

JERSEY SWIMMING CLUB RULES

1. Competitors must be members of an affiliated Swim Englands, WASA, SASA Club or Association and aged 12 years and over.
2. JSC Open Water events in previous years have been swum as non wetsuits.
3. ****FINA conducted research into swimming in lower temperatures and have used this information as guidance to devise the rules around when to wear a wetsuit. Basically if Water temperature is between 18 and 19.9°: swimmer can choose to wear a wetsuit or not, below this, wetsuits are advised but this is at your discretion.**
4. The Jersey Swimming Club reserves the right, if weather and – or tidal conditions warrant, to cancel or postpone the event or to amend the list of starters.
5. All competitors taking part do so at their own risk.
6. Competitors must report by the times given on entry form.
7. **All competitors will be given a numbered coloured hat. These MUST always be worn during the competition with the number at the front. Failure to abide by this will result in disqualification. HATS TO BE RETURNED ON COMPLETION OF SWIM.**
8. Competitors are required to place their clothing in a sports bag or similar container, which must be labeled with their name and cap number.
9. In tradition with past Green Island to Havre des Pas, the start will be from the sea wall followed by a run into the water. For St. Aubin's Fort and Castle to Harbour, swimmers will line up against a wall as directed, one hand to be placed against the wall until the signal given.
10. The Course Marshall will be in the control boat and his/her instructions must be obeyed immediately. Failure to do so will result in disqualification.
11. Other craft will act as guard boats any instructions given by kayakers, canoeists or guard boats must be complied with immediately.
12. Should a swimmer require assistance he/she should raise one arm above the water and call to the nearest boat. If the boat is motor powered the engine should be stopped before the swimmer is taken from the water.
13. Any 'pick-up' must be reported to the control boat immediately and to the recording table as soon as possible.
14. **On the Castle to Harbour, all swimmers must be inside the Harbour mouth within 20 minutes to avoid being taken from the water. SHOULD THE LIFEBOAT BE CALLED OUT WHILST THE SWIM IS IN PROGRESS THE SWIM WILL BE CANCELLED AND SWIMMERS PULLED FROM THE WATER.**
15. Swimmers should finish by touching the red and white boom, as informed at the pre swim briefing.
16. Should entry be oversubscribed the Jersey Swimming Club reserve the right to reject any entry.
17. The consent form for Data Protection must be completed and returned with the entry form