

1.4 SWIMMER BRIEFING

See also: **RULES**

Key Role

Pre-race instructions to the swimmers cover informational and safety points.

Relevant Rules

USMS Open Water Swimming Manual, section 304.

The Race Director conducts the race briefing after the Announcer calls for everyone's attention, and covers the following points:

1	Course directions/markers/rules
2	Starting procedure and signals.
3	Finish procedures and cut-off time.
4	Procedure for getting aid while swimming.
5	Participants' obligations if they drop out.
6	Opportunity for withdrawal if a swimmer has apprehensions as to their ability to participate.
7	Positioning of the swimmers at the start so that the faster swimmers are at the front.
8	Information with regard to current water conditions and recent water incidents when appropriate.

Personnel:

Report to:

Race Director	Event Coordinator
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Equipment:

1	PA System
1	Bullhorn

SWIMMER BRIEFING**HAND OUT****Intro**

Welcome + overseas swimmers
Prayer
Announce name of swim
Acknowledge sponsors
Thank volunteers
Introduce Olympians
Number of swimmers per check-in tabulations
Conditions: <ul style="list-style-type: none"> • Current – north or south? • Water temp • Rough or smooth water • Sea itch or jellyfish • Entry and exit conditions • Report from the Swim Safety Coordinator • Potential hazards – e.g., low tide may expose shallow reef

Rules

The cut-off time is 75:00 – strictly enforced. Swimmers still in the water at this point will be asked to leave the water.
NO: <ul style="list-style-type: none"> • Flotation devices • Snorkels • Fins • Wetsuits
Permissible gear is limited to: goggles/mask, nose clip, ear plugs, swimsuit and cap.
Touching or standing on the bottom to rest is OK – BUT YOU MAY NOT walk or jump forward.
NO: <ul style="list-style-type: none"> • Walking on the beach or in the water • Assistance from boats, buoys, lines, or other swimmers • Unsportsmanlike conduct
Swimmers should not interfere with or impede other swimmers.
Each swimmer MUST wear the swim cap provided at all times during the race. If your cap comes off, put it back on. If you lose your cap, get another one from a Beach Marshal or Kayaker. Any swimmer crossing the Finish line without a swim cap will be disqualified.

Head Count	<p>Immediately after this briefing you will go through a head count. Officials will count each swimmer into the water through a check-point. The swim will begin as soon as possible after the head count is completed. All swimmers must go through the head count in order to start the race.</p> <p>The race will start shortly after the head count is completed.</p>
Entry into water	<p>AFTER you have passed through the head count you may enter the water. Please do not enter the water until AFTER you have gone through the head count. Any swimmer who does not go through the head count will be disqualified.</p> <p>Wade into the water. NO DIVING please – it is dangerous.</p> <p>Faster swimmers should position themselves closer to the Start Line, with slower swimmers further back at the rear of the pack.</p> <p>Signs are posted along the beach indicating estimated swimming times and where you should enter the water: under 20 mins (elite), 20-35 mins, 35-45 mins and over 45 mins. Please enter the water in the zone best suited to your swimming ability. This will allow the faster swimmers to be ahead of you so you are not thrashed by people passing you at the start.</p> <p>Please spread out, and be considerate and courteous to other swimmers, especially at the start.</p>
Withdraw	<p>If you are apprehensive about participation in the swim or your ability to complete the distance, now is the time to withdraw, before entering the water. This is not the time to test your open water skills for the first time. Please report to the Recording Officials at the FINISH (they have already left the Start by this time) or a Marshal immediately to let them know that you did not start the race, so your safety can be accounted for.</p> <p>If, for ANY reason, you drop out during the race, you should check in immediately with a Beach Marshal AND the Recording Officials at the Finish, reporting your race number and name. It is essential that you notify race staff to avoid unnecessary emergency procedures and the possibility of event cancellation.</p>
Course	<p>The course runs parallel to shore along Seven Mile Beach. Water safety craft will patrol the outer limit of the course which is 200m off shore. Please do not swim out beyond the 200m mark. Large yellow and orange buoys are positioned at each 1/8th-mile mark along the course.</p> <p>VERY IMPORTANT - Please be aware that there are other buoys and lane ropes in</p>

the water along the course not related to the race.

Start

The Start Line is a lightweight rope strung between the beach and the orange buoy offshore.

Everyone must be behind the Start Line before we can begin the race. Both an air horn and a flag are used to start the race (audible and visible signals).

You will swim over this rope at the start. Most of you will not notice that it is there.

Please note that 75:00 minutes is a generous cut-off time. You need not be in any rush at the start. Once the start gun has gone off, stay relaxed and work your way forward in the water as you pass over the Start line.

Finish

The Finish line is between 2 orange poles and under the Flowers Sea Swim banner. A funnel marked by lane ropes and yellow buoys will lead up to the Finish line.

You must swim into the finish funnel and cross the Finish Line in order to complete the race.

When you cross the Finish Line **you will be given a plastic number card**. Take this card to the Recorders for your group (alpha by last name) and hand it in. The Recorder will write your finish card number down which will be matched later with timing data for the overall results.

You must turn in your card and be recorded in order to qualify for prizes. If you lose your card before you get to the Recording tent, please report this immediately to the Recording officials.

Any swimmer who does not turn in a finish card will be disqualified and not eligible for prizes.

Each swimmer should cross the line **only** once. If you go back to accompany another swimmer, DO NOT go back though the finish. **Crossing the finish more than once will result in disqualification.**

The cut-off time is 75 minutes from the start horn. You must finish within 75 minutes to be eligible for random prizes.

The race clock is located on the beach just past the Finish Line.

Safety and Marshals

The course will be patrolled by event staff on boats, kayaks, and jet skis.

Lifeguards are spread out along the course.

Beach Marshals will be stationed at intervals along the beach.

If a swimmer feels unable to proceed or wants to get out of the water, they should attract the attention of safety personnel using voice or hand signals.

Please do not jokingly call for help. This compromises the safety of the entire

	<p>event.</p> <p>A swimmer deemed incapable of completing the course may be taken out of the water by safety officials at any time.</p> <p>While in the water all swimmers must comply with the directions of the event staff.</p> <p>Please do not compromise the safety of the event by disobeying race officials.</p> <p><u>Any swimmer who pulls out of the race must notify race officials immediately so your safety can be accounted for.</u></p> <p>Please be aware that there are other buoys and lane ropes in the water along the course not related to the race. Swimmers should note that these fixtures are likely to have barnacles and other marine growth that can cause abrasions or other injuries and swimmers should avoid contact with them.</p> <p>In case of emergency air horns will be sounded repeatedly. Please get out of the water immediately.</p>
First Aid	<p>There are First Aid tents along the course and at the Finish, staffed by qualified personnel. Notify the nearest official if you require medical attention.</p> <p><u>Any swimmer who pulls out of the race must notify race officials immediately, so your safety can be accounted for.</u></p>
Refreshments	<p>Refreshments are intended for swim competitors and event staff. Out of courtesy to other swimmers finishing behind you, please do not take more than your share of food or collect food for family or friends.</p>
Goody Bags	<p>Goody bags, including your race tee-shirt, are available at the Finish.</p>
Prizes	<p>Finishers must be present to win random prizes.</p> <p>Animals are not allowed on the course.</p>

Most of all ENJOY IT AND HAVE FUN.