

## Open Water Swimming and the rules on Wetsuits during competition

### Rule:

**4.2.b.)** It is recommended that wetsuits are worn by all novices and Age-Groupers up to and including age 59 up to 22°C, and all novices and Age-Groupers age 60 and above up to 24.6°C.

### Rule:

**4.4.c.)** If other weather conditions dictate, i.e., high winds, heavy rain, changing temperature, current, etc. the Event Organiser (in consultation with the Chief Technical Official) may adapt limits of the swim length or adopt provisions about the use of wetsuits. The final decision will be made by the Event Organiser one hour before the start and will be clearly communicated to the athletes by the Event Organiser.

### Note about weed:

During the hot summer sun, natural light promotes the fast growth of pond weed and other aquatic plants.

Whilst swimming in open water it is perfectly natural to encounter these, it is advisable to remain calm and swim as normal to avoid a panic attack.

In UK inland waters, there is nothing of harm to you.

Swim Length	Age Category	Mandatory Below	Forbidden Above
Up to 1500m	A - K	14°C	22°C
Up to 1500m	L - R	14°C	24.6°C
1501m and above	A - R	16°C	24.6°C

### Note:

Allows Event Organisers, in consultation with the Chief Technical Official, to amend the swim segment of an event and/or wetsuit usage depending on other factors than water temperature.

### Note from LPS Events:

*In line with the current rulings, the official water temperature will be taken 1 hour prior to the race start time.*

*The variation can change as much as 5 degrees in a 12 hour period of cool evenings and hot sunny days and so we will not release figures prior to the event to avoid confusing statements.*



SOUTH WEST

