

Leinster Open Sea 2019 Rules and Swimmer's Declaration

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Leinster Open Sea

2019 Rules and Swimmer's Declaration

1. Leinster Open Sea Races

The Leinster Open Sea calendar is a series of open water swimming races that take place during the summer months in the Leinster region. The races are run by the individual swimming clubs of Leinster and the calendar is coordinated by Leinster Open Sea. Each club takes responsibility for the running of their race. Leinster Open Sea also runs a number of races which are also included in the calendar.

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.

The races are run 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.

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2. Race Rules

2.1. Swim Ireland Competitor Number

1. All swimmers from Ireland must be registered and currently paid up with Swim Ireland either as an ordinary member or a special member (<https://www.swimireland.ie/membership>).
2. Swimmers from overseas must have either a valid FINA number or obtain a Swim Ireland number, and must provide evidence of their ability to comfortably swim 1,600 metres in open water under 18 degrees Celsius.

2.2. Leinster Open Sea Race Number

In addition to their Swim Ireland number, all swimmers must have a validated **Leinster Open Sea Race Number to compete in any race on the LOS calendar**. This can be obtained from the <http://www.howdidyouswim.com/> website. Swimmers who registered in 2018 must re-validate their number, update newly required details, and show they have read and agree to the 2019 Rules and Swimmer's Declaration.

1. Swimmers must declare their accurate time for 1,600 metres when registering.
2. All Swimmers must ensure their **Leinster Open Sea Race Number** is validated at least 24 hours before the first race they wish to swim.
3. Unauthorised registration with another swimmers details will lead to immediate season disqualification.

2.3. Swim Hats

1. Swimmers can wear two hats, but, the external one must a **bright florescent** hat so they are visible in the water. Colours that are permitted include pink, green, orange and yellow.
2. Swims hats which are white, blue or black are prohibited.

2.4. Wetsuits and One Piece Swimsuits

1. If you are wearing a wetsuit or one-piece suit you must declare it at registration.
2. Wetsuits are permitted at certain races, but will not count as qualifiers for The Jones Engineering 100th Dublin City Liffey Swim or The Dun Loaghaire Harbour Swim. Nor will those swimmers be competing for the main race prizes. Some races may have wetsuit specific prizes.
3. Swimmers wearing wetsuits for a certified medical reason may be included in the prizes, provided the handicapper was made aware that they would be wearing a wetsuit and the swimmer was handicapped accordingly.
4. Swimmers are not permitted to wear swimsuits which have exposed or loose zips and/or hooks if there is a risk they could cause injury to others or interfere with swimmer safety.
5. One-piece suits that are designed to provide specific protection against jellyfish stings (stinger suits) are permitted in all saltwater races only, but, must be registered and validated at time of registration to the handicapper.
6. If a Race official has any doubts about your suit, you will not be permitted to wear it in the race. It is up to you to prove the legality of the suit.
7. More specific swimsuit rules will apply to the events run by Leinster Open Sea (The Island Swim, The Jones Engineering 100th Dublin City Liffey Swim, The Dún Laoghaire Harbour Swim and The Wicklow 3k Swim).
8. Cut off time for Wetsuit races is **45** minutes per 1600m race.
9. Swimmers who start off wearing wetsuits are encouraged to transition to an approved swimsuit after two races.

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2.5. Registration before Race

1. Please arrive early for each race. Registration will close approximately **half an hour** before each race.
2. Swimmers must register with the handicapper at every race. Swimming without registering will be at your own risk, and may result in your suspension for one month.
3. If it is your first time competing in a Leinster Open Sea Race, or if you are returning after not competing for more than three years, please arrive **an hour** before your race.
4. Have your correct entry fee ready Adults Euro €10 and Minors (u-21) Euro €5. (Some club races may charge higher fees if raising money for a specific charity).

2.6. The Start

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

2.7. The Race

1. All Leinster Open Sea competitions shall be freestyle events.
2. Races are handicapped and held on a "best efforts" basis. This means that swimmers must compete in good faith, and at the best of their ability.
3. If in the opinion of the Race Referee, the action of a swimmer or a swimmer's representative/support crew is deemed to be 'unsporting' the referee shall disqualify the swimmer concerned with immediate effect.
4. Escort safety craft shall manoeuvre so as not to obstruct or place themselves directly ahead of any swimmer and no unfair advantage shall be gained by pacing or slip streaming.
5. The safety of competitors and officials is of paramount importance. All swimmers must immediately obey instructions from safety boats, crew or safety officials. Failure to comply with safety instructions shall result in immediate disqualification.
6. Intentional contact to interfere with the progress of another swimmer is prohibited and may result in disqualification. However, the rendering of assistance to a swimmer in apparent distress should supersede official rules of disqualification.
7. 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.
8. Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the Referee, excessive.
9. If a swimmer is caught cutting a buoy or marker, that swimmer will be disqualified from the race. On a second offense, that swimmer will be disqualified that race and

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their next three races. In addition, their club will not receive any team points or prizes for that given race. On a third offense, that swimmer will be suspended from all races for the remainder of the season, and their team will again receive no team points for that given race.

10. 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.
11. In the interests of swimmer safety and race progression, a time limit for completion of all LOS races shall apply. A swimmer's average 100 meter pace shall be no slower than 3:07.5 (i.e. max of 50 mins for 1600m)
12. Competitors who do not finish the course within the time limits will be required to exit the water, except where the referee may allow a competitor outside the time limit to complete the course, but not participate in any points or prizes awarded.
13. Any competitors deemed by the race referee, not to have completed the course as outlined at the start, shall be disqualified.

2.8. 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

Swimmer's finishing position will be denoted by a numbered place card/ticket handed to them by the race referee/finish judge.

1. As soon 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.
2. Finishing positions may be recorded using a variety of methods as appropriate to the logistics at the race venue e.g. Numbered cards may be handed out, this card must be returned to race officials as soon as possible after completing the course and/or Electronic timing chips may be used for races where this is again an appropriate option.
3. Certain events may use a combination of the above finish recording options.
4. All competitors will be timed using manual and/or electronic timing;
5. 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.
6. 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.

2.9. Handing in Numbered Cards/Tickets

From a safety perspective, 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 twenty five.

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,

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and your place, points and swim will not count. 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.

2.10. Prizes

1. Swimmers who are competing in their first season of Leinster Open Sea Races or Swimmers who are returning after an absence of three years or more will not be included in all prizes (with the exception of Fastest Time) in their first four races.
2. Team prize will be awarded to the team with the lowest score when their 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 best placed individual finishing swimmer.

Swimmers competing in their first four races as above shall not be included in the calculation of team prize.

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, so 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 Jones Engineering 100th Dublin City Liffey Swim or The Dún Laoghaire Harbour Race.

Swimmers must be a member of a swimming club.

2.11 Our Sporting Tradition

The Leinster Open Sea race series is run voluntarily in good faith by the members of the open-water swimming community for the benefit of the Leinster open-water swimming community. Leinster Open Sea asks that every participating club and swimmer promotes good sportsmanship and a positive swimming experience for all participants. All swimmers are expected to compete fairly with due respect to fellow swimmers and race officials, as well as observing and supporting the race rules. Any swimmer who acts in an unsporting manner may be disqualified from a particular race and/or future races. Leinster Open Sea promotes graciousness in both winning and losing, recognising that participating and being

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an active and sporting member of our open-water swimming community is what contributes to the longevity, sporting and community tradition of our long-standing sport.

3. Retire from Race and Clear the Water

3.1. Incident on the Course

Please be mindful that although a swimmer may be making progress and can comfortably complete the race course within the cut off time (as outlined above in point 2.7.12), 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, and identify yourself to a race official immediately such that you can be accounted for.**

3.2. 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. **Again, if you are asked to leave the water you must do so immediately.**

3.3. 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 the 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.**

3.4. 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 laps of the course you must inform the Race team upon registration. The organising club and Leinster Open Sea shall bear no responsibility whatsoever for the safety of any person who swims any distance beyond a single lap of the designated race course.

3.5 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.**

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4. Disqualification of Swimmers

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

1. Consume alcohol before the race;
2. Start the race by any other means than the official start line;
3. Commence swimming before their given start time as per their handicap and called out by the race starter;
4. Fail to follow the course or fail to go around designated marker buoys;
5. Leave the course or the finish area without ensuring that their Leinster Open Sea Race number, name and place number is recorded;
6. Do not obey instructions given by race officials or rescue crews;
7. Engage in dangerous or unsporting behaviour;
8. Physically or verbally abuse race officials, rescue crews or their fellow competitors;
9. Fail to inform the Handicapper that they are swimming in a wetsuit or one-piece suit;

The above list is not exhaustive.

The Leinster Open Sea races are run by 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 swimmer makes abusive or derogatory remarks about race officials on any form of social media, Leinster Open Sea reserves the right to refuse admission to future races.

5. Enforcement of and Changes/Additions to Race Rules

Leinster Open Sea and the host swimming clubs reserve the right to supplement and/or make amendments to the 2019 Rules and Swimmer's Declaration at short notice, including on the race-day in question, 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 supplementary rule or amendments are unfair or onerous, please email Leinster Open Sea within five days of the publication of the changes online (or if not already published, within 5 days of the application of the new/amended rule on the race-day in question) setting out the grounds for your objection. Leinster Open Sea will consider your submission in the interests of safety, good administration and fair competition of the Leinster Open Sea race series.

Failure to enforce a rule, whether intentionally or by oversight, does not waive the right of Leinster Open Sea to enforce that rule retrospectively or at a future date.

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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 on the day of their first intended swim, must sign their consent for their child to swim in 2019 Leinster Open Sea Races. Please complete Section 23, scan it and email it to 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:

1. Cancel races if sea or weather conditions are unsafe;
2. Cancel races on advice from An Garda Síochána, Civil Defence, Irish Coastguard; Harbour Authorities or other competent mariners;
3. Cancel races if there is not sufficient boat or rescue cover;
4. Change or shorten race courses, but must inform the handicap team before registration commences of any race course changes;
5. 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 disqualified, 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;

- The Island Swim
- The Jones Engineering 100th Dublin City Liffey Swim
- The Dún Laoghaire Harbour Race
- The Swim Ireland National Openwater Championships at Lough Dan
- The Wicklow 3K Swim

Online entries for these events will open at the appropriate time via www.howdidyouswim.com

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 can typically include:

- bouts of shivering;
- disorientation;
- irrational behaviour;
- blueness of the lips;

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- inability to concentrate or co-ordinate speech;
- lack of feeling in, or loss of control of limbs/extremities; 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.

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 2019 or in future years.

11. One Piece Swimsuit (Men's or Ladies' Races)

Some swimmers may choose to wear a speed-enhancing suit with water repellent properties, commonly referred to as a tech suit. These suits come in full body, jammer (to just above the knee), or brief/square trunk styles. They are permitted in any club organised race, but will **NOT** be permitted in The Jones Engineering 100th Dublin Liffey Swim, The Dun Laoghaire Harbour Swim or The Island Swim. For these LOS run races, standard swimming trunks that do not extend below the crotch or above the waist for men or below the crotch with standard straps and exposed shoulders for women are permitted. Stinger suits are permitted for The Dun Laoghaire Harbour Swim, The Island Swim and The Wicklow 3K.

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

- need to register and validate them with the handicapper at the beginning of each race;
- will be part of the competition;
- will receive an official race time or place; and
- Races in one piece swimsuits of a woven or textile material will count as qualifiers for The Jones Engineering 100th Dublin City Liffey Swim and The Dún Laoghaire Harbour Race;
- Swimmers are not permitted to wear swimsuits which have exposed or loose zips and/or hooks, if there is a risk they could cause injury to others or interfere with swimmer safety;

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The Handicapper and the race team have final say as to whether the suit qualifies as swimsuit 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.). Swimsuits may not be made from neoprene, Teflon 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.

12. 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).

Initially based on the 1600m time submitted by new swimmers upon registration, and subsequently being adjusted based on a swimmer's performance after each race over time, the Handicapper gives the swimmer a handicap. The Handicapper will determine when a swimmer will start the race. The slowest swimmers will start swimming first at "GO", whereas the faster swimmers will often have a high handicap and have to wait for several minutes after "GO". The winner is the first swimmer to pass the finish line. The handicap endeavours to give 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.

13. Leinster Open Sea 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.howdidyouswim.com/>

All swimmers must register with this database. When swimmers register with the database, the database will issue the new swimmer with a **Leinster Open Sea Race Number** or validate numbers issued previously. Race Numbers will start from 200 onwards. That will be your Race number for the 2019 season.

14. New Swimmers or Returning Swimmers

When registering, swimmers will be asked to declare their pool based time for 1,600 metres. Please give an accurate and honest figure as the Handicapper will use this time to set their initial handicap:

- Each swimmer is responsible for declaring an honest and reasonably accurate 1,600 metre time at race pace.

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- Each club is also responsible to ratify the validity of the swimmer's submitted 1,600 metre race pace time .
- If swimmers complete a race in a time which unreasonably betters the submitted 1,600 metre time, they will be disqualified by the Race Team, will lose any points and maybe suspended from future races, to be decided by the Race Team and LOS Committee.
- For habitual or obvious abuses of the 1,600 metre time, the Race Team and LOS Committee may impose penalties on the swimmers' club; including the loss of team points, suspension from other races and possibly even the withdrawal of club races from the LOS calendar.

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 finishing 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 2019 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. Your club will issue you with a Swim Ireland Competitor number (or Special Membership 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 2019 Leinster Open Sea Races please email leinsteropenseaswim@gmail.com.

We have listed the many masters clubs competing on our website at: <http://www.leinsteropensea.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. These swimmers are welcome to swim in the men's or ladies' races. A minimum of six races from the 2019 Leinster Open Sea calendar will be need to

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be completed to be in with a chance to compete in The Jones Engineering 100th Dublin Liffey Swim. Regional swims will no longer be accepted as qualifying swims.

17. Swimmers from Overseas

Swimmers from overseas are welcome to compete in the Leinster Open Sea Races. If you 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 and Leinster Open Sea will arrange a Swim Ireland competitor number.

18. 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 five days of the race.

19. Facebook and Social Media

Leinster Open Sea will issue announcements and updates on www.facebook.com/leinsteropensea www.facebook.com/liffeyswim @LeinsterOpenSea and www.leinsteropensea.ie. The relevant Facebook pages will 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. 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 your fellow swimmers when posting on our Facebook page. Please do not post any derogatory or abusive remarks about your fellow swimmers, LOS

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organisers or sponsors. Any such remarks will be deleted, and the offender may be banned or blocked without notification.

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 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 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.

20. 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 site: www.howdidyouswim.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 – i.e. 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 has an issue with a photo already published, please email 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.

21. Swimmer's Declaration

I confirm that I am:

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- 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 distance and course;
- a current and good standing member of a Swim Ireland affiliated swimming club;
- 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 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 2019. When I register for my first Leinster Open Sea Race of 2019 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 and race number is provided to a race official as soon as I finish swimming and not leave the finish area until they know I have safely finished;
- 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.

I. I understand that my participation in the swimming races on the Leinster Open Sea Calendar in 2019 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.

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II. I am entering the swimming races on the Leinster Open Sea Calendar in 2019 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 2019 or in future years including any risks that may be 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

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Calendar in 2019 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 2019 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. I agree to my name, club, race category and race results and statistics being posted on the howdidiyouswim.com website after each race.

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 2019 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 2019 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 2019 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 on safety grounds and at reasonable notice on all other grounds.

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 2019 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.

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22. 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 2019 give the handicapper an honest and fair assessment of your times for some or all of the following swimming pool based distances.

100 Metres

200 Metres

400 Metres

1,600 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.

23. Parents/Guardians of Swimmers under 18 years of age on 25th May 2019

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.

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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 2019 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 2019 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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