



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

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

<http://www.portofjersey.je/JerseyCoastguard/Safety/Pages/LongDistanceSwimming.aspx>

Channel Swimming & Piloting Federation – Home Page

<http://www.channelswimming.net/>

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.

Swim suit clarification

No swimmer in any 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) Unless required by proven medical evidence in which case the swim becomes an 'assisted' swim. 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 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 approve 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 recognised 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.

Every application for recognition 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.

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.

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.

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.

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 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.

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 by the Club medical advisor. The JLDSC reserve the right to make random drug tests on all aspirants. The Observer may require a sample of any medication given.

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. 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.

RELAY SWIMS

Relay team leaders are responsible for sorting out the team's paperwork and confirming the 2 hour ratified swims. 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

a). "Each standard team shall consist of 6 swimmers each swimming for 1 hour. The names of the 6 persons shall be given to the official observer before the actual commencement of the swim. Thereafter there shall be **NO** changes in order or substitutions whatsoever.

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 proof/ratification of a 2 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.

(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 take-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. The change-over should take no more than 5 minutes".

(d). Pace-making 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 yards as long as none of the team attempt to swim ahead of the lead swimmer or impede their progress.

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

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.

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.