



## **RULES OF THE JLDSC IN RELATION TO SWIMS UNDERTAKEN BY ANYONE WISHING TO HAVE THEIR SWIM OFFICIALLY RATIFIED**

### **INTERPRETATION OF RULES:**

In all matters 'The Club' or JLDSC relates to The Jersey Long Distance Swimming Club, its Committee and members. The wording 'he' / 'she' or 'the swimmer' refers to either male or female competitors. The Clubs decision on the interpretation of these Rules and any question is final and binding.

### **SWIMMING RULES:**

These swimming rules for the safety of all participants, to ensure fairness and consistency and to help protect Long Distance Swimming are set out by the Jersey Long Distance Swimming Club (JLDSC) based on the rules of the Channel Swimming & Piloting Federation a body recognised as one governing the conduct of world wide open water swimming and to which the Jersey Long Distance Swimming Club is affiliated as a founder member.

### **Guidance on Long Distance Swimming from Jersey Coastguard**

[Staying safe on the beach and around Jersey's coastline | Ports of Jersey](#)

[Channel Swimming & Piloting Federation – Home Page](#)

[Channel Swimming & Piloting Federation - Welcome \(cspf.co.uk\)](http://cspf.co.uk)

Swims will not be officially observed unless the appropriate fees have been paid and the appropriate medical and application forms have been correctly completed and submitted within the time limits set.

Solo swims will be categorised as Standard or Assisted according to the method and/or aids used.

### **STANDARD SWIM**

1. No swimmer in any standard open water distance swim conducted by the JLDSC shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy, heat retention or endurance (such as a wetsuit, webbed gloves, paddles, fins, etc) The swimmer is permitted to grease the body before a swim, use goggles and one hat. Nose clips and ear plugs are permitted. Any kind of tape on the body is not permitted unless approved by the Committee in advance and clarified by the observer.

The swimmer may wear only one swimsuit in one or two pieces which shall not extend past the shoulder or below the knee. All swimsuits shall be made from textile materials. Caps are not to be made from neoprene or any other material which offers similar heat retention properties (as determined by the JLDSC Committee). Silicone or latex hats are permitted.

The observer will have to confirm that the swimwear rules have been observed. The swimmer must be sure that their costume and cap are of an approved type before the swim starts as the swim will not be ratified if they are later found not to conform. If you have any doubt, please seek advice

and/or approval from the JLDSC Committee prior to the swim giving sufficient notice for any research or investigations to be completed.

During a swim no physical contact with the swimmer shall be made by any person other than to pass food and drink or secure such items as light sticks for safety reasons nor is the swimmer permitted to gain support from contact with the escort vessel.

The use of MP3 players and other electrical audio / communication devices shall not be allowed by the swimmer while swimming during any swim attempt.

2. Every application for ratification of a swim must be accompanied by the Pilot's chart positions and by the duly signed and fully completed Observer's Report, recording incidents, time, tides, method of feeding, etc. The Committee may call for additional evidence if they require it.

The appointed Observer shall be in sole charge of the timing of the swim, and shall be responsible for observing compliance with the rules, subject to ratification by the Committee. As swims conducted by the JLDSC are swum using a vessel much smaller in size to our compatriots in The Channel the Committee confers the right of official observer and time keeper upon either or both of the two-man crew of the close support vessel. The use of the atomic clock within the ships GPS system is warranted as sufficiently accurate for timing purposes and times taken from this are acceptable for recording purposes.

3. The timing of a swim shall start from the moment the swimmer enters the water or is given the command to start by an official until the swim is completed at the recognised and mutually acceptable predetermined location.

4. On their arrival in Jersey visiting swimmers must advise the swim coordinator and/or the pilot of their place of residence. All documentation must be completed by the time limits laid down by the JLDSC and any changes in dates or arrangements for pilots etc must be reported as soon as possible but before the swim starts. The pilots are required to give the Jersey Coastguards a full 24 hours' notice of the possible departure of the pilot boat. Failure to give such notice could mean that an Official Observer may not be able to be appointed and the swim will not be able to proceed.

5. The JLDSC shall not observe solo attempts to swim Round Jersey by persons under 15 years of age at least 3 days before the swim starts or Jersey to France by persons under 16 years of age at least 3 days before the swim starts. The Committee shall be empowered to examine and to refuse to accept if thought necessary, the applications of persons to attempt to swim Round Jersey or Jersey to France.

6. All aspirants must satisfy the JLDSC of their competence to make a realistic effort to undertake a successful attempt to swim either around Jersey or from Jersey to France, or any other course where the swim is conducted by the JLDSC. All swimmers taking part in a solo swim must therefore supply proof/ratification of at least a 6 hour swim in water 61°F / 16°C or less or proof of completion in a recognised event for a period considered by the JLDSC to be an acceptable alternative within the previous 18 months.

7. The use of drugs by participants in any recognised JLDSC conducted swim, other than for therapeutic reasons in accordance with medical advice, is regarded with complete disapproval and is considered contrary to the spirit of the sport. Any swimmer unable to participate without the administration of banned drugs must submit their application to the JLDSC with ample time for its consideration. The JLDSC reserve the right to make random drug tests on all aspirants. The Observer may require a sample of any medication given.

8. In no circumstances shall more than one swimmer at a time be allowed to make their attempt from the same pilot boat.

During solo swims a swimmer may be accompanied in the water by 1 person only & not accompanied at all until after the first 3 hours. This accompaniment will be for a maximum of 1 hour & cannot be repeated until at least 2 hours have elapsed after the cessation of the accompaniment. The second swimmer may swim alongside, but not in front, of the solo aspirant & must not impede the solo swimmer.

For health & safety reasons the pilot must agree to any request for a support swimmer before they enter the water to accompany the swimmer.

The pilot may, at his or her discretion, request that a second swimmer join the solo aspirant for a short period on the grounds of safety. (i.e. if a swimmer suffers severe cramps). Similarly the pilot may ask for accompaniment at the very end of a solo swim if the conditions dictate.

#### **ASSISTED SWIM**

An assisted category swim will be to the same rules as a standard swim except for the allowance, by prior arrangement with the JLDSC, of the minimum additional aids or contact as is deemed necessary for the safety of the swim on medical or other agreed grounds. An assisted category swim will only be accepted after prior agreement with the JLDSC Committee.

#### **RELAY SWIMS**

Relay team leaders are responsible for sorting out the team's paperwork and confirming the relevant swim assessments. Team name and team leader **MUST** be clearly stated on ALL correspondence. Where possible all paperwork must come via the team leader.

Relay swims will be divided into the same categories as solo swims - Standard, Special, Assisted. Any alteration from a standard crossing must be agreed by the JLDSC before the start of the swim.

#### **STANDARD RELAY SWIMS**

The same swim suit clarification as for a standard solo swim applies.

(a). Each standard team shall consist of 6 swimmers each swimming for 1 hour. The order of the swim shall be determined by the order of swimmers entering the water to commence their first swim leg. No team member may start their second swim leg before the first swimmer has completed their second swim leg. Once the first swimmer commences their second swim leg, the same order must be maintained throughout the swim.

Swimmers in relay teams shall be over 12 years old 3 days before the relay swim starts, and for registration purposes, the beginning of the swim period their team is booked to swim in. They shall be under 16 years of age for at least 24 hours after the swim finishes for it to be classified as a Junior Relay team swim.

All swimmers taking part in a relay team swim must supply written proof/ratification of at least a 1.5 hours swim then leave the water for a minimum of 1 hour and a maximum of 1.5 hours – then return to the water and swim for 1 more hour swim in water 61°F/16°C or less or proof of completion in a recognised event for a period considered by the JLDSC to be an acceptable alternative within the previous 18 months.

In no circumstances shall more than 1 team be allowed to make their attempt escorted by the same pilot boat”.

(b). Each swimmer shall swim for one hour each time he/she enters the water unless for safety reasons.

(c). The change-over from one swimmer to the next in a relay should take place every 60 minutes with the new swimmer entering the water on a signal given by the observer. During the change-over the new swimmer must enter the water from behind & swim past the preceding swimmer. The previous swimmer must then exit the water as quickly as possible and within a maximum of five minutes.

(d). Team members shall rotate in the same order throughout the swim. Pace-making or the use of a support swimmer is NOT allowed. At the finale of a relay swim it is permitted for the whole team to accompany the lead swimmer over the final 200 metres as long as none of the team attempt to swim ahead of the lead swimmer or impede their progress. Subject to Pilot’s approval.

(e). An Official Observer recognised by the JLDSC must be present on any Relay Team swim for it to be ratified.

#### SPECIAL CATEGORY RELAY SWIMS

A Special category relay will be run under the same rules as a standard relay except for the allowance of the number of persons in the team. Teams can be 2 - 3 - 4 - 5 – 7 or 8 people. Teams of 2 or 3 persons will be allowed the option of choosing between 1 or 2 hour swim periods for each member. The option must be declared before the start of the crossing and maintained throughout the crossing.

Junior swimmers (over 12 and under 16 years of age) will only be allowed to swim in at least 4 person relay team swims.

#### ASSISTED CATEGORY RELAY SWIMS

An Assisted category relay will be to the same rules as a standard relay except for the allowance, by prior arrangement with the JLDSC of the minimum additional aids or contact as is deemed necessary for the safety of the swim on medical or other agreed grounds