the powered boats will carry the course judge.
- 4 Each escort boat will be in radio contact with the course safety officer on shore.
- 5 Kayaks will support swimmers until picked up by IRB.
- 6 All powered craft, and as many of the other escort craft as possible, should fly code flag "A" indicating that there are swimmers or divers in the water nearby. Under NZ law all craft within 200 meters of a boat flying "A" flag must reduce speed to 5 knots or less. If there is insufficient wind to fly the flag, it may be necessary to hold the flag up in such a way that it can be clearly seen by approaching boats.
(Reason: NZ Maritime Safety Authority put out a marine notice several years ago asking organisers of Triathlons and OWS to do this)

Note:

- IRB boats make ideal support craft.
- Coast guard will provide two boats
- Handheld radio available from ([source](#)).

Land Facilities

- 1 Toilets for male and female
- 2 Hot showers and dressing facilities.
- 3 Hot food supplied for competitors and on sale to supporters
- 4 Adequate shelter and protection in case of adverse weather for both swimmers and officials

Note:

- The food can be supplied by the BBQ style.
- Free to participants and sell to public
- Fresh drinking water will be required along with hot drinks.

Results

- 1 The results will be entered into the computer system and checked by the referee before posting.
- 2 Computer facilities including printer, and power will be required on site in a secure quiet place.
- 3 Prizes and or medals will be available at the event for presentation after confirmation of the results to the satisfaction of the referee.
- 4 People unable to pick up their medals at the race presentation must be recorded for later collection.

Personnel

- 1 Course Safety Officer
- 2 Starter and 2 judges
- 3 Timekeepers and recorders X 2

- 4 Computer operators and checkers
- 5 Registration desk about 6 people to mark and record entry
- 6 Escort craft and escort support boats.
- 7 Water transport to Island

Note: All essential personnel to meet before the event to go over there work procedures and responsibilities.

Liaison

- | | | |
|----|--|---------------------------|
| 1 | City Council Leisure Active Business Unit (Event Link) | Completed |
| 2 | Ambulance notification – emergency services advised | Doctor to advise |
| 3 | Harbour Masters office | Completed |
| 3 | | Contact made |
| 4 | Police Launch/Wharf Police | |
| 5 | DOC | Done – authority received |
| 8 | water users | |
| 9 | water Ski Club | |
| 10 | Life Flight Helicopter | |
| 10 | Sports trust | |
| 11 | Boating Club | |
| 12 | Yacht Club | |
| 13 | Other water users | Arranged |

Appendix 3

The following hazard identification process is an example of the process that should be carried out and adopted for all OWS. Each location will have different hazards and controls.

Significant Hazard Identification

The following table provides an assessment of the significant hazards identified and the proposed methods of control to be used to manage the event.

Hazard	Control	Comment
Drowning	<ul style="list-style-type: none"> • Adequate support craft to assist swimmers in difficulty • Medical assistance on beach • Emergency services notified about the event 	All participants have been warned that they should be medically and physically fit to swim this event
Hypothermia	<ul style="list-style-type: none"> • Fast IRB craft to take affected swimmers from the water for treatment • Land facilities at the (situation) • Hot Showers available. • Blankets available 	The minimum temperature for the water for non wet suit swimmers is 18 degrees. If the temperature goes significantly below 18 people may not be permitted to swim unless they have a wet suit. The hot showers are adequate for the numbers.
Swimmers hit by craft	<ul style="list-style-type: none"> • Support craft to patrol each side of swimmers to ensure other craft don't encroach onto the course • All swimmers wear brightly coloured caps 	All clubs nearby using this harbour area have been notified about the event.
Medical conditions i.e. heart attack or cramp	<ul style="list-style-type: none"> • Medical support on beach • IRB to pick up affected persons and transport to beach 	All Participants are given advice that they should be medically fit to swim this event.
Change in situation requiring all swimmers to be lifted from water (eg sudden squall, sharks)	<ul style="list-style-type: none"> • Fastest means of getting all swimmers ashore is by using all powered support craft. • Sufficient capacity on powered support craft eg Coast Guard and inflatables. • Can also call on local yacht club powered craft, but at a slower response time. • In the event that all swimmers need to be taken from the water, slowest swimmers should be removed first – leading swimmers should be removed last. 	Unlikely to occur, as the event will only be run in suitable conditions. Likelihood of seeing aggressive sea animals is very low, but needs to be planned for.

Appendix 4

The following sets out an example of the safety procedure suitable for a 3 Km sea swim. Appropriate changes can be made for each separate occasion or venue.

SAFETY CRAFT ARRANGEMENTS & PROCEDURES

Support craft that have been arranged:

1. Coastguard – two vessels “Spirit of Wellington” and “Coastguard 2” – emergency capacity is a total of 60 persons. Both vessels equipped with radio.
2. Inflatables – three (Sea cadets, rowing club and dive shop). Hand held radio communications arranged.
3. Kayaks – Sea cadets (3); kayak clubs (10 on Saturday but 5 on Sunday); Outdoor shop (5); individuals (5). Total: 23 on Saturday and 18 on Sunday. (ratio of craft: swimmers is better than 1:5).

Safety group - assessment of conditions:

At 7.15am on the day of the event, a safety control group (comprising the Safety Officer, Coastguard Duty Captain, a kayaker’s representative and the Controller) will decide if the conditions are suitable and the event can proceed. Factors to consider include:

- Wind speed and forecast weather conditions – need to consider both swimmers and support craft.
- Water quality.
- Water temperature.

Crew preparation:

1. Crews need to be equipped for the conditions so they can remain on station for up to 3.5 hours i.e. from 9am until 11.00 to 11.30am. We expect most swimmers to have completed the event by 11.00am. Food, drink, sun protection and cold protection on the water are the responsibility of individual crewmembers and kayakers.
2. Crews report to (venue) no later than 8.00am to register and attend compulsory briefing from 8.15 to 8.45am. Kayaks need to be prepared to enter water before the briefing.
3. All paddlers are experienced as sea kayakers. Must wear buoyancy aid.
4. All support boats and kayaks are to move as a group from (situation) to (situation), leaving straight after the briefing but no later than 9.00am.

Roles:

5. Role for all craft - to spread both sides of swimmers in order to prevent other craft from approaching swimmers and to provide continual observation of the whole group.
6. Kayaks – to be the initial means of support of a swimmer who needs assistance. The kayak is to support swimmers until they are picked up by inflatable craft.
7. Inflatables – lift swimmers needing assistance from the water and transport to beach.
8. Coastguard – Patrol along the flanks of the swimmers. These are the control vessels. They are also a means of transporting swimmers to shore, particularly larger numbers if needed. The boats have emergency equipment and first aid gear on board.

Method of operating:

1. General situation. Once the swim gets underway, the swimming group could be spread over about 1km. Ideally the lateral spread will be kept to say 500m or so. Support craft need to encourage swimmers to keep reasonably grouped by guiding swimmers back onto the line, if they are going off course.
2. Coastguard vessels - to patrol along flanks of swimmers. Controller aboard Coastguard vessel – Spirit of Wellington.
3. Kayaks - to be spread evenly on both sides of swimmers. Depending on spread of swimmers, the guideline is:
 - front group of swimmers: two kayaks each side
 - main group of swimmers: five kayaks each side
 - rear group of swimmers: two kayaks each side
4. Inflatable craft – patrol on sides of swimmers, two on down wind side and one on upwind side.
Note: upwind side craft needs to ensure swimmers don't breathe exhaust fumes, so may need to adjust position.

Distress signals:

1. Swimmers signal for assistance – arm in the air.
2. Paddlers signal for assistance – paddle straight up in the air.

Communications:

1. Operational channel – to be advised by radio control. Controller to advise crews at briefing. Probably Ch 74 or 77.
2. Harbour Master requires Ch 14 to be monitored throughout the event.
3. Call signs – “Spirit of Wellington”
“Coastguard 2”
“Rescue 1” – Sea cadet inflatable
“Rescue 2” – Rowing club inflatable
“Rescue 3” – Dive shop inflatable (if radio available)
“Safety Officer” – event Safety Officer, located in the (situation).
4. Other local channels – Yacht club – Ch 62

Appendix 5

XXXX Master Swimmers

Swim from _____ to _____
Date

Registration;	Date and time
Swimmers briefing (compulsory)	Time and venue
Race commences	Time

XXXX Master Swimmers have pleasure in presenting the opportunity to take part in this swim. Etc Etc

Conditions of entry

- Open water swimming can be hazardous and swimmers must be well prepared and medically fit. Swimmers should consult your doctor if you have any doubts about medical fitness to swim 3kms in cold water.
- While every endeavour will be made for your safety, the sponsors, XXXX Master Swimmers, or the organiser cannot be held responsible for any accident in or out of the water.
- You enter and compete at your own risk. To ensure safety all participants **MUST ATTEND THE BRIEFING AT XXX AM**
- Registration is from XXXX am at the XXXX premises (Location)
- The Safety Officer has the sole responsibility of deciding on the race should conditions be unsuitable on the day. FINA rules will apply in making this decision. If cancelled because of adverse weather conditions an attempt will be made to complete the race on the Lay day. Same conditions apply.
- Cancellation policy. Cancellations will be announced over Newstalk ZB cancellation service. If the race is cancelled 50% of the entry fee will be returned to the entrant on written application. *(Optional)*
- No refund will be made if the swim is transferred to the lay day.
- There is a limit of XXX entries for the race *(optional)*.
- Bags will be transferred from the start back to the finish by the organiser. All care will be taken but no responsibility. *(Optional)*
- Entries will only be accepted from Registered Master Swimmers, Triathletes or multi-sport organization, and registered Swimmers (16 yrs or over) or if other evidence of swimming fitness is provided. *(Optional)*
- Spot prizes and category winners. Certificates will be sent to all participants.
- All swimmers must be prepared to wear a wetsuit. If the conditions are satisfactory on the day registration will record a non-wetsuit category. *(Optional)*
- All swimmers must wear the swim cap provided.
- It is expected that swimmers will take no longer that 30 minutes per Kilometre Swimmers in the water after 1.5 hours may be withdrawn

For further information contact; (name address and e-mail of organiser)

(Report to the XXXXX no later than (time) a m on the day of the swim)

Entries close (Date)

Entry form

XXXX 3Km Swim

Day (date) (Lay day (date))

Surname; _____ First name; _____

Address; _____ City/Town _____

Phone Number; () _____ E-mail _____

Masters registration; Number; _____ Club _____

Tri or multisport registration;
Number _____ Club (Optional) _____

Swimming club registration;
Number _____ Club (Optional) _____

Other evidence of swimming
fitness (Optional) _____

Age (as at 31 December 2005) _____ Yrs Date of Birth ____ / ____ / ____ Male; _____
Female; _____

Declaration- (to be signed by all entrants)

1 I will observe the conditions laid down for the race

Entry fee
\$XX.XX

2 I enter and intend competing at my own risk. I am not aware of any medical reason why I should not swim this event. I consider that I am physically fit.

3 I am aware of the risk involved in a swim of this sort and while all care is taken by the organisers I agree to waive all and any claims against the sponsors, organisers, or any other person or entity associated with the event.

Make cheque
payable to
xxxxx Masters

Signed;

_____ Date _____

(Counter signed by parent or guardian if 16 or 17 yrs) (Optional)

Mail entry to: Name, address and e-mail of organiser. Closing date

No late entries will be accepted

Appendix 6

HYPOTHERMIA IN SWIMMERS

Prepared by Dr Karen Bisley 2005

Warning signs for a support person to watch out for.

(Any number of these may be present)

Mild Hypothermia

- Marked decrease in race pace (a clue)
- Uncontrolled Shivering
- Hunger (not always)
- Lethargy
- Slurred speech- Difficulty understanding what the swimmer is saying.
- Cramps (sometimes)
- Inappropriate behavior
- Irregular movements of the limbs
- Blueness around the mouth
- Confusion

Moderate Hypothermia

- Person may stop shivering
- Altered consciousness
- Irrational behavior
- Depressed mood
- Uncoordinated Limb movements
- Memory loss

Severe Hypothermia

- Unconscious

Treatment (medical advice should be sought)

Mild

Remove from cold

Take off wet items

Dry swimmer

Dress in warm clothes/ Wrap in blanket

Keep in a warm environment

Warm. {A good method of treating a patient with mild or moderate hypothermia is to sit them in the engine room of a vessel with inboard engines (If available)}

Moderate

As above

Other heat may be necessary

Warm fluids by mouth if they're alert enough

Body contact

Warm shower / bath

BEWARE

The colder a person gets the greater risk of heart beat irregularities. If the swimmer is moderately to severely affected. Move gently.

Appendix 7

SUGGESTED STANDARD GUIDELINES FOR INCLUSION IN ENTRY FORMS FOR OPEN WATER SWIMS

IMPORTANT – Please read carefully before signing the entry form-

1. I acknowledge that I am competing in an open water swimming event. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. No medical practitioner has informed me that I have a medical condition, which would make it inadvisable for me to compete in an open water-swimming event. I have no knowledge of any medical condition which would make entry in such an event inadvisable. I certify that I am physically fit and well to participate.
2. I am aware of and appreciate the inherent risk involved in competing in an open water swimming event, including the possibility of injury and accident.
3. I undertake to prepare and compete in a safe and proper manner and to do nothing, which would expose myself or my fellow competitors to unnecessary risk or injury.
4. I acknowledge that the organisers of the open water swim event are unable to guarantee my safety.
5. I undertake to inform the Safety Officer or organisers of any concerns I may have as regards the safe conduct of the event.
6. I have read and understood the above provisions and agree to abide by them.

.....
Name

.....
Age/Sex

.....
Date