



THE FALSE BAY SWIMMING ASSOCIATION

("FBSA")

SWIMMING RULES AND REGULATIONS

1. Start must be from dry land and finish on dry land on the other side.
2. The swim is unassisted in any form from start to finish.
3. The swim will have four categories:
 1. Solo Skins [Elite crossing]
 2. Solo Wetsuits
 3. Relay Skins
 4. Relay Wetsuit
4. The FBSA will also recognise Disabled as a subcategory to the main categories above. For Relay team to be categorised as disabled, all members of the Relay must prove some form of disability.
5. The FBSA will recognise special categories in case of special disabilities or other requirements at the FBSA's discretion and will deal with them case by case.
6. The swim will be supported by at least one motorised boat.
 1. The Boat and the Skipper must have a minimum Category C licence.
 1. Allows 15 Nautical miles offshore [27.789km]
 2. If a second boat is used or a third, the pilots must communicate with regard to course and swimmer.
 3. If one boat is used, a second skipper is required to allow the main skipper rest and as backup.
 2. The Pilot is responsible for the swimmer/s safety, course and well-being during the swim.
 3. Shark cage usage is not allowed.
 4. No alcohol is allowed on the boats.

5. The pilot on each boat must have at least another person with him/her during the swim.
7. False bay had a large population of great white shark in the past. In the recent years the population has declined significantly, and shark sighting dropped dramatically. However, the FBSA recommend the “shark Sightings Protocol” as follows:
 1. In case of shark sightings during the swim, it is the skipper/observer responsibility and discretion to pull the swimmer out immediately.
 2. It is for the swimmer together with the Pilot to decide at swim briefing what process to follow and it is at their discretion to follow through.
 3. If the swimmer stipulates that he/she requests an immediate abort at any shark sightings, the pilot must follow.
 4. A swimmer pull out for any reason, means the attempt has been aborted.
8. General swimming attires for all categories:
 1. One pair of standard swimming goggles
 2. One swimming cap – silicon, latex, cloth
 3. Ear plugs
 4. Nose clip
 5. Light sticks or safety swim lights
 6. A watch is optional at the swimmer’s discretion
 7. No Taping and other swim accessories are permitted
 8. Shark shield on each boat
9. Skins swim attire:
 1. One standard swimming costume.
 1. Costume material must be FINA approved excluding neoprene
 2. Costume must end above knee height and may not extend below the shoulders
 2. Wetsuit swim attire:
 1. A neoprene wetsuit is allowed with a maximum thickness of 5mm at any area of the body.
 2. No gloves, hoodies or booties are allowed
 3. Wetsuit swimmers may wear up to two caps.

3. Greasing – any form of greasing is allowed as long as it is a removable lotion that can't act as a permanent body insulation
4. Wrist shark repellent unit is allowed.

10. Strokes – any strokes are allowed

11. Unassisted rules

1. Unassisted means that no contact is allowed with a boat, other swimmer, or any of the surroundings that may assist the swimmer during the swim.
2. Feeding must be done in a fashion that does not compromise the swimmer or offer any form of rest or assistance

12. Relay rules:

1. Each relay team can be comprised of minimum 2 and maximum of 6 swimmers.
2. We will collect records for female only, male only, mixed relay and overall results.
3. The swim must start with the first swimmer
4. The swim will end with the current swimmer in the sequence and time slot.
5. The Swim interval must be a minimum of 1 hour and a maximum of 2 hours. The interval and swimmer order must be set before the start and kept for the full duration of the swim.
6. Changeovers are done in the water. The next swimmer in sequence must enter the water behind the current swimmer and handover by a high 5.
7. The entire relay team may swim together in the last 200m as long as the current swimmer leads his/her slot to land first with the relay team behind him/her.
8. No other swimmers are allowed in the water in front of the current swimmer and not within 50m around the swimmer.
9. A relay team with at least one swimmer in wetsuit will be considered a wetsuit category relay.
10. The Relay swimmers order must be submitted to the observer before the swim start and can't be changed.

11. Every attempt must have its own pilot and observer ie: Multiple attempts must be held as a separate swim.

13. Abort or disqualifications

1. If a swimmer breaches the swimming rules at any time during the swim, the swimmer or team will be regarded as disqualified.
2. The pilot and the observer are both entitled to pull the swimmer out at any stage if they deem it necessary to do so.
3. If a swimmer is requested to abort the swim by the pilot or observer and refuses, the swimmer will be considered as disqualified.

14. Age Limit

1. For a solo swim, the swimmer must be of the age of 15 years or older on the day of the swim. Any swimmer younger than 18y must have a signed consent form by both his parents or his/her legal guardians.
2. For a relay swim:
 1. 5 - 6 swimmers – 12 years or older
 2. 2 - 4 Swimmers - 15 years or older

15. Qualifications:

1. Solo swimmer, skins or wetsuits will be required to successfully complete a 6h swim within the 12 months prior to the attempt in a water temp average of 16 degrees or lower
2. Relay swimmers require to qualify as follows:
 1. 4-6 people relay – minimum of 2h swim in water temp of 16C or lower.
 2. 2-3 people relay – minimum of 4h swim in water temp of 16C or lower.
3. Honesty system prevails – the swimmer/s must provide a signed declaration of successful qualifying swim by their observer. Observer details must be detailed in the declaration.
4. The FBSA reserves its right to reject a qualifying swim at his discretion.

16. Medicals

1. Relay swimmers will have to submit a medical health statement
2. Solo swimmers will have to pass and submit a signed [doctor] medical assessment with an ECG to the observer. The medical and ECG must be completed within six months prior to the swim date.

17. Indemnity – each swimmer must indemnify the FBSA from possible claims and take responsibility for his/her/their risk with the swim.

18. Banned drugs and substance abuse

1. The FBSA adheres to rules set out by the World Anti-Doping Association (WADA) <https://www.wada-ama.org/en/content/what-is-prohibited>

19. Start and End point

1. The start and end points are interchangeable

20. Multiple crossings

1. A multiple crossing must adhere to a single crossing rules.
2. At the end of one leg the swimmer is allowed not more than 5min on shore before embarking on the next leg.
3. No assistance is allowed at the end of any leg, however, feeding is allowed
4. Each leg will count as a single crossing in one's crossings count

21. The swimmer/s should discuss the start and end expected time so to try and avoid a swim in the dark. This is entirely at the swimmer with its pilot discretion being aware of all risks related to swim, launch and finish in False Bay in the dark.

22. Observers

1. The FBSA will publish a list of accredited Observers and Pilot regularly.
2. In order to become an observer or pilot, one must assist in at least one crossing and demonstrate to the FBSA his/her proficiency with the swim rules and safety requirements

23. Fees

1. The fees are directed towards costs of Observers, FBSA sanction costs, Mail, calls, medals, website and any other admin expenses.
2. Fee Structure Solo
 1. Admin/Swim fee R1000 will be paid at least 10 days prior to an attempt.
2. Fee Structure Relay

1. Admin/Swim fee R500 per swimmer
2. All fees will be paid at least 10 days prior to an attempt.
3. Pilot and boat fees are to be dealt with the pilot directly.

24. Awards

1. Each attempt will receive a FBSA swim cap
2. In case of a successful swim each swimmer will receive the FBSA medal and certificate
3. Course map and other memorabilia will be available for purchase from the FBSA website