

OPEN WATER SWIM - Page 1

GUIDING BODIES

United States Police and Fire Championships (USPFC)
8304 Clairemont Mesa Blvd., #107. San Diego CA 92111
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If this event is combined with the Pier to Cove Swim (Scripps Pier to La Jolla Cove), these rules will change to adjust to that event. Wetsuits and water suits are not allowed in this event.

EVENTS

INDIVIDUAL: Men
Women

Events shall be offered in the following age categories:

Men: 18 - 39
40+

Women: 18 - 39
40+

OFFICIALS

Sport Coordinator

SCHEDULING

This is a one day sport.

This sport should be scheduled so there is one day between the Triathlon and Open Water Swim and one day between Open Water Swim and Swimming.

SCORING

Total time.

By the time the last swimmer leaves the water, all results should be tabulated and the awards ceremony should begin.

GENERAL SPORTS RULES for Open Water Swim

Neoprene swim caps are acceptable.

Estimated water temperature and course location shall be provided to all competitors in the confirmation letter.

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Start will be a mass water start with all competitors in the water up to their waists. Exception: If this is an ocean swim and the surf would be a hazard to swimmers in the water, the start should be at the closest safe position to the water.

No floatation devices of any kind.

No fins allowed.

No devices on the hands allowed.

Competitors will be advised that a raised hand indicates trouble or withdrawal from competition and when given aid, or picked up by a safety boat, results in disqualification.

No aid may be given to competing swimmers until they have crossed the finish line.

The sport may be called or postponed for stormy conditions or high waves.

Finish line shall be at the water's edge to eliminate medal place changes out of the water. If for any reason the finish line is removed from the water's edge, swimmers must be escorted physically (by the arm) from the water's edge to the finish line to avoid any position change out of the water. In this case a waterline judge and enough personnel to handle several swimmers leaving the water at one time are required.

A time limit of 90 minutes will be given the swimmers. After that, all remaining swimmers will be asked to leave the water or be picked up by safety boats.

Paddleboards with safety personnel must be in the water before the race starts. One paddleboard will lead at a comfortable distance (at least 20 yards) the lead swimmers around the course. The other paddleboards will be stationed in positions to observe as many swimmers as possible. Paddleboards may move to be in the best place to provide help if needed. One paddleboard must follow the last swimmer. Paddleboards must not interfere with swimmers but stay approximately 10 yards off the swimmers path. If a swimmer raises their arm or needs help, the paddleboard nearest will go to the location of that swimmer and provide assistance. The paddleboard will summon help from the safety boat. The swimmer will only be transported by the safety boat. The safety boat will remain away from the swimmers unless needed because the fumes from the engine drifts on top of the water and is toxic to breathe when swimming. The safety boat will contain at least a driver, a lifeguard skilled in water recovery and an EMT, and have radio communications with the sport coordinator and the other EMT at the ambulance. The safety boat personnel must be capable of pulling a swimmer on board the safety boat without help from the swimmer.

AWARDS

A maximum of 9 sets of medals (1st through 3rd place) will be required. USPFC will advise you of the number of sets needed based on total entries, plus a reasonable margin.

ATTENTION COORDINATORS

**THE GENERAL RULES APPLY TO ALL SPORTS.
YOU MUST BE FAMILIAR WITH ITS CONTENTS.**

**PRECISE RESULTS MUST BE FORWARDED
TO THE HOST COMMITTEE IMMEDIATELY FOLLOWING THE
CONCLUSION OF THIS SPORT**

The USPFC Director assigned to your sport is knowledgeable and experienced in providing assistance during the preparation and running of the sport. Questions, a detailed accounting of your preparations, and any area requiring approval of the USPFC shall be submitted in a timely manner to this USPFC Director.

The USPFC Directors want to work with you to make your sport a success.

PLEASE USE THE USPFC DIRECTORS AS A RESOURCE.

- Ⓟ = Large bouy or sailboat
- = Course-marking bouys

T-SHAPED COURSE

This course offers easy set-up, excellent spectator viewing, efficient use of safety boats and constant water temperature.

