



INFORMATION FOR OPEN WATER SWIMMERS

BEFORE THE RACE

- Referee's Briefing:
 - Will occur 15 minutes prior to the start of the race, and include the following information:
 - The path the course will take place, including which direction to go around the buoys
 - Where the start will take place and how it will be signalled
 - Water temperature
 - Finishing procedure

- Equipment Check
 - Legal swimsuit / wetsuit (see miscellaneous)
 - No fins, paddles, or other aids
 - Sufficiently clipped nails

THE START

- The start of the race will be indicated first by the referee who will blow their whistle and point a flag at the starter
- When everyone is set, the starter will wave their flag and blow the whistle to indicate the start of the race

THE RACE

- Once the race has begun, swimmers must avoid contact with each other
- Scratching, punching, or pulling on other swimmers will not be tolerated and will result in a disqualification

THE FINISH

- A swimmer is finished the race when any part of their body crosses between the flags or buoys marking the finish line
- Clear the finish area to make way for other competitors finishing

MISCELLANEOUS

- Swimsuits according to GR 5 shall be used in water temperatures of 20 °C and higher. In water temperatures of between 14°C and up to but not beyond 20°C, wetsuits shall be allowed. In water temperatures below 14°C competitions shall not be held