

# Leinster Open Sea 2018 Rules and Swimmer's Declaration

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# **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

## **1. Leinster Open Sea Races**

The swimming clubs of Leinster run the Leinster Open Sea Races to give swimmers the opportunity of swimming and competing in the open sea. Competitors in the Leinster Open Sea Races must however be aware that open water swimming is much more physically demanding than pool swimming and competitors face hazards and risks, including but not limited to:

- Slip and fall hazards at entry point and egress point due to uneven ground, steps and wet surfaces;
- Cuts and abrasions from rocks and sharp objects (including glass) on the shoreline and at the entry and egress points;
- Submerged hazards such as rocks or objects which are partially buried on the sea, river or lake floor which are not visible from the water surface;
- Collisions with objects floating in the sea;
- Collisions and contact with other swimmers competing in the race;
- Collisions with rescue boats and kayaks;
- Collisions with swimmers and marine users who are not participating in the race but who cross the race course;
- Water pollution;
- Stings and bites from contacts with marine or river life;
- Hypothermia due to low air and sea temperature and length of time spent in the water;
- Seasickness and disorientation from wind and waves;
- Effect of wind, water, currents and tidal streams;
- Hazards caused by the shape of the sea floor or river floor or lake bed;
- Damage or theft to personal property while swimming; and
- Hazards posed by spectators and members of the public.

This list is not exhaustive.

Before competing in a Leinster Open Sea Race, all competitors need to acclimatize to swimming in the sea and open water. The ordinary Leinster Open Sea Races (excluding Lough Dan) vary from twelve hundred to three thousand metres and swimmers must be prepared for swimming these distances. The sea temperature can vary from approximately nine degrees Celsius to fifteen degrees Celsius. The location of the race and the weather on the day will also impact water temperature.

Each swimmer must evaluate conditions before each Leinster Open Sea Race for him or herself to consider if it is suitable for them to swim. Conditions at each Leinster Open Sea Race will be different depending on tide, wind, weather, water temperature and sea conditions and therefore can only be assessed on the day at each race location.

Where a swimmer has a doubt after evaluating conditions before a Leinster Open Sea Race, they should not swim. Conditions, which may be suitable for your fellow competitors, may not be suitable for you.

# Leinster Open Sea 2018 Rules and Swimmer's Declaration

## **2. Race Rules**

### **2.1. Swim Ireland Competitor Number**

- All swimmers from Ireland must be registered with Swim Ireland either as an ordinary member or a special member.
- Swimmers from overseas must have either a valid FINA number or obtain a Swim Ireland Number.

### **2.2. Leinster Open Sea Race Number**

- All swimmers must have a **Leinster Open Sea Race Number**. This can be obtained from the <http://www.howdidyouswim.com/> website. Swimmers who registered in 2017 must re-validate their number to show they have read the 2018 Rules and Swimmer's Declaration.
- Swimmers must declare their time for 1,500 metres when registering.
- All Swimmers must ensure their **Leinster Open Sea Race Number** is validated by the Monday before the first race they wish to swim.
- Leinster Open Sea will publish each Tuesday on the Leinster Open Sea Website a list of valid **Leinster Open Sea Race Numbers**. If you are not on the list you cannot swim.

### **2.3. Swim Hats**

- Swimmers must wear a bright florescent hat so they are visible in the water. Colours that are permitted include pink, green and yellow.
- Swims hats which are white, blue or black are prohibited.

### **2.4. Wetsuits and One Piece Swim Suits**

- If you are wearing a wetsuit or one piece suit you must declare it at registration.
- Wetsuits are not allowed in the men's or ladies' races with the exception of medical reasons and new swimmers.
- Swimmers are not permitted to wear swimsuits which have zips and or hooks.
- If a Race official has any doubts on your suit, you will not be permitted to wear it in the race. It is up to you to approve the legality of the suit
- Arms must be exposed and one piece swim suits cannot extend below the knee in the Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim.

### **2.5. Swim Ireland Special Members**

- Swimmers must be a member of a Swim Ireland swimming club to swim in either the men's or ladies' ace;
- Special members are not allowed in the men's or ladies' race;
- Special members must compete in the Wetsuit race.

### **2.6. Registration before Race**

- Please arrive early for each race. Registration will close **half an hour** before each race.
- Swimmers must register with the handicapper at every race. Swimming without registering will result in your suspension for one month
- If it is your first time competing in a Leinster Open Sea Race, or if you are returning after not competing for several years, please arrive **an hour** before your race.
- Have your correct entry fee ready Adults Euro €10 and Minors Euro €5. (Some races charge higher fees).

# **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

## **2.7. The Start**

- Races on the Leinster Open Sea calendar shall be run on a handicapped basis, with the slowest swimmers starting first and the fastest last.
- The 5k and 10k races in Lough Dan and the Grand Dublin Swim are not handicapped.
- All open water races shall start from a designated start line marked by inflatable buoys or gate.
- If in the opinion of the starter, an unfair advantage has been gained at the start, the offending competitor may be penalised or disqualified.
- Any competitor who crosses the start line before their designated handicap time may be penalised or disqualified by the race referee or starter.
- All escort or safety craft should be stationed prior to the race so as not to interfere with any competitor.
- Even if they start together, the men's and ladies' races shall be treated as separate events.

## **2.8. The Race**

- All Leinster Open Sea competitions shall be freestyle events.
- Races are handicapped and are held on a "best efforts" basis. This means that swimmers must compete in good faith at the best of their ability.
- If in the opinion of a Referee, an action of a swimmer or an escort safety craft, or a swimmer's approved representative is deemed to be 'unsporting' the referee shall disqualify the swimmer concerned with immediate effect.
- 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.
- The safety of competitors and officials is of paramount importance. All competitors must immediately obey instructions from safety boats, crew or safety officials. Failure to comply with competitor safety instructions shall result in immediate disqualification.
- Rendering assistance by a medical officer to a swimmer in apparent distress should always supersede official rules of disqualification through "intentional contact" with a swimmer.
- No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy. Goggles, a maximum of two (2) caps, nose clip and earplugs may be used.
- Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive.
- The pacing of a swimmer by another person entering the water is not permitted.
- If a swimmer is caught cutting a buoy or marker, the swimmer will be disqualified from the race. On Second offense the swimmer's club will not receive prize / points for the race. On a third offense the swimmer will be suspended from all races for the season.
- Kayakers and race officials will film the race using go pros. Swimmer's personal images may be captured on video. In the interests of race safety and ensuring fair competition, LOS and the swimming clubs have a legitimate interest in capturing this personal data.
- 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.
- Any competitors deemed by the race referee, not to have completed the course as outlined at the start, shall be disqualified

# Leinster Open Sea 2018 Rules and Swimmer's Declaration

## 2.9. The Finish

- The finish point for all races shall be clearly marked , with inflatable buoys, flags or gate.
- The race referee or starter shall be the sole judge for finishing positions.
- As soon you as you have your ticket, you must move out of the way of the finish line, and head straight into shore to give your ticket and number to those collecting names. Races are held on a good faith and best efforts basis. Swimmers cannot deliberately hold back in obtaining their finishing place and any swimmer found doing so may be disqualified.
- Finishing positions may be recorded using a variety of methods as appropriate to the logistics at the race venue.
  - Numbered cards may be handed out, this card must be returned to race officials as soon as possible after completing the course.
  - Voice recorders may be used where numbered cards are not a suitable option.
  - Electronic timing chips may be used for races where this is again an appropriate option.
  - Certain events may use a combination of the above finish recording options.
- All competitors will be timed using manual or electronic timing;
- 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.
- Upon leaving the water some swimmers may require assistance. Swimmers should only be touched or handled if they display a need, or ask for assistance.

## 2.10. Handing in Tickets (“Numbered Cards”)

Race organisers must account for all swimmers who entered the water as soon as the race is over. It is impossible for race organisers to do that if swimmers do not hand in their tickets immediately.

Race organisers are instructed to have sufficient stewards, collecting race numbers in batches of no more than thirty.

As soon as you leave the water you must hand in your ticket and ensure that race officials, record your Leinster Open Sea Number, Name and Ticket number.

**If you leave the finish area without giving in your number you will be disqualified, no place, no points and no qualifying race. If you do this for a second time, Leinster Open Sea and the host swimming clubs reserve the right to refuse entry to future races.**

The above rule will not apply if in the event of leaving the water you are either:

- Extremely cold and need to get changed urgently; or
- Feeling unwell

However, make yourself known to a race official immediately. Do not leave the finish area without informing a race official, particularly if you feel unwell.

## 2.11. Prizes

- Swimmers who are competing in their first season of Leinster Open Sea Races or Swimmers who are returning after an absence of over three years will not be included in the prizes in their first four races.
- Team prize will be awarded to the team with the lowest score when the first four swimmers positions are counted. In the event of a tie, the points and prizes will be awarded to the team which has the first four swimmers home.

## **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

### **2.12. Wetsuit Race**

- Wetsuit races are not handicapped;
- Wetsuits are not allowed in the Liffey Swim or Dun Laoghaire Harbour Race;
- Wetsuit races will be run after the men's and ladies' races at some but not all of our races. If however, numbers are low for the wetsuit race, the wetsuit race may run at the same time as either the men's race or the ladies' race;
- Cut off time for Wetsuit races is **45** minutes.
- Swimmers who wear wetsuits (who are not part of the competition) are to stay clear of the finish point for the handicapped race so as to allow swimmers in the competition to finish the race; and
- the finish area for the wetsuit race will be at a different location to the finish area for the handicapped race.

# Leinster Open Sea 2018 Rules and Swimmer's Declaration

## **3. Retire from Race and Clear the Water**

### **3.1. Cut off Time**

Leinster Open Sea set cut off times to give swimmers a generous opportunity to complete the race course. **If you exceed the cut off time and are asked to retire from the race and leave the water you must do so immediately.** The race team will start calculating cut off time from GO not when an individual swimmer starts swimming.

The race team will set the cut off time for each race before the race. As a rule of thumb for a 1,600 metre race on a calm day, the race team will set a cut off time of forty eight minutes.

$$48 \text{ Minutes X } 60 \text{ Seconds} = \frac{2,880 \text{ Seconds X } 100 \text{ meters}}{1,600 \text{ Meters}} = 3 \text{ Minutes Per } 100 \text{ metres}$$

Assuming a course length of 1,600 metres, swimmers who swim at a pace of 3 minutes per 100 meters or faster will complete the course within the cut off time. This is a very generous time which all swimmers should be able to achieve.

The race team reserves the right to increase or decrease the cut off time depending on race day conditions. Shorter races will have shorter cut off time and longer swims will have longer cut off times.

Where a swimmer exceeds the cut off time, that swim will not

- count as a qualifying race for the Jones Engineering 99th Dublin City Liffey Swim or the 88<sup>th</sup> Dún Laoghaire Harbour Race; and
- the swimmer will not receive points in the swimmer of the year competition.

### **3.2. Incident on the Course**

Please also be mindful that although a swimmer may be making progress and can comfortably complete the race course within the cut off time, there may be incidents happening elsewhere along the race course which the swimmer is not aware of. The race organisers and rescue crews may need to direct their full attention to those incidents and ask all remaining swimmers to retire and leave the water. **If you are asked to retire from the race and leave the water you must do so immediately.**

### **3.3. Release Rescue Crews and First Aid Teams**

At the end of races, race officials may request swimmers to clear the water and collect their clothes and bag from the finish area. The race officials may wish to carry out a final tally to ensure that all swimmers are accounted for. Likewise race officials may wish to ensure that swimmers after leaving the water are in good physical condition and do not require medical assistance before releasing the Civil Defence and or first aid teams. **If you are asked to leave the water you must do so immediately.**

### **3.4. Sufficient Progress**

If a swimmer

- falls significantly behind other swimmers and there is a significant gap; or
- there is a deterioration in their stroke rate; or
- they are constantly stopping; or
- if the swimmer has stopped for more than a minute; or
- the rescue crews are of opinion that the swimmer is becoming hypothermic;

rescue crews or race officials will ask the swimmer to **retire from the race and leave the water immediately.**

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## **3.5. Double Laps**

Some swimmers use the Leinster Open Sea race as an opportunity to train for long swims by swimming double or treble laps of the course. If you are going to swim a second or more lap of the course please tell the Race team on registration.

## **3.6. Failure to Leave the Course**

Leinster Open Sea reserve the right to:

- disqualify from the race; and to
- refuse admission to future races

any swimmers who do not co-operate fully with instructions from race officials and or rescue crews **to retire from the race and leave the water.**

## **4. Disqualification of Swimmers**

Leinster Open Sea and the host swimming clubs will disqualify swimmers who:

- Consume alcohol before the race;
- Start the race by any other means than the official start gate;
- Commence swimming before their given start time as per their handicap and called out by the race starter;
- Fail to follow the course or fail to go around designated marker buoys;
- Leave the course or the finish area without ensuring that their Leinster Open Sea Race Number, Name and place number is recorded;
- Do not obey instructions given by race officials or rescue crews;
- Engage in dangerous or unsporting behavior;
- Physically or verbally abuse race officials, rescue crews or their fellow competitors;
- Fail to inform the Handicapper that they are swimming in a wetsuit or one-piece suit;
- Do not retire from the race and clear the water as per point 7 (below).

The above list is not exhaustive.

The Leinster Open Sea races are run by unpaid volunteers from Leinster Open Sea and the host swimming clubs. Leinster Open Sea and the host swimming clubs reserve the right to:

- disqualify from the race; and to
- refuse admission to future races

swimmers who do not co-operate fully with instructions from race officials and or rescue crews or who do not comply with the rules of Leinster Open Sea and the host swimming clubs.

Section 19 outlines Leinster Open Sea's complaints and disputes procedure. If a swimmer has a genuine complaint they should use that procedure. If a swimmers make abusive or derogatory remarks about race officials on social media, Leinster Open Sea reserves the right to refuse admission to future races.

## **5. Changes to Race Rules**

Leinster Open Sea and the host swimming clubs reserve the right to make amendments to the 2018 Rules and Swimmer's Declaration at short notice in order to ensure the safety of swimmers, rescue crews, race officials and spectators and to ensure good administration and fair competition of the open sea swimming races.

If you believe that any amendments are unfair or onerous please email Leinster Open Sea within five days of the publication of the changes online. Leinster Open Sea and the host swimming clubs will listen to your objection and then decide whether to proceed with the amendments.



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## **6. Parents or Guardians of Swimmers under 18 year of age**

In addition to completing this online entry form, Parents or Guardians of Swimmers under 18 years of age must sign their consent for their child to swim in 2018 Leinster Open Sea Races. Please complete Section 24, scan it and email it to [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com).

**Leinster Open Sea must receive the signed Parental consent form before we will allocate a race number to a minor child.**

## **7. Start time, Cancellation and Postponement of Races**

Leinster Open Sea and the host swimming clubs reserve the right to:

- Cancel races if sea or weather conditions are unsafe;
- Cancel races on advice from An Garda Síochána, Civil Defence, Irish Coastguard; Harbour Authorities or other competent mariners;
- Cancel races if there is not sufficient boat or rescue cover;
- Change or shorten race courses;
- Refuse admission to races.

Leinster Open Sea and or the host swimming clubs will not refund entry fees in the event that races are cancelled, postponed, start time changed, course changed or if a swimmer is asked to retire or refused admission to a race.

## **8. Entry Forms**

For the five blue ribbon events on the calendar there are online entry forms;

- 88<sup>th</sup> Island Swim on Saturday 7<sup>th</sup> July;
- 88<sup>th</sup> Dún Laoghaire Harbour Race on Sunday 5<sup>th</sup> August;
- The Lough Dan Races on Saturday 11<sup>th</sup> August;
- Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim on Saturday 1<sup>st</sup> September; and
- Wicklow 3k for RNLI on Saturday 8<sup>th</sup> September.

Online entry forms can be found on the [www.fitlive.ie](http://www.fitlive.ie)

Leinster Open Sea will only accept online entries for the above races this year.

## **9. Hypothermia**

Hypothermia is one of the most serious dangers of sea swimming. It is important to educate yourself on its symptoms before trying your first sea swim. The symptoms and signs of the onset of hypothermia can be difficult to recognise if not self-aware. These symptoms typically include:

- bouts of shivering;
- disorientation;
- irrational behaviour;
- blueness of the lips;
- inability to concentrate or co-ordinate speech; and
- inability to respond to simple requests or questions.

If you find yourself very cold while swimming, do not continue. Raise your hand and the rescue boats will assist you. Remember, your life is a lot more important than a sea swim! Educate yourself and do not push beyond your limits in this regard.

# **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

## **10. Medical Condition**

If you suffer from a

- medical condition, or
- are recovering from illness; or
- are taking medication

you should consult with your doctor before entering the Leinster Open Sea Races or competing in open water swimming.

Parents or guardians should consult with their family doctor before allowing their children to compete in the Leinster Open Sea Races.

Leinster Open Sea will bear no responsibility for your decision to enter any swimming race on the Leinster Open Sea Calendar in 2018 or in future years.

## **11. Wetsuits Men's and Ladies' Races**

Wetsuits are **NOT** allowed in the men's or ladies' races.

### **Medical Condition or Elderly Swimmers**

At the discretion of the Handicapper and Leinster Open Sea, swimmers who suffer from a medical condition and who are instructed to wear wetsuits by their doctor are exempt from the wetsuit rule and they are part of the competition. Please email doctor's letter to [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com) or give to handicapper when registering.

### **Grand Dublin Swim**

The wetsuit rule does not apply to the Irish Long Distance Swimming Association's Grand Dublin Swim.

### **New Swimmers**

At the absolute discretion of the Handicapper and Leinster Open Sea and in the interests of promoting participation in open sea swimming new swimmers are permitted to swim a couple (no more than two) races in a wetsuit. This is to help new swimmers to orientate, acclimatise and transition to the Leinster Open Sea Races. (Please remember you must ask for permission first do not assume you automatically have permission.)

Swimmers who are permitted to wear a wetsuit:

- will not be part of the competition;
- will not receive an official race time or place; and
- Races in wetsuits do not count as qualifiers for the Dublin City Liffey Swim or the Dún Laoghaire Harbour Race.

Swimmers must be a member of a swimming club, this exemption does not apply to Special Members.

## **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

### **12. One Piece Swim Suit (Men's or Ladies' Races)**

One Piece Swim Suits which cover the body, the arms and the legs are allowed as long as they are made of a woven or textile materials. This is allowed to protect swimmers against anaphylactic shock from jellyfish stings.

Swimmers who wear one piece swim suits of a woven or textile material:

- are part of the competition;
- will receive an official race time or place; and
- Races in one piece swim suits of a woven or textile material do count as qualifiers for the Dublin City Liffey Swim or the Dún Laoghaire Harbour Race;
- Swimmers are not permitted to wear swimsuits which have zips and or hooks;
- For the Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim, arms must be exposed and swimsuits cannot extend below the knee.

Please show the swim suit to the handicapper when registering if you are wearing a one piece swim suit. The Handicapper and the race team have final say as to if the suit qualifies as swim suit or as a wetsuit. The decision of the Handicapper and the race team will be final.

Swimmers are not permitted to use or wear any device or swimsuit that may aid their speed, buoyancy, heat retention or endurance (such as wetsuit, webbed gloves, paddles, fins, etc.). Swim suits may not be made from neoprene or any other material which offers similar heat retention or buoyancy properties (as determined by the Handicapper and the race team). If in doubt, arrive early for registration and ask the Handicapper and their team.

### **13. Handicap System**

The Leinster Open Sea Races attract a wider range of ages (from teenagers to senior citizens) and ability (from novice swimmers to internationals). Leinster Open Sea run the Leinster Open Sea Races under a handicap system so as to give each swimmer an opportunity of either winning a race or winning a prize (top six place).

Based on a swimmer's performance in previous races the Handicapper gives the swimmer a handicap. The Handicapper will determine when a swimmer will start the race. The slower swimmers will start swimming one to two minutes before "GO" whereas the faster swimmers will often have a high handicap and have to wait four or five or more minutes after "GO". The winner is the first swimmer to pass the finish line. The handicap gives each swimmer an equal opportunity to win the race.

The effective working of the handicap system requires all swimmers compete in good faith at best efforts at all times. Any swimmer, who in the view of the referee and/or handicapper does not compete at best efforts, in good faith, and to the best of their ability, may be disqualified and/or suspended from competing in future races.

The Lough Dan Races and the Grand Dublin Swim are not handicapped.

#### **New Swimmers or Returning Swimmers**

New Swimmers who are competing in their first season of Leinster Open Sea Races or Returning Swimmers who are returning after an absence of over three years will not be included in the prizes in their first four races.

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## **14. Race Number**

In order to process large numbers of swimmers at race day, Mr. Neil Murphy has set up an online database at <http://www.howdidiyouwim.com/>.

All swimmers must register with this database. When swimmers register with the database, the database will issue new swimmer with a **Leinster Open Sea Race Number** or validate numbers issued in 2017. Race Numbers will start from 200 onwards. That will be your Race number for the 2018 season.

### **New Swimmers or Returning Swimmers**

When registering swimmers will be asked to declare their time for 1,500 metres. Please give an accurate and honest figure as the Handicapper will use this time to set their initial handicap.

### **At Registration**

When registering for swims, swimmers must quote their **Leinster Open Sea Race Number**. The race team will issue handicaps based on each swimmer's Race Number. **No Race Number No Swim**.

### **At Finish Point of Race**

When swimmers exit the water, the race team will give each swimmer, a card with their Place Number on it (1,2,3 etc.).

The race team will then record both swimmer's Place Number 1,2,3 etc., their name and their **Leinster Open Sea Race Number**.

Please ensure to register early and to keep your registration number throughout the 2018 season.

## **15. Swimmers Living in Leinster Swim Ireland Number**

Swimmers who live in Leinster must be registered to a swimming club affiliated to Swim Ireland to swim in the men's or ladies' races. **Special membership of Swim Ireland will not suffice you must also register with a club.** Your club will issue you with a Swim Ireland Competitor number.

Swim Ireland is the national governing body for swimming in Ireland and is affiliated to Fédération Internationale de Natation "FINA".

If you do not have a competitor number and wish to join us in competing in the 2018 Leinster Open Sea Races please email [leinsteroceanswim@gmail.com](mailto:leinsteroceanswim@gmail.com).

Leinster Open Sea will assist you registering with one of the many sea swimming clubs which participate in the Leinster Open Sea Races. Swim Ireland registration, through a club, costs Euro €39 Euro up until 15 July and Euro €13 Euro after 15 July. Clubs may charge an additional fee – each club is different. Swimmers competing in the Great Dublin Swim do not have to be registered with Irish Amateur Swimming Association Limited.

We have listed the many masters clubs competing on our website at: <http://www.leinsteroceanswim.ie/clubs/>. Leinster Open Sea are happy to provide guidance and introduction to facilitate the registration process.

## **16. Swimmers living in Ulster Connacht or Munster Swim Ireland Number**

Swimmers who live in Ulster, Connacht or Munster must be registered to a swimming club affiliated to Swim Ireland or avail of special membership from Swim Ireland.

Swimmers from Ulster, Connacht or Munster are welcome to swim in the men's or ladies' races.

## **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

### **17. Swimmers from Overseas**

Swimmers from overseas are welcome to compete in the Leinster Open Sea Races.

If you are already have a FINA competitor number from membership of a swimming club in your home country please email your number or scan and email your membership card.

Alternatively if you do not have a FINA registration number please email [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com) and Leinster Open Sea will arrange a Swim Ireland competitor number.

### **18. Wetsuit Races**

Leinster Open Sea are running a series of wetsuit races.

These races will be run after the men's and ladies' races at some but not all of our races. If however, numbers are low for the wetsuit race, the wetsuit race may run at the same time as either the men's race or the ladies' race.

Triathlon Ireland members who have availed of Special membership, Special Members or club members can participate in these races.

These races will be different from our normal races in that:

- They will not count as qualifiers for the Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim or the 88<sup>th</sup> Dún Laoghaire Harbour Race;
- They will not be awarded points in the Swimmer or Club of the year competition;
- These races will not be handicapped;
- here will be a strict cut off of 45 minutes in each race; and
- **the finish area for the wetsuit race will be at a different location to the finish area for the handicapped race.**

Swimmers who are special members must be over eighteen years of age.

Please ensure you register with the online database at <http://www.howdidiyouswim.com/> and specify that you will be swimming in a wetsuit.

Registration will close 30 minutes before the start of these races.

### **19. Disputes with Race Officials**

In the event that you dispute a decision of a race official, you may put a question or complaint in writing (or email) to the Secretary, Leinster Open Sea. All such questions or complaints must be received within twenty-four hours of the race and must be counter signed (or approved by email) by your club secretary. Under no circumstances is the handicapper, race referee or race team to be approached directly at the race location or at the presentation after the race. Disputes will be adjudicated by Leinster Open Sea. Their decision will be final.

If you wish to appeal a race decision you must pay a fee of Euro €50. This must be paid within 5 days of the race.

## **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

### **20. Facebook and Social Media**

Leinster Open Sea will issue announcements and updates on [www.facebook.com/leinsteropensea](http://www.facebook.com/leinsteropensea) [@LeinsterOpenSea](http://www.facebook.com/liffeyswim) and [www.leinsteropensea.ie](http://www.leinsteropensea.ie). The Facebook page will always be the first to be updated. Please check these before travelling to races for news of cancellations, postponements and general updates.

Leinster Open Sea will not issue announcements and updates by way of text, phone or email and will only contact a swimmer directly in the case of urgent matters.

Leinster Open Sea appreciates feedback and discussion be it positive or negative. If there are issues you wish to raise please email the secretary Leinster Open Sea [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com). Leinster Open Sea may then choose to meet up with you either informally at one of the races or invite you to attend one of our meetings to discuss your issues.

Leinster Open Sea will **NOT** discuss the running or administration of races on social media. It is not an appropriate forum. If such discussions or "threads" start Leinster Open Sea reserve the right to delete them from our Facebook page.

Please be respectful to you fellow swimmers when posting on our Facebook page. Please do not post any derogatory or abusive remarks about your fellow swimmers. Any such remarks will be removed or deleted.

If you feel a photograph shows you in an unfavourable light or do not want your image shared on Facebook please email [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com) and we will remove.

Please be mindful that photographs posted on Facebook page remain the property of the photographer. Most photographers are happy and even flattered if you choose to use their picture however please ask the photographers for their permission first. Please email [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com) and we will put you in contact with the photographer.

Please do not contact Leinster Open Sea by way of Facebook or Twitter. We generally do not respond to Facebook messages etc.

## **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

### **21. Personal Data**

Personal data is collected by Leinster Open Sea and the swimming clubs on a number of legal bases. Leinster Open Sea and the clubs have a legitimate interest in collecting personal data, such as names, contact details, date of birth, Swim Ireland registration numbers etc for the purposes of race and competition administration. To ensure fair and transparent competition, Leinster Open Sea has a legitimate interest in publishing swimmer names, age and gender category, club name, race results, Swimmer of the Year points, individual race times and statistics and recording of participation in qualification races on its website [www.howdidiyouwim.com](http://www.howdidiyouwim.com). For safety and ensuring fair competition, races are photographed/videoed and personal images of swimmers may be captured. Leinster Open Sea and the swimming clubs have a legitimate and indeed, vital, interest in holding such personal data for safety purposes so that the identity of swimmers is known to the race organisers. Swimmers' personal data is also required to cover the contractual basis in which they enter the race – ie. the Swim Ireland registration, LOS number and proof of payment of race fee. Leinster Open Sea also has a legitimate interest in using photographs and videos for publicity purposes on social media, press etc. Whilst this is a legitimate interest for LOS and the swimming clubs, swimmers are asked to consent to the use of their image for publicity purposes by ticking the personal data consent box. If a swimmer does not want their image to be used or has an issue with a photo already published, please email [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com) and it will be removed.

Leinster Open Sea will

- not use your email address for any email campaigns etc.;
- not share your personal data with third parties with the exception of the Swim Ireland and the organising swimming clubs for verifying competitor numbers or the emergency services; and
- will only contact a swimmer directly by phone or email in the case of urgent matters.

## **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

### **22. Swimmer's Declaration**

I confirm that I am:

- in good health and have no physical condition, disease or injury which will impair me from swimming in the Leinster Open Sea Races and completing the race course;
- in good standing with the regulations laid down by Swim Ireland, LEN and FINA;
- bound by the Swim Ireland Rule Book, Code of Conduct, Complaints and Disciplinary procedures;
- bound by Swim Ireland, Irish Sports Council and WADA anti-doping programme and rules; and
- Bound by the rules of Leinster Open Sea and or the host swimming club.

I confirm that I will have completed a sea swim of sixteen hundred metres or more before my first Leinster Open Sea Race of 2018. When I register for my first Leinster Open Sea Race of 2018 I will already be acclimatised to swimming in the Irish Sea and open water (temperatures as low as approximately 9 Celsius). ( Swimmers in the men's or ladies' race must complete their swims without wetsuit).

In the event of a conflict between the rules of Leinster Open Sea, and any other organisation, Leinster Open Sea rules will take precedent.

I confirm that I will:

- not consume alcohol before competing in a Leinster Open Sea race;
  - comply with all instructions given to me by race officials and rescue crews;
  - retire from the race if requested to do so by race officials or rescue crews;
  - leave the water and retire if I exceed the race cut off time;
  - not engage in dangerous or unsporting behaviour;
  - ensure that my name is crossed off the list of swimmers by a race official;
  - ensure that the race officials know that I have completed the course before I leave the finish area;
  - not engage in dangerous or unsporting behaviour;
  - not litter or leave rubbish at race locations;
  - Compete in good faith using best efforts at all times; and
- 
- accept the decisions of Leinster Open Sea as final.

If race officials or rescue crews consider that I am suffering from fatigue, hypothermia or disorientation or consider that I am in difficulty or danger, I authorise race officials and rescue crews to remove me from the water and bring me to a place of safety where I may obtain medical assistance.

I confirm that I have not been advised against participation in open water swimming by a health professional.

I authorise Leinster Open Sea to use my photograph or digital image and video for race administration, safety, and publicity purposes.

**All Swimmers in the Leinster Open Sea Races swim at their own risk.**



## **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

- I. I understand that my participation in the swimming races on the Leinster Open Sea Calendar in 2018 or future years, constitutes a risk of serious injury (including diseases, paralysis or death) or mishap to me, and I voluntary and knowingly recognise, accept and assume these risks personally and at my own volition.
- II. I am entering the swimming races on the Leinster Open Sea Calendar in 2018 or future years, of my own free will. I am aware of and assume all risks associated with participating in these races, including, but not limited to:
- Slip and fall hazards at entry point and egress point due to uneven ground, steps and wet surfaces;
  - Cuts and abrasions from rocks and sharp objects (including glass) at the entry and egress points;
  - Submerged hazards which are not visible from the water surface;
  - Collisions with objects floating in the river or the sea;
  - Collisions and contact with other swimmers competing in the race;
  - Collisions with rescue boats and kayaks;
  - Collisions with swimmers and mariners who are not participating in the race but who enter the race course;
  - Water pollution;
  - Risk of contracting infections and diseases including the following Leptospirosis (Weil's disease), E coli infections, Cryptosporidiosis and Hepatitis (The list is not exhaustive);
  - Stings and bites from marine or river life;
  - Hypothermia due to low air and sea temperature;
  - Seasickness and disorientation from wind and waves;
  - Effect of weather, wind, water, currents and tidal streams;
  - Hazards caused by the shape of the sea floor or river floor or lake bed;
  - Damage or theft to personal property while swimming; and
  - Hazards posed by volunteers, spectators or members of the public.
- III. I shall participate with self-awareness, awareness of others and of my surrounding environment, with due care and caution, at all times looking out for my own safety and the safety of others.
- IV. I acknowledge that Leinster Open Sea and the other host swimming clubs are voluntary not for profit organisations and that all members are volunteers. I understand that without their efforts, the Leinster Open Sea Calendar of swimming races would not take place. In consideration of (i) the taking place of the Leinster Open Sea Calendar of swimming races; and (ii) my participation in the races, I hereby agree to keep:
- Leinster Open Sea club;
  - The Open Sea Safety Committee Leinster ( a committee of Swim Ireland);
  - The other host swimming clubs who run races on the Leinster Open Sea Calendar;
  - Swim Ireland;
  - Rescue crews (including Civil Defence and Irish Water Safety);
  - All sponsors;
  - Volunteers, stewards, race officials, other swimmers, rescue boat owners, kayakers, first aiders and shore observers;
  - Directors, employees, representatives and any agents of the above
- free from any legal claim however caused by my participation in the swimming races on the Leinster Open Sea Calendar in 2018 or in future years including any risks that may be

## **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

the result of the negligence of those persons mentioned above. Accordingly, I release and discharge all those listed above from any losses or liabilities that may arise from my participation in any race on the Leinster Open Sea Calendar in 2018 or future years and I agree not to sue any of those persons for any claims, losses, or liabilities.

- V. I grant permission for the use of my name, image, video and or likeness relating to my participation in any swimming race on the Leinster Open Sea Calendar in 2018 or future years, and I waive all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name, image, video or likeness;
- VI. I agree to my personal details being held on computer database by Leinster Open Sea and shared with other host swimming clubs who run races on the Leinster Open Sea Calendar.
- VII. I also acknowledge that if Leinster Open Sea or any of the other host Swimming Club admit me to any swimming race on the Leinster Open Sea Calendar in 2018 or future years, it is my decision to enter the race and my duty to ensure that I am fit and able to safely complete the course without assistance. Leinster Open Sea and or the Host Swimming Clubs bear no responsibility for my decision to enter any swimming race on the Leinster Open Sea Calendar in 2018 or in future years.
- VIII. I will further ensure that I will check the Leinster Open Sea website and ensure that I have read the current set of Rules and comply with the current Swimmer's Declaration before participating in any swimming race on the Leinster Open Sea Calendar in 2018 or in future years. I am aware that Leinster Open Sea and the other host swimming clubs reserve the right to change and amend the Race Rules and Swimmer's Declaration at short notice.
- IX. I will take responsibility for friends and family who accompany me to the swimming races on the Leinster Open Sea Calendar. I will ensure that they follow the instructions of race officials, stewards and rescue crews.
- X. I will ensure that if I have my own personal kayaker accompany me on any swimming race on the Leinster Open Sea Calendar in 2018 or future years, that I will obtain permission from the Race officials and Handicapper and my kayaker will obey the instructions given to them by race officials, rescue crews and stewards. If my kayaker does not follow such instructions, Leinster Open Sea or the other host swimming clubs may disqualify me from the race.

## **Leinster Open Sea 2018 Rules and Swimmer's Declaration**

### **23. First Time Swimmers (Additional Information for the Handicapper)**

In order to help the Handicapper to assess you, we ask that swimmers who are competing for the first time in the Leinster Open Sea Races in 2018 give the handicapper an honest and fair assessment of your times for some or all of the following.

**100 Metres**

**200 Metres**

**400 Metres**

**1,500 Metres (Mandatory)**

It will help the Handicappers and their teams if you know your times. If you do not know your time the Handicapper will set an initial handicap. A handicap is an estimate. The Handicapper will adjust your handicap over the course of the season. The more often you compete in the Leinster Open Sea Races, the more information the Handicapper has to fairly assess your handicap. Swimmers must be patient with the Handicapper as it can take time.

Please outline your swimming experience both indoor and open water

How often and for how long do you train (indoor and or open water)

#### **Gala Times**

If you have a certified time from competing in recent galas that would also help.

#### **Comparison to Other Swimmers**

If you know somebody who already competes in the Leinster Open Sea Races and you can assess your ability relative to theirs, that would also help.

#### **Club Coach or Senior Club Member**

If you can get your club coach or a senior member of your club know to Leinster Open Sea to sign this off that is better. This may not always be possible if you have just joined a new club.

## Leinster Open Sea 2018 Rules and Swimmer's Declaration

### 24. Parents or Guardians of Swimmers under 18 year of age 1 June 2018

Leinster Open Sea require a signed hard copy from parents or guardians.

Parents or guardians should exercise caution in supporting their child's wish to swim in the Leinster Open Sea Races and should talk to their child's swimming club coach and their family doctor before giving consent by signing this form.

Parents and guardians must evaluate conditions before each Leinster Open Sea Race to consider if it is suitable for their child to swim. As above, conditions at each Leinster Open Sea Race will be different depending on tide, wind, weather, water temperature and sea conditions and therefore can only be assessed on the day at each race location.

Where a parent or guardian has a doubt after evaluating conditions before a Leinster Open Sea Race, they should not allow their child to swim in that Leinster Open Sea Race. Conditions, which may be suitable for adults, may not be suitable for your child.

#### **Parent's or Guardian's Declaration**

I consent for my child to swim in the Leinster Open Sea Races under the 2018 Rules and Swimmer's Declaration set out on Pages 1 to 16. I confirm that my child will be supervised before and after competing in a Leinster Open Sea Race by a parent or guardian or by another adult appointed by a parent or guardian (not a member of Leinster Open Sea or race team from host swimming club).

**Name of Supervising Adult**

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**Mobile number of Supervising Adult**

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I am aware of the risks of open water swimming and like all sports it carries the risk of injury, paralysis or death. I consent for my child to take part in the Leinster Open Sea Races. My child is entering the Leinster Open Sea Races of their own free will and with my consent and I hereby agree to keep Leinster Open Sea, the host swimming club, rescue crews, Swim Ireland and any sponsors associated with the event, free from any legal claim however caused by my child's participation in the Leinster Open Sea Races in 2018 or in future years.

I have explained these declarations to my child and I confirm that my child understands and shall comply with the race rules and conditions.

I consent to the terms, conditions and disclaimer on this form on behalf of my child.

**Signature and Date**

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**Name of next of kin or for swimmers under 18 parent or guardian**

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**Mobile number of next of kin**

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