

LOS Race Guide for all swimmers

The LOS Rules and Regulations is used to promote the safest environment for all swimmers attending both LOS and Club organised sea swims. For this to be effective we depend on **all** registered swimmers complying with these rules and guidelines. Please take time to review all the details in full [HERE](#)

We want to accurately account for every swimmer entering and leaving the water safely.

Before the race

- Club officials are responsible for ensuring their club swimmers are capable of safely completing a 1 mile sea race in under 50mins.
- All swimmers must assess their own ability to swim in the sea conditions on the day.
- Plan to arrive at race location at least 45mins before start time – Registration will now close 15 mins before each race – no exceptions. Swimmers not present cannot have their entry paid by someone else.
- Safety briefings will be held before each race (Men's/Ladies) – you must attend this for race information
- All swimmers will have their race number marked on left shoulder – or left hand if wearing a suit.
- Mandatory hat colours must be worn – colours must be bright Yellow – Orange – Green – or Pink.
 - It will be assumed that swimmers not wearing these colours are not registered swim club members.
 - You disqualify yourself from the race by not wearing one of the mandatory hat colours.
- All swimmers must be pre-registered with LOS before a race and have a valid LOS race number.
- Any swimmer found to have entered a race and not paid their race fee will be banned from future LOS races.

During the race

- Bobby Nolan (race starter) + Club safety official + Safety boats must be in radio contact to agree all safety measures are in place before the start of each race.
- Any swimmer in difficulty should attract the attention of safety boats / support kayaks first or if needed a passing swimmer by raising a single arm and remain calm until help arrives.
 - Failure to comply with instructions from safety boat / support crews will result in that swimmer being eliminated from racing until a full review is completed by the LOS.

Race Finish

- The new 2018 handicap system is working extremely well based on accurate information being supplied, as a result many more swimmers are finishing in larger groups – Accurate time for 1500m must be submitted.
 - All swims should be competed on a 'best-effort' basis. Roping is unsporting and is being actively monitored. Offenders caught will be disciplined and disqualified.
- When finishing a race, please note the following
 - Currently only one finish card at a time can be issued - Please respect the finish place of those in front of you.
- LOS continues to trial chip timing systems that can maximise swimmer safety, accommodate the variety of our race locations while minimising cost and complexity for clubs and swimmers. LOS hope to have a solution in place for 2019 season.

The LOS and Swim Club officials are doing everything possible to ensure swimmers safety is paramount – we now need the support of all LOS swimmers by following rules, regulations and guidelines to help us all make our Leinster Open Sea swimming as safe, sporting, competitive and enjoyable as it has been in the past and for the future.

Any disputes with Club races must be addressed through your own Club Secretary first who in turn can contact leinsteropenseaswim@gmail.com.

Regards
LOS Safety Team