

2024 LOS Rules and Swimmer's Declaration



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1. Leinster Open Sea (LOS) races

The LOS calendar is a series of open water swimming races that take place during the summer months in the Leinster region. The race events involve individual swimming clubs of Leinster and the calendar is coordinated by LOS. Each club takes responsibility for providing the necessary documentation and support to LOS for the running of their race. LOS also runs Majors such as – The Island Swim in Howth, Dun Laoghaire Harbour Race, The Liffey Swim. Lough Lene 5k and 10k Championships and the Best of Five Cup are also included in the calendar.

Before competing in any LOS or club race, all competitors must acclimatise to swimming in the sea and open water. The races on the LOS calendar vary from approximately 1600m to 10km and swimmers must be prepared for swimming these distances. The sea temperature can vary from approximately nine degrees Celsius to sixteen degrees Celsius. The location of the race and the weather leading up to each race day will also impact water temperature.

Each swimmer must evaluate the conditions before every LOS race to consider if it is suitable for them to swim. Conditions at each LOS 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 LOS 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 in a safe environment. Competitors in the LOS 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 racecourse.
- 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 lakebed.
- Damage or theft to personal property while swimming.
- Hazards posed by spectators and members of the public.

This list is not exhaustive.

2. Registration

- Replacement timing chips are €10
- Over 18 on May 19th – Registration fee for past members with working timing chip is €20
- Under 18 on May 19th – Registration fee for past members with working timing chip is €10
- New swimmers registering with LOS for first time will require timing chip
 - Adult registration fee is €30
 - Youth registration fee is €20

3. Club Race Rules and Details

- All LOS swimmers from Ireland must be registered with LOS
- Swimmers from overseas must have either a valid FINA number or obtain a LOS number and must provide evidence of their ability to comfortably swim 1,600 metres in open water under 18 degrees Celsius.
- LOS officials will actively monitor swimming performance and take action to disqualify swimmers if there is evidence of “roping”
- All swimmers must have a validated and unique LOS chip race number to compete in any race on the LOS calendar.
- This number will have previously been assigned to you if you have registered to swim with LOS in the past, otherwise, you’ll get one when registering for the first time for the race season. The relevant information on how to register will be posted on the LOS Facebook page and to all known and identified club reps in advance of the race season.
- If you’re unsure about this, please email los.swimming@gmail.com.
- Swimmers who register for the Race Season, agree they have read and agree to the Rules set out by the LOS committee for the season.

Declaration.

- All Swimmers should ensure their LOS account is fully set up and validated for the current year.
- Unauthorised registration with other swimmers' details will lead to immediate season Penalising.

Adult Swim Hats

- Swimmers can wear two hats if necessary, but the external hat must one of four mandatory bright florescent coloured hats, so swimmer is visible in the water to safety crews. The only colours that are permitted are pink, green, orange, and yellow.



- Adult Swim hats of another colour are strictly prohibited and will result in swimmers being refused entry to our race events.

Wet Suits (Body suit, tech suits or stinger suits)

- If you are wearing a wetsuit or one-piece suit (tech suit or stinger suit) you must declare it when registering for each specific club race. You'll just need to check the 'Body Suit' box. If just wearing a traditional swimsuit, then simply check the 'Liffey Rules Swimwear' box.
- Body suits are permitted at all club races, and wearing these will count as qualifiers for LOS major swims..
- 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.
- More specific swimsuit rules will apply to the events run by LOS (The Island Race, The Jones Engineering Dublin City Liffey Swim, The CJK Dún Laoghaire Harbour Race). These details will be published throughout the current season.

Registration for swim club races

- Registration for LOS club races may be completed up to 1 hour prior to race commencement subject to the individual host club's consent. Specific registration guidelines will apply to the LOS Majors and these details will be shared with the clubs and swimmers in the run up to these events.
 - Swimmers should arrive at least one hour before the race start time.
 - If it is your first time competing in an LOS race, or if you are returning after not competing for more than 3 years, you must identify yourself to an LOS official or Club official to assess your understanding of race rules
 - Club race fees: Adults Euro €15 and Minors (U-18) Euro €10. This does not include the Stripe transaction fee.

The Race Start

- Races on the LOS calendar shall be run on a handicapped basis, with the slowest swimmers starting first and the fastest last.
- The 2.5k, 5k, 10k and 4*2.5k relay races in Lough Lene are not handicapped events.
- All open water races shall start from a designated start line, and the course shall be marked by inflatable buoys.
- If in the opinion of the race referee, an unfair advantage has been gained at the start, the offending competitor will be penalised or disqualified.
- Any competitor who crosses the start line before their designated handicap time will be penalised or disqualified by the race referee.
- 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 ladies and men's races shall be treated as separate events (unless otherwise stated).

The Race Event

- All LOS competitions shall be chip timed and freestyle events.
- 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 at every race.
- If in the opinion of the Race Referee or safety crew on the water, the action of a swimmer is deemed to be 'unsporting' the referee shall disqualify the swimmer concerned with immediate effect.

- Escort safety craft such as RIBs and Kayaks shall manoeuvre so as not to obstruct or place themselves directly ahead of any swimmer
- The safety of competitors and officials is of paramount importance. All swimmers must immediately obey instructions from safety boats, kayak crew, or safety officials. Failure to comply with safety instructions shall result in immediate disqualification and extraction from the race course.
- Intentional contact to interfere with the progress of another swimmer is prohibited and will result in disqualification. However, the rendering of assistance to a swimmer in apparent distress should supersede official rules of disqualification.
- Other than approved swim costumes, no swimmer shall be permitted to use or wear any device, which may be an aid to their speed, endurance, or buoyancy. Goggles, 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.
- 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 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 may 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 3:00 mins (i.e., max of 48 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 race 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.

The Race Finish

The finish point for all races shall be clearly marked.

The race referee or starter shall be the sole judge for finishing positions.

Swimmer's finishing position will be denoted by the water-based gate or the land-based RFID chip timing mats or finishing cards issued by race referee.

- Swimmers will walk over the chip timing mats and their time will be recorded automatically. In absence of digital format, a manual recording system will be applied using stopwatch and place cards.
- The Finish Judges shall be placed so as to be able to observe the finish at all times.
- The finish area in which they are stationed should be for their exclusive use.
- Upon leaving the water swimmers may request or require assistance. Swimmers should only be approached if they display a need or ask for assistance. The qualified child protection officer will assist U18 swimmers

Prizes – see SOTY / COTY

- Prizes at each club run race will be at the discretion of the organising club.
- Swimmers who are competing in their first season of LOS races or swimmers who are returning after an absence of more than four LOS seasons (pre-2020 season) will not be included in prizes (with the exception of Fastest Time) in their first two races. These swimmers competing in their first two races will also not be included in the calculation of team prize.
- 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.

Swimmer of the Year/ Club of the year – SOTY /COTY

SOTY: Swimmer of the Year

1st place gets 10 points

2nd to 6th place gets 8 points

7th to 12th place gets 7 points

13th to 20th place gets 6 points

21st to 30th place gets 5 points

31st to 50th place gets 4 points

Swimmers who complete swimming event gets 3 points

3 points maximum to be given to all swimmers swimming in the LOS best of swims regardless of position.

4 points to be given to all swimmers swimming in the 2.5K/5KM/10KM/3KM swims regardless of positions.

COTY: Club of the year

1st placed team gets 12 points

2nd placed team gets 11 points

3rd placed team gets 10 points

4th placed team gets 9 points

5th placed team gets 8 points

6th placed team gets 7 points

7th placed team gets 6 points

8th placed team gets 5 points

9th placed team gets 4 points

10th placed team gets 3 points

11th placed team gets 2 points

The remaining teams get 1 point

COTY points only to be awarded in handicapped races..

There is also the points adjustment is calculated as follows (80% of the clubs and swimmers top point scoring races count):

If there are 25 races over the season for which points are available in the season and a swimmer raced all 25, then his/her poorest performing five races are excluded.

If a swimmer raced 24 of the 25 races, then his/her worst four are excluded.

If a swimmer raced 23 of the 25 races, then his/her worst three are excluded. Etc...

If there are 25 races over the season for which points are available in the season and a club had four swimmers in all 25, then the clubs poorest performing five races are excluded.

24 of the 25 races, then the clubs worst four are excluded. Etc...

80% to be rounded up to the nearest full race number, ie 80% of 24 races = 18.4. Therefore 19 races count in the points tally.

All clubs and swimmers have 72hrs to contest any inaccuracies within the points scores displayed on the website. These requests must come by email by club reps only to los.results@gmail.com.

Any requests made after the 72hrs / will be at the committee's discretion if they are to be revisited. 100€ fee application will be applicable to any late requests. It is the clubs / swimmers responsibility to monitor all points been recorded as the go.

Our Sporting Tradition

The LOS 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. LOS asks that every participating club and swimmer promotes good sportsmanship and a positive and safe 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 will be disqualified from a particular race and/or future races. The purpose of the Handicap system is to provide each competitor with a balanced and fair opportunity to compete for the prizes. It is essential that each competitor swims to their full capability during each event. Any competitor who fails to compete fully during an event shall be disqualified.

Exceptions shall be made for any swimmer who declares to the handicapper in advance of an event that they are likely to underperform e.g. a swimmer who is acting as a safety swimmer for another swimmer in the same event. Disqualification shall imply forfeiture of participation in an applicable event, the event shall not count towards any event requiring qualification.

Disqualifications shall be recorded in the event Result Sheet.

LOS promotes graciousness in both winning and losing, recognising that participating and being 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.

4. Reasons to retire swimmer from a race

- ✓ Safety concern or Incident on the course
- ✓ Please be mindful that although a swimmer may be making progress and can comfortably complete the racecourse within the cut off time there may be incidents happening elsewhere along the racecourse 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/or leave the water, you must do so and identify yourself to a race official immediately at the finish area so that you can be accounted for.
- ✓ At the end of races, race officials shall request swimmers to clear the water and collect their clothes and belongings 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 services of the Civil Defence and or first aid teams.

A swimmer can be requested to exit the water or accept pick up from boat crew if:

- Swimmer falls significantly behind the last swimmer and there is a significant gap
- There is a noticeable deterioration in swimmers stroke rate or they are constantly stopping
- If the swimmer has stopped for more than a minute.
- Safety or 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.

Failure to leave the course - LOS reserve the right to disqualify any swimmer from the race and to refuse admission to future races if they do not co-operate fully with instructions from race officials, kayak crews or boat rescue crews .

5. Handicap System

The LOS races attract swimmers from a wide range of ages (u-10's to senior citizens) and abilities (from novice swimmers to internationals). LOS run the race series under a handicap system so as to give each swimmer the opportunity of potentially winning or being highly placed for a prize. The purpose of the Handicap system is to provide each competitor with a balanced and fair opportunity to compete for the prizes. It is essential that each competitor swims to their full capability during each event. Any competitor who fails to compete fully during an event shall be disqualified.

Exceptions shall be made for any swimmer who declares to the handicapper in advance of an event that they are likely to underperform e.g. a swimmer who is acting as a safety swimmer for another swimmer in the same event.

Penalised swimmers shall be recorded in the event Result Sheet.

The effective working of the handicap system requires all swimmers always compete in good faith at best efforts. 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, shall be disqualified and/or suspended from competing in future races.

6. Disqualification of Swimmers

LOS and the host swimming clubs will disqualify swimmers' reasons outlined below:

- Evidence of roping
- Consume alcohol before the race.
- Start the race by any other means than the official start line.
- 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 LOS Race number, name and place number are recorded.
- Do not obey instructions given by race officials or rescue crews.
- Engage in dangerous or unsporting behaviour.
- 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.

The above list is not exhaustive.

The LOS club races are supported by committee members, kayak and boat crew volunteers from LOS and the host swimming club officials. LOS and the host swimming clubs 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 or who do not comply with the rules of LOS and the host swimming clubs.

Section 17 outlines LOS'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, LOS reserves the right to refuse admission to future races.

7. Speeding Tickets explained:

The LOS Committee is introducing analysis on swimmer's performances against the rest of the field in races. From this season each swimmer will be allocated a percentage performance based on their race times. This percentage will be constantly assessed on a week-to-week basis.

- After 4 races if a swimmer averages a finishing time that is 45th percentile against the field this will be allocated to the swimmer.
- If a swimmer finishes in the Top 12 and outperforms their percentile by more than 25 points the swimmer will receive a speeding ticket which will result in a 10-place penalty on their finishing position.

Example:

Swimmer - John Doe: LOS: Allocated percentile: 45%

Race finish: 4th

Race percentile 18%.

Penalty of 20 places resulting in 24th place finish.

Personal & Team points will be adjusted accordingly.

- The top 3 swimmers in each race will be analysed immediately after the race and results given to the organising club.
- Place finishes 4 to 10 will be assessed before the following weekends races.

The committee are determined to ensure that each race is fair, and that each swimmer gives their maximum effort on the day in all races. This system ensures that each participant's performance is analysed over a season and allows for fitness levels or other factors that can affect performance.

Note: this system applies to Major races, the results are not final in any race until the handicap committee ratify the results.

8. Enforcement of and Changes/Additions to Race Rules

LOS and the host swimming clubs reserve the right to supplement and/or make amendments to the 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 LOS at los.swimming@gmail.com 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. LOS will consider your submission in the interests of safety, good administration, and fair competition of the LOS race series.

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

9. Parents or Guardians of Swimmers under 18 years of age

By registering for LOS season, U18 swimmers and parents agree to abide by codes of conduct and rules of the LOS Committee. These documents are available on request or on the LOS website under Safeguarding.

LOS have certified Club Children's Officer (CCO) at every race if any issues/concerns arise.

In addition to registering for LOS races, Parents or Guardians of Swimmers under 18 years of age on the day of their first intended swim, must sign a consent form for their child to swim in LOS Races. Digital format of consent form will be available from our website.

For improved safety, LOS will provide swim hats on request free of charge for Under 18 swimmers. This added safety measure allows on shore spotters - kayak and boat crews to monitor and spot younger swimmers in the water.



LOS must receive the signed Parental Consent form before we will allocate a race number to a minor child. This can be emailed to los.swimming@gmail.com or handed to the race referee on the day of the swimmers first LOS race.

10. Start time, Cancellation and Postponement of Races

LOS and the host swimming clubs reserve the right to:

- Cancel races if sea or weather conditions are unsafe.
- Cancel races on advice from 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 racecourses but must inform the handicap team before registration commences of any racecourse changes.
- Refuse admission to races.

LOS 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. In the event that a race is cancelled, every effort will be made to reschedule the event at a later date within the current season.

11. 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.
- inability to concentrate or co-ordinate speech.
- lack of feeling in, or loss of control of limbs/extremities.
- 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.

12. Person with medical condition

If you suffer from a medical condition, are recovering from illness or are taking medication you should consult with your doctor before entering the LOS Races or competing in open water swimming.

Parents or guardians should consult with their family doctor before allowing their children to compete in the LOS Races. LOS will bear no responsibility for your decision to enter any swimming race on the LOS Calendar.

13. New Swimmers – Rules and Restrictions

- Cannot win their first two races- will be relegated to 4th place in the event of a win.
- Points from their first two races do not count towards Team Prize.
- Points from their first two races do count towards Swimmer of the Year.
- All races count towards qualification for The Majors.

This is to protect the integrity of handicap system yet allow New LOS swimmers to be relevant from their first experience in the races. New swimmers will be contenders for all available prizes on their 3rd LOS race.

15. Qualifying swims for LOS majors

Swimmer registered with LOS are welcome to swim in the men's or ladies' LOS calendar of club races. The same number of LOS run races is required for all swimmers to qualify for the LOS Majors, i.e.

- 2 for The Island Race – (Restrictions may apply due to safety and limited number of participants permissible by harbour master))
- 4 qualifying swims for The CJK Dun Laoghaire Harbour Race
- 6 or 8 qualifying swims for The Jones Engineering Dublin City Liffey Swim.

16. Swimmers from Overseas

Swimmers from overseas are welcome to compete in the LOS 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.

You must email los.swimming@gmail.com at least two weeks prior to entering your desired race.

17. Disputes with Race Officials

In the event that you dispute a decision of any LOS race official, including Kayak or Boat crews you must contact your club secretary first by email, your club secretary may question or complain in writing to (los.swimming@gmail.com) the Secretary, LOS. All such questions or complaints must be received within twenty-four hours of the race.

- Any abuse directed at LOS committee members, kayak support crew or boat crew members will result in immediate cancellation of current and future LOS registration.
- Under no circumstances are the handicapper, race referee or race support team (kayakers or Boat Crew) to be approached directly at the race location or at the presentation after the race.
- Disputes will be adjudicated by LOS committee. 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.

18. Facebook and social media

LOS will issue announcements and updates on www.facebook.com/leinsteropensea. 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. LOS 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.

LOS appreciates feedback and discussion be it positive or negative. If there are issues you wish to raise, please email the secretary LOS at los.swimming@gmail.com. LOS 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.

LOS will NOT discuss the running or administration of races on social media. It is not an appropriate forum. If such discussions or “threads” start LOS 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 organisers or sponsors. Any such remarks will be deleted, and the offender will 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 los.swimming@gmail.com and they will be removed.

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 pictures, however, please ask the photographers for their permission first. Please email los.swimming@gmail.com and we will put you in contact with the photographer.

Please do not contact LOS by way of Facebook. As we are non-paid volunteers (Swimmers just like you), and we do not respond to Facebook messages etc.

19. Personal Data

Minimal personal data is collected by LOS and the swimming clubs on a number of legal bases. LOS and the clubs have a legitimate interest in collecting personal data, such as names, contact details, date of birth, for the purposes of race and competition administration. To ensure fair and transparent competition, LOS 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 each swimmer's leinsteropensea.com portal. For safety, validation of finishing places and ensuring fair competition, races are photographed/videoed and personal images of swimmers may be captured.

LOS 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., , LOS number and proof of payment of race fee.

LOS 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 los.swimming@gmail.com with specific details, and it will be removed.

LOS will:

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

20. Public Health- Infectious Diseases

LOS will abide by all current government guidelines regarding public health issues and make the relevant adjustments cancellations and announcements to its members on advisory from relevant authorities as and when it's necessary.

21. 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 LOS Races and completing the race distance and course.
- in good standing with the regulations laid down by LOS, LEN and FINA.
- bound by the LOS Rule Book, Code of Conduct, Complaints and Disciplinary procedures.
- bound by Sport Ireland and WADA anti-doping programme and rules.
- bound by all the rules of LOS and the host swimming clubs.

I confirm that I will have completed a sea swim of no less than sixteen hundred metres in under 48 minutes before my first LOS Race for the Calendar Season.

When I register for my first LOS Race I will already be acclimatised to swimming in the Irish Sea and open water (temperatures may be as low as approximately 9 Celsius).

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

I confirm that I will:

- not consume alcohol before competing in a LOS 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 always using best efforts.
- accept the decisions of LOS as final.
- I confirm that I have not been advised against participation in open water swimming by a health professional.
- I authorise LOS to use my photograph or digital image and video for race administration, safety, and publicity purposes.

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.

All Swimmers in the LOS Races swim at their own risk.

- I understand that my participation in the swimming races on the LOS Calendar in constitutes a risk of serious injury (including diseases, paralysis or death) or mishap to me, and voluntary and knowingly recognise, accept and assume these risks personally and at my own volition.
- I am entering the swimming races on the LOS Calendar of my own free will.
- I am aware of and assume all risks associated with participating in these races, including, but not limited to:
 1. Slip and fall hazards at entry point and egress point due to uneven ground, steps and wet surfaces.
 2. Cuts and abrasions from rocks and sharp objects (including glass) at the entry and egress points.
 3. Submerged hazards which are not visible from the water surface.
 4. Collisions with objects floating in the river or the sea.
 5. Collisions and contact with other swimmers competing in the race.
 6. Collisions with rescue boats and kayaks.
 7. Collisions with swimmers and mariners who are not participating in the race but who enter the racecourse.
 8. Water pollution.
 9. Risk of contracting infections and diseases including the following Leptospirosis (Weil's disease), E coli infections, Cryptosporidiosis and Hepatitis (The list is not exhaustive).
 10. Stings and bites from marine or river life.
 11. Hypothermia due to low air and sea temperature.
 12. Seasickness and disorientation from wind and waves'
 13. Effect of weather, wind, water, currents, and tidal steams.
 14. Hazards caused by the shape of the sea floor or river floor or lakebed.
 15. Damage or theft to personal property while swimming.
 16. Hazards posed by volunteers, spectators, or members of the public.
- 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.

- I acknowledge that LOS 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 LOS calendar of swimming races would not take place.

I hereby agree to keep:

- LOS club.
- The other host swimming clubs who run races on the LOS calendar.
- 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 LOS calendar 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 LOS calendar I agree not to sue any of those persons for any claims, losses, or liabilities.
- I grant permission for the use of my name, image, video and or likeness relating to my participation in any swimming race on the LOS calendar 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.
- I agree to my personal details being held on computer database by LOS and shared with other host swimming clubs who run races on the LOS calendar. I agree to my name, club, race category and race results and statistics being posted on the appropriate result websites after each race.
- I also acknowledge that if LOS or any of the other host Swimming Club admit me to any swimming race on the LOS calendar, 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. LOS and or the Host Swimming Clubs bear no responsibility for my decision to enter any swimming race on the LOS Calendar.

- I will further ensure that I will check the LOS 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 LOS calendar.
- I am aware that LOS 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.
- I will take responsibility for friends and family who accompany me to the swimming races on the LOS calendar. I will ensure that they follow guidelines, the instructions of race officials, stewards, and rescue crews.
- I will ensure that if I have my own personal kayaker accompany me on any swimming race on the LOS calendar 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, LOS or the other host swimming clubs can disqualify me from the race.

Swimmers are accepting the above rules and declaration upon registering with LOS.

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