

OPEN WATER SWIMMING RULES



SWIMMING EVENT



There will be three event distances:

All swimmers entered to meet at 08:00 for briefing and race will start at 09h00. Swimmers will line up at the Start line at the top of the beach and at the start will run down to the waters edge and enter the water to swim to the 1st bouy. All swimmers will finish up past the Start line.

The “**Fun Swim**” of approx. 500m will start on the main beach, and will follow a loop around a bouy directly in front of the beach. This event will follow the last swimmer finishing the longer events detailed below. This is a fun event and prizes will be given to those who dress funny, swim funny and some we will make up on the day 😊 😊 😊

The **1,5km swim** will start on the main beach and will proceed directly out to the 1st bouy (left shoulder) in front of the start, then change course to a bouy to the south end of the beach, from there swimmers will turn north towards a bouy at the north end of the beach, and then return to the first bouy in front of main beach.

The **3km swim** will start at the same time, and follow the same course, but with two loops. After the 1st loop, swimmers will run up the beach to a marker on the beach, and around and back down to the water for the 2nd loop.

These three swimming events are expected to take up to 2 hours.

WATER SAFETY PLAN

Aim

The aim of this water safety plan is to ensure that all involved know what is expected of them and when and where safety support will be at available. The plan will provide clarity to race officials on procedures and how various situations will be handled.

Water safety management will be provided by Big Bay Events, a very experienced events water safety company and widely recognized as the premier water safety company in the Western Cape. Local lifesavers will be used on the water on kayaks, paddle skis or SUPS and briefed and managed by Big Bay Events

ROLES AND RESPONSIBILITIES

Water safety officer (WSO): Walter Hart: 072 795 5371

Lifeguards: monitor and assist any distressed swimmers and communicate emergencies to NSRI skipper.

Medical Rescue service: on standby to handle more serious medical issues and provide transport to local hospital if necessary.

SAFETY OVERVIEW

Westcoast Medical Rescue will provide basic First Aid to swimmers to cover any minor injuries and mild hypothermia. Medical and ambulance services will be provided and managed by Westcoast Medical Rescue for the duration of both swim and kayak events.

The water safety team consists of volunteer lifeguards on the swim route on a variety of motorized and paddle rescue craft.

Lifeguard numbers are based on anticipated entries but will be subject to change based on actual number of competitors.

LOGISTICS

Lifeguards:

- 6 x safety support on SUP or paddle boards

Westcoast Medical Rescue: on standby on shore for the duration of the events.

Safety craft shall be spaced at approximately 200m intervals on SUP boards so as to achieve a maximum ratio of one safety unit per 20 competitors. At no time should any competitors be more than 100m from safety cover.



No safety cover shall leave the course or be withdrawn until the last competitor has left the water.

All turns shall be clearly delineated by buoys or other forms of marking.

First-aid units in attendance must be aware of the requirements for the treatment of shock and cold.

Communication channels will exist between the water safety team and other emergency service providers.

WATER TEMPERATURE

Water temperature is expected to range between a minimum of 14C and up to 18C. At temperatures below 11°C the organizers will consider cancelling the swim. The temperatures are based on water temperatures alone and assume that the wind chill factor is negligible. If wind chill is significant, swim distances may be reduced at higher temperatures.

COMMUNICATIONS

Communications channels will be established between NSRI and other support skippers with VHF marine hand-held radios. A lifeguard will be appointed to manage any casualties and will be stationed on the shore at the predetermined emergency exit point. This lifeguard will also be equipped with a VHF marine radio. They will have radio contact with the emergency medical team.

Lifeguards on craft will use standard lifeguard signals to communicate between themselves and support boat skippers. Communication channels to be tested prior to the event and operating frequencies to be confirmed with all role players to the event.



RULES AND REGULATIONS

All swimmers will be required to wear swim caps. Wetsuits will be allowed and will be recorded in a separate category. Assistance from a life guard or safety boat will render that swimmer disqualified from the race.

There will be two categories – “Skins and Wetsuits”

RISK ASSESSMENT

The purpose of the risk assessment is to outline potential hazards, as the likelihood of each hazard, identify severity in worst case scenarios and assign responsibility to manage and reduce the risk.

DROWNING, HYPOTHERMIA AND EXHAUSTION

If water temperature is 12°C or higher and water conditions are deemed to be normal, i.e.: there is no excessive wind swell and no wind chill factor concern, the swim will proceed as planned.

All swimmers will sign a declaration of swimming competence.

The Water safety team will monitor swimmers in the water. Lifeguards on boards will spread evenly over the course and a high-speed support boat will respond to distressed swimmers.

Blankets and hot drinks will be available at the finish point should they be needed.

An ambulance provided by Westcoast Medical Rescue will be on standby at main beach for the duration of the event in the event that an emergency evacuation or additional medical support is required.



WATERBORNE TRAFFIC

Waterborne traffic is to be controlled by the water safety team. All swimmers are also required to wear swim caps to enhance visibility in the water.

Any trauma as result of incidents involving waterborne traffic will be dealt with by the Water Safety Team and Westcoast Medical Rescue.

FURTHER SAFETY PROTOCOLS

Further risks include: pre-existing medical conditions, jellyfish stings and swallowing of salt water

These would be dealt with by the Water Safety Team and Medical services on a case-by-case basis on the day.

