



## EVENT INFORMATION BOOK

# 2021 South Australian Open Water Championships

Sunday 6<sup>th</sup> December 2020

Venue:

Oarsman Reserve, West Lakes

There are changes to the way we conduct events due to COVID-19. Whilst change is often hard and can be confusing, we are introducing these measures to ensure a healthy community and expect each attendee to “Do the Right Thing” enabling an enjoyable and successful return to competition. Please ensure you read this event information guide for updated information.

Best of Luck to All Teams Competing!

*Updated as at 13/11/2020*

## Contents

1. SWIMMINGSA EVENT KEY PERSONNEL.....	4
2. EVENT DETAILS.....	4
3. EVENT OPERATING HOURS.....	4
4. COVID SAFE PLAN.....	4
5. VENUE ACCESS INFORMATION.....	4
6. EVENT IMPORTANT TIMES – UPDATED 13/11/20.....	4
7. HEALTH DECLARATION.....	5
8. COVID TRACING.....	5
9. COVID 19 TRAINING.....	5
10. COVID MARSHALLS.....	5
11. SANITISATION, CLEANING & PPE OPTIONS.....	6
12. BATHROOMS.....	6
13. FOOD AND DRINK.....	6
14. PROGRAM OF EVENTS / QUALIFYING – UPDATED 13/11/20.....	6
15. COURSE INFORMATION.....	7
16. WORKING WITH CHILDREN CHECK.....	7
17. COACHES AND FEEDERS ACCREDITATION.....	7
18. OFFICIALS NOMINATIONS.....	7
19. TICKETING & SPECTATORS.....	7
20. REGISTRATION TABLE AND COVID CHECK IN.....	8
21. NUMBER ALLOCATION AND STAMPING TABLE – UPDATED 13/11/20.....	8
22. MARSHALLING AND WITHDRAWALS.....	8
23. PRE & POST RACE PROCEDURES.....	8
24. STARTS.....	8
25. FINISHES.....	9
26. FEEDING STATION.....	9
27. RACE RULES.....	9
28. RACE SAFETY.....	9
29. VENUE PARKING & TRAFFIC MANAGEMENT.....	10
30. SEATING AND TEAM SPACES.....	10
31. FEEDING AND COACHES VIEWING AREA.....	10
32. VENUE PATHWAYS & MAP.....	10
33. BY-LAWS.....	10
34. MEET PROGRAMS AND RESULTS.....	11
35. AWARDS AND RECOGNITION.....	11
36. MEDAL PRESENTATION PROTOCOLS.....	11
37. SWIMWEAR - SOWBL 8 APPROVED SWIMWEAR.....	11

38.	STRAPPING AND TAPING .....	12
39.	EMERGENCY PROCEDURES.....	12
40.	FIRST AID & MEDICAL DIRECTORY .....	12
41.	WARM UP PROCEDURES .....	13
42.	STREAMING .....	13
43.	BEHAVIOURAL GUIDELINES.....	13
44.	LOST PROPERTY .....	13
45.	PHOTOGRAPHY.....	13
46.	APPENDIX 1 –VENUE MAP .....	14
47.	APPENDIX 2 – ATHLETE LIST WITH NUMBERS AND WAVE ALLOCATIONS – UPDATED 13/11/20.....	15

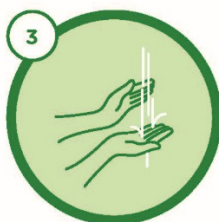
## Good hygiene is in your hands.



Wet hands with running warm water and apply soap.



Rub hands and lather for at least 20 seconds.



Rinse hands under running warm water.



Dry hands thoroughly with a clean towel.

**BE COVIDSAFE**

For more information  
SA.GOV.AU or 1800 253 787



## 1. SwimmingSA Event Key Personnel

NAME	TITLE	CONTACT DETAILS
Michelle Doyle	Chief Executive Officer	<a href="mailto:michelle.doyle@sa.swimming.org.au">michelle.doyle@sa.swimming.org.au</a> 0438 040 403
Cory Bampton	Athlete and Coach Performance Officer	<a href="mailto:cory.bampton@sa.swimming.org.au">cory.bampton@sa.swimming.org.au</a>
Leanne Beames	Events, Records and Results Officer	<a href="mailto:leanne.beames@sa.swimming.org.au">leanne.beames@sa.swimming.org.au</a>
Tania Carlino	Technical Officials Coordinator	<a href="mailto:tania.carlino@sa.swimming.org.au">tania.carlino@sa.swimming.org.au</a>
Daniel Lawlor	Club Development Officer	<a href="mailto:daniel.lawlor@sa.swimming.org.au">daniel.lawlor@sa.swimming.org.au</a>
Tanya Matic	Administration and Membership Officer	<a href="mailto:tanya.matic@sa.swimming.org.au">tanya.matic@sa.swimming.org.au</a>
Wade Meaney	Operations Coordinator	<a href="mailto:events@sa.swimming.org.au">events@sa.swimming.org.au</a>
Darren McLachlan	Chief Referee	

## 2. Event Details

The 2021 South Australian Open Water Championships is to be conducted on Sunday 6<sup>th</sup> December 2020 at the West Lakes Rowing Course, 100 Military Road, West Lakes Shore 5020.

## 3. Event Operating Hours

Event personnel will be on site from 7am until the conclusion of the medal presentations 30mins post the last race finisher. Please note the event area is not to be accessed prior to 7am by attendees. A reminder this space is adjacent to residential housing and noise must be kept to a minimum early in the morning. All attendees must vacate the water as instructed to do so by officials and water safety crew. No swimmer is permitted to remain on the water 30mins after the first finisher of their respective event.

## 4. COVID Safe Plan

The COVID-Safe plan is available for all attendees to review as per SA Government direction requirements. A copy of the plan is available on Swim Central for your reference [Click Here](#) to view this. We appreciate your continued assistance with ensuring we are all COVID compliant and Safe. As per terms and conditions of entry and membership all attendees are required to provide contact details for COVID Tracing purposes. To streamline this process for members at the venue entry SwimmingSA has developed the iPad Check-In App which links with Swim Central. All spectators attending must purchase a FREE ticket and have your name ticked off at the venue entry.

## 5. Venue Access Information

Access to the event is via the COVID Check in Tent. All attendees (spectators included) must check in. Athletes will proceed directly from their check in through the pre-race registration process. Spectators will proceed to the club spectating area. **Access to the venue will be via small groups please see below for the various check in times.**

## 6. Event Important Times – Updated 13/11/20

See below for Important Times during the event. See Appendix 2 for the athlete list and wave allocations

Event #	Event Description	Athlete Count	Wave #	Cap Colour	Registration		Officials Briefing	Athletes Briefing	Marshalling	Start Time
					Opens	Closes				
1 & 2	10km (All Ages & Genders)	21	1	Pink	7:30am	7:45am	8:00am	8:30am	8:45am	9:00am
3 & 4	7.5km (All Ages & Genders)		1	Pink						
5A	1.25km Come and Try (Mixed 10yrs & 12yrs)	16	2	Orange	7:45am	8:10am	On Water / in Position @ 8:40am - 10:30am	8:40am	8:50am	9:05am
5B	1.25km Come and Try (Mixed 11yrs)	15	3	Orange					8:55am	9:10am
6A	2.5km (Boys 11-12yrs)	12	4	Red	8:05am	8:30am	8:55am	8:55am	9:05am	9:20am
6B	2.5km (Girls 11-12yrs)	11	5	Yellow					9:10am	9:25am
7 & 8	5km (Female - All Ages)	19	6	Green	9:15am	9:35am	9:45am	10:00am	9:15am	9:30am
9 & 10	5km (Male - 15yrs+)	18	7	Green					10:15am	10:30am
11A	2.5km (Male - 16yrs+)	12	9	Red	9:35am	10:00am	On Water / in position @ 10:15am - 12:30pm	10:35am	10:50am	11:00am
11B	2.5km (Male - 14/15yrs)	14	10	Red					10:55am	11:05am
11C	2.5km (Male - 13yrs)	14	11	Red	10:00am	10:20am	10:50am	10:50am	11:00am	11:10am
12A	2.5km (Female - 13/14yrs)	14	12	Yellow					11:05am	11:15am
12B	2.5km (Female - 15yrs+)	14	13	Yellow	11:10am	11:20am				

Please note due to COVID gathering and distancing requirements space is limited at race briefings and swimmers should be accompanied by their coach or 1 support person only.

## 7. Health Declaration

Please do not be complacent or panic about COVID-19. A sensible, cautious and community minded approach to your health at this time is required.

**Do not attend if you are unwell or are experiencing any of the following symptoms**

Fever Cough Sore throat Muscle and/or joint pain Stuffy nose Headache Fatigue Diarrhoea  
Vomiting Running nose Breathing difficulty Feeling unwell

By registering to swim, nominating to coach/officiate and/or purchasing a ticket to attend you have agreed to the COVID-19 Terms & Conditions – [Click Here](#) to review them or scroll to the end of this information.

You will be required to reconfirm verbally upon entry to the venue that you have read, agree, and meet the terms and conditions prior to gaining entry. SwimmingSA, RowingSA and Charles Sturt Council Staff and Security reserve the right to refuse any person venue entry.

## 8. COVID Tracing

As per terms and conditions of entry and membership all attendees are required to provide contact details for COVID Tracing purposes. To streamline this process for members at the venue entry SwimmingSA has developed the iPad Check-In App which links with Swim Central.

Therefore, please ensure all your membership contact details are up to date on Swim Central. This applies to all swimmers, coaches, parents, officials, and spectators. You can view each of your family members contact details under the new profile section in Swim Central.

1. Log in and click on Profiles
2. Select family member and click on the vertical ellipsis dots
3. Click Edit Profile and update each tab – personal details, contact and address
4. Click Update details and move to next family member

## 9. COVID 19 Training

Attendees must undertake COVID Training relevant to their role at the event.

All Officials, Team Managers and Coaches must undertake the Infection Control Training – [Click Here](#)

Referees, Staff, Event Volunteers & Security must also undertake the COVID Marshal Training – [Click Here](#)

Spectators and Athletes are encouraged to undertake the Infection Control Training – [Click Here](#)

All certificates should be uploaded to Swim Central.

## 10. COVID Marshalls

SwimmingSA will be providing a dedicated COVID Marshal for the Championships as per the SA COVID Directions. There will also be several COVID Area-Marshalls monitoring and available to assist attendees as needed. SwimmingSA also appreciate the assistance of club coaches and team managers to ensure COVID compliance within your clubs.

For the benefit of the Sport we encourage you to do the right thing, say the right thing and report the wrong thing to our COVID Area-Marshalls in your best spirit. **Please remember these Marshalls are volunteers treat them with respect.**

## 11. Sanitisation, Cleaning & PPE Options

The equipment utilised for the event will undergo a COVID clean prior to and after each use. During the event Sanitisation stations and PPE are available to attendees in various places at the venue as listed below. Please ensure you utilise the sanitisation stations as needed. We also encourage attendees to bring personal sanitiser and PPE items of your preference. Should you have any questions with regards to this please approach your team manager or COVID area marshal.

### Sanitisation Station Points

- All Handwashing locations - all bathrooms
- Venue Entry
- Marshalling Tent
- Event Admin Area

## 12. Bathrooms

Density limits apply to bathrooms. A maximum of 10 persons are allowed in a bathroom at any one time. Please do your best to ensure this limitation is met and do not congregate in the bathroom

## 13. Food and Drink

The OAR Café will be open for food and beverages. Please note social distancing applies when waiting to be served and cashless payment is preferred. **NO Gathering on the Cafe**

## 14. Program of Events / Qualifying – Updated 13/11/20

The 2021 South Australian Open Water Championships is a combination of age and open championships. All events are timed finals. Time Limits will apply.

**Eligibility:** This event is open to:

- current and financial members of SwimmingSA who meet the entry criteria; or
- members of interstate and international swimming associations who meet border restrictions and entry criteria

**Age as at:** Competitor age is as at 6 December 2020

**Program of Events:** Please see above wave allocation for updated program of events

**Qualifying:** Entrants must meet the following criteria:

Event:	1.25km	2.5km	5km	7.5km	10km
Age Categories:	10 – 12yrs	11 – 12yrs	13 - 14yrs	14 - 15yrs	15 – 18yrs
		Open (min age 13yrs)	15 - 16yrs	16 – 18yrs	Open (min age 15yrs)
			17/18yrs	Open (min age 14yrs)	
			Open (min age 13yrs)		
Minimum Qualification Requirement:	200m pool swim	Previous OWS or 400m pool swim	Previous OWS or 400m pool swim	Previous 5km OWS	Previous 5km OWS

## 15. Course Information

All competitors to swim in an anti-clockwise direction. Course length is 2.5km total.

10 Kilometres: Four laps of the circuit from start line. Finish through finish pontoon touching the finish pad. (Touch finish pad at the end of the second lap if competing in 5Km as well and continue for a further two laps. Ignore the finish line on lap 1 & 3).

7.5 kilometres: Three laps from start line of the circuit and finishing through finish pontoon, touching the pad. Touch finish pad at end of 5km if swimmer wants a split time or is entered in this race distance as well.

5 Kilometres: Two laps from start line of the circuit and finishing through finish pontoon, touching the pad.

2.5 Kilometres: One lap of the circuit finishing through finish pontoon and touching the finish pad.

1.5 Kilometres: Half a lap of the circuit turning at the additional yellow intermediate markers (700m from the northern markers).

## 16. Working With Children Check

All persons applying for event accreditation (excluding athletes and those aged under 14) must hold a current Working With Children Check which may be in the form of a DCSI or DHS Clearance. [Note: Police Clearances and teacher registrations are no longer legally acceptable forms of evidence of your WWCC status.](#)

Your WWCC must be loaded to your Swim Central Profile and must be valid at the time of the meet.

## 17. Coaches and Feeders Accreditation

Coaches and Feeders (10km Race Only) are required to register their attendance on swim central. This registration is required to obtain access to the feeding pontoon. There is no Spectator access to the pontoon. All accredited persons must check in on the day of the event. [Click Here](#) to nominate

**Accreditation nominations close 9am Thursday 3<sup>rd</sup> December 2020**  
***Note: Athletes do not need to apply for accreditation***

## 18. Officials Nominations

Please note all officials must register on swim central. [Click Here](#) to Nominate Officials Roster & Allocations – [Click Here](#)

Officials Briefing is prior to the start of each wave as noted above in key times schedule in the marshalling tent – please ensure you are on time for the briefing. As some procedural changes are in place during COVID for officials.

## 19. Ticketing & Spectators

**Each swimmer may be accompanied by Three Spectators. All spectators must pre-purchase a FREE ticket to enter the site.** Tickets must be purchased through Swim Central. No tickets will be available at the Ticket-booth onsite. Attendees do not need to print your ticket. You will be asked for your name and to reconfirm your health status at the sign in tent.

Please note: if you are officiating your child may be accompanied by their three other spectators. Officials do not require a spectator ticket but must be nominated online through swim central.

[Click Here](#) to purchase Tickets

**Ticketing closes 5pm Friday 4<sup>th</sup> December 2020**

## 20. Registration Table and COVID Check In

Located on the lawn in front of the start line (see map). All attendees must check in. Swimmers must present for registration wearing the swimsuits in which they will be competing so that they can be checked for swimsuit compliance contained in this document. Competitors will then be issued with their competitor-numbered caps and will also be checked to ensure that no jewellery (including ear and facial piercings) is worn and that fingernails and toenails are cut short.

## 21. Number Allocation and Stamping Table – Updated 13/11/20

Located next to the Registration Table, competitors must immediately report to this table after being issued with their cap to have their competitor numbers checked and re-stamped on each shoulder blade, on each upper arm as needed. Competitors must not apply sunscreen lotion to their arms, hands or back prior to competitor numbering being applied as the ink can only be applied to clean, dry skin. Care should be taken when applying sunscreen after stamping to ensure that the competitor numbers remain legible.

**Please note for COVID Restrictions to minimise contact athletes are encouraged to have their number pre-written on them prior to registration but must still have the numbers inspected to ensure they are legible for safety purposes. If officials deem the numbers not suitable then they will be restamped on athletes.**

Numbers should be clearly marked on the swimmers:

- Left & Right Shoulder blade
- Left & Right Upper Arm

**See Appendix 2 for the athlete list, cap numbers and wave allocations**

## 22. Marshalling and Withdrawals

Athletes will be marshalled by waves. Please do not enter the athlete briefing tent or marshalling area until your wave is called. Once in marshalling you **MUST** not leave the area unless advised to do so by the course marshal. Do not leave any personal items in the athlete briefing tent or marshalling area.

Any competitor who fails to report to the marshalling area when wave is called will not be allowed to swim at the discretion of the Referee.

Intending not swim / Withdrawal Process:

All withdrawals shall be done by the Club Coach or Representative in the Event Check in Desk.

## 23. Pre & Post Race Procedures

It is the responsibility of the competitors to arrive promptly at registrations.

Starts will not be delayed for swimmers who are late. Swimmers should apply sunscreen to their arms or back prior to the competitor number being applied as the ink can only be applied to clean and dry skin.

At the conclusion of their race swimmers must return their timing bands and check out with the marshal on the beach as they exit from the course. All swimmers coming off the course must check out with the marshal irrespective of the requirements of first aid.

## 24. Starts

- Swimmers must keep course marker buoys on left shoulder at all times.
- All Open Water competitions shall start with all swimmers standing or treading water in a depth sufficient for them to commence swimming on the start signal.
- The Clerk of the Course shall keep swimmers and officials informed of the time before start at suitable intervals and at one minute intervals for the last five minutes.
- The start line shall be clearly defined by removable equipment at water level.
- The Referee shall indicate by a flag held upright and short blasts on a whistle when the start is imminent and indicate that the competition is under Starter's orders by pointing the flag at the Starter.



- The Starter shall be positioned to be clearly visible to all swimmers.
- The start signal shall be both audible and visual.

**Competitors should allow at-least 10 minutes to be checked in by the Referee or Clerk of the Course at the checkpoint immediately prior to entering the water for the start (checkpoint is located near start line).**

## 25. Finishes

- All competitors must swim under/through the gate.
- Swimmers must hit gate to register finish time.
- At completion, all competitors must exit through the checkpoint to have their name and competitor number recorded.

## 26. Feeding Station

- Support personnel will be able to feed their swimmers from the pontoon outside the Rowing SA building (northern end of course).
- All feeding must be from this pontoon.
- Handlers are not permitted to interfere with any swimmers whilst feeding and are not permitted to wade out to feed swimmers.

## 27. Race Rules

- SwimmingSA Open Water Rules apply for this championship.
- Course Officials will observe swimmers and any infraction of the rules will be reported to the Referee.
- A warning may be issued during the event but non-observance of the rules could lead to disqualification.
- The Meet Director, Safety Officer and Referee have the authority to stop the race for safety reasons.
- The Referee can withdraw a swimmer from the water if he or she believes that the swimmer will not complete the distance or will not finish within the prescribed cut-off time.
- The cut-off time limit will be thirty minutes after the first South Australian swimmer for each age group crosses the line for each event.
- If you withdraw or fail to complete the designated course for any reason, you must personally report to the Chief Recorder to have your competitor number recorded. This requirement is mandatory.
- Time Limits: SOWS 6.18 applies in all events. A 30-minute time limit shall apply from the finish time of the first South Australian swimmer in each appropriate age group and gender. Also applicable SOWS6.18.1 Competitors who do not finish the course within the time limits shall be removed from the water except that the Chief Referee may allow a competitor outside the time limit to complete the course, obtain a time, but not be eligible for any points or prizes.

## 28. Race Safety

- Course maps will be available from commencement of registration to coaches, swimmers and the water rescue escort personnel.
- A pre-race briefing will be held for all coaches, swimmers and water rescue escort personnel.
- Swimmers are not to wear jewelry and fingernails and toenails must be cut short. These will be checked before the swimmers enter the water. Starts will not be delayed for swimmers who need to remove jewelry or cut nails.
- A communications network will be in place between Event Medical, various water safety craft, the Meet Director, Chief Referee and all other key personnel.
- Water safety escort personnel will be on course in a combination of water safety craft: IRBs, Skis and Paddle/Rescue Boards
- First-aid personnel will provide basic first aid cover and will be particularly alert for symptoms of hypothermia, heat exhaustion and heat stroke.
- Swimmers who become distressed during the race must raise their hand to attract the attention of safety officials.
- Emergency procedures will take effect immediately in the event of a major incident.

The Meet Director will have the authority to call off the event prior to the start or during the event if inclement weather or any other conditions adversely affect the safety of the swimmers

## 29. Venue Parking & Traffic Management

Parking is available in the car-park at Oarsman's Reserve (on both sides of Military Road) and roadside on Military Road. For detailed information on public transport services please call Adelaide Metro on 1300 311 108 or go to their website [www.adelaidemetro.com.au](http://www.adelaidemetro.com.au)

## 30. Seating and Team Spaces

Team seating area has been allocated on Oarsman's reserve. See Map for further details. Please space yourselves accordingly and socially distance from other attendees. Teams are required to provide their own shelters.

Please ensure you are social distancing by modifying the usual number of people in your tent, bringing extra tents and chairs. This means do not sit:

- next to; or
- immediately in front; or
- immediately behind another person.

**There is NO seating on the rowing reserved area, beach or pontoon.**

## 31. Feeding and Coaches Viewing Area

There is a standing room only coaches feeding and viewing area on the pontoon. The pontoon is operating with a one-way pathway. See map for further details. Coaches and feeders will be required to be registered to access the pontoon.

**Athletes, other accredited persons and spectators are NOT allowed in this area. Coaches & Feeders must leave the viewing area to speak with swimmers or other attendees.** This is a small area and social distancing must be maintained and space shared amongst all clubs. If this area or the pathways in/out of the space are misused, it will be closed. **This is not a space for teams to congregate.**

## 32. Venue Pathways & Map

Please note there are some changes to the regular Open Water Championships venue layout in 2020 to enable attendees to social distance appropriately.

**See venue map below.**

Change to note:

- Addition of COVID Check in desk for both athletes and spectators
- Pathway process for athletes to complete their pre-registration requirements
- Restricted access to Feeding Pontoon
- All team seating on Oarsman's reserve only

**Attendees are reminded that the pathway between the reserve and water is a public access pathway so please do not congregate on the pathway or other areas.**

## 33. By-Laws

This event is conducted under the SwimmingSA Swimming Rules and Event By-Laws.

To view these documents please [CLICK HERE](#).

Note the by-laws may be modified as necessary to ensure a COVID Safe Environment.

### 34. Meet Programs and Results

Limited hard copy programs will be available on the day of the event for coaches and clubs. Live Results and Meet Mobile will be in use for results. Paper results will not be printed. Result Placings will be considered provisional until approved by the Referee. Result times will be considered provisional until verified by electronic timing review and the Referee as needed.

### 35. Awards and Recognition

Points are awarded to athletes who finish in the Top 10 placings in each event. Medals will also be awarded (see below) please note the 1.25km race is come and try only – no awards are on offer for this race. The following perpetual trophies will be awarded at the championships:

- State Open Water Championship Shield (highest team pointscore)

### 36. Medal Presentation Protocols

Medals shall be awarded to the first three placegetters in each event listed below, with gold for first place, silver for second and bronze for third. If equal placing occurs then medals shall be awarded to each equal placing, but the next following medal/s shall be omitted.

Event:	2.5km	5km	7.5km	10km
Medal Categories (awarded to both male and females separately):	11 - 12yrs	13 - 14yrs	14 - 15yrs	15 - 18yrs
		15 - 16yrs	16 - 18yrs	
		17/18yrs		
	Open	Open	Open	Open

Medallists must make their way immediately to the presentation area as they are announced. Athletes need to wear club uniform (shirt & Shorts). Presentations will occur during racing and during breaks in racing as results become available.

The procedure for the presentation ceremony shall be:

- Athletes are called to the presentation arena
- Athletes collect their medals from the tray in order of Bronze, Silver, Gold
- Competitors must remain in the presentation area for official photos.

**COVID Safe Practices Apply to Medal Presentations – There will be no handshaking, hugging or physical contact during presentations please observe the 1.5m rule during this time.**

### 37. Swimwear - SOWBL 8 Approved Swimwear

#### SOWBL 8.1 - Swimwear, Wetsuits and Water Temperature

Based on the water temperature reading (SOWS 2.5), the following applies as applicable to swimwear in all South Australian OWS events:

Less than 16°C	The event will not be conducted.
16°C – 17.9°C	Swimmers must wear an approved wetsuit to compete
18°C – 19.9°C	Swimmers may wear an approved wetsuit or approved swimwear to compete.
20°C – 31°C	Swimmers must wear approved swimwear to compete. Wetsuits are not permitted.
Over 31°C	The event will not be conducted.

#### SOWBL 8.2 Approved Swimwear and Wetsuits

- Wetsuits must comply with the approved FINA standard and design. Where wetsuits are not marked with the FINA approval logo, they should comply with the following guidelines and the final decision of its compliance rests with the Chief Referee.

- In pool and open water swimming competitions the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit. All swimsuits (including wetsuits for open water competitions) shall comply with the requirements set forth in these By-Laws. (FINA BL 8.2)
- For the purpose of these rules, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles. (FINA BL 8.5)
- For open water swimming competitions with water temperature from 20°C swimsuits for both men and women shall not cover the neck, nor extend past the shoulder, nor extend below the ankle. Subject to these specific shape specifications, swimsuits for open water swimming competitions shall further comply with all other requirements applicable to swimsuits for pool swimming competition. (FINA BL 8.4)

The Referee of a competition has the authority to exclude any competitor whose swimsuit does not comply with this By-Law.

### 38. Strapping and Taping

Swimmers must cover any wounds with waterproof dressing (not band aids) and may after presentation to the Referee of the meet use tape to hold the dressing in place as long as it does not give the swimmer any advantage. Any other strapping must be presented to the Referee who will decide if it gives the swimmer any advantage. Strapping not approved by the Referee is forbidden.

### 39. Emergency Procedures

In the event of an emergency at the venue please listen carefully to announcements and follow the direction of venue staff.

- An individual emergency on the water will be dealt with by Race Officials and Water Safety Crew.
- Mass emergency evacuation point from the water is the beach finish zone.
- Full site emergency evacuation point is across the road from Oarsman Reserve (on the beach side of Military Road).

### 40. First Aid & Medical Directory

St Johns will be onsite providing first aid as necessary and located in the event administration area.

**ALL SWIMMERS REMOVED FROM THE WATER BY WATER SAFETY OR THEIR WHO COME OFF THE COURSE BY THEIR OWN MEANS PRIOR TO COMPLETING THE RACE FINISH MUST REPORT TO FIRST AID.**

SERVICE	ADDRESS	SUBURB	PHONE
<b>Emergency (Ambulance, Police, Fire 000)</b>			
Royal Adelaide Hospital	Port Road	ADELAIDE	08 7074 0000
Queen Elizabeth Hospital	28 Woodville Road	WOODVILLE SOUTH	08 8222 6000
Flinders Medical Centre	Flinders Drive	BEDFORD PARK	08 8204 5511
Ashford Hospital <i>*does not offer 24hr emergency</i>	55 ANZAC Highway	ASHFORD	08 8375 5222
Calvary Wakefield Hospital	300 Wakefield Street	ADELAIDE	08 8405 3333
Terry White Chemist Grange	312 Military Road	GRANGE	08 8356 4128
Woodlakes Day & Night Pharmacy	Shop 3/20-28 Frederick Rd	WEST LAKES	08 8268 3881

#### **41. Warm Up Procedures**

Warm up will be available for swimmers at the start/finish zone prior to the start of the race. Please ensure coaches are monitoring swimmers during warm up and are not impeding any proceeding race already in the water.

#### **42. Streaming**

The Open Water Championships will not be live streamed.

Results will be available from the SwimmingSA Website – [Click Here](#)

#### **43. Behavioural Guidelines**

SwimmingSA promotes the Behaviour Guidelines to all people involved in any way with the sport of swimming, particularly those responsible for activities involving members under the age of 18. These guidelines highlight the principle and values of SwimmingSA/Swimming Australia and the core principles of the Member and Child Welfare policies. All persons participating at the 2020 South Australian Short Course Championships must adhere to the Behavioural Guidelines/Code of Conduct which can be found here: <https://sa.swimming.org.au/policy>

#### **44. Lost Property**

Event lost property can be found in the event admin area. All lost property not collected will be held by SwimmingSA for one week only post the meet.

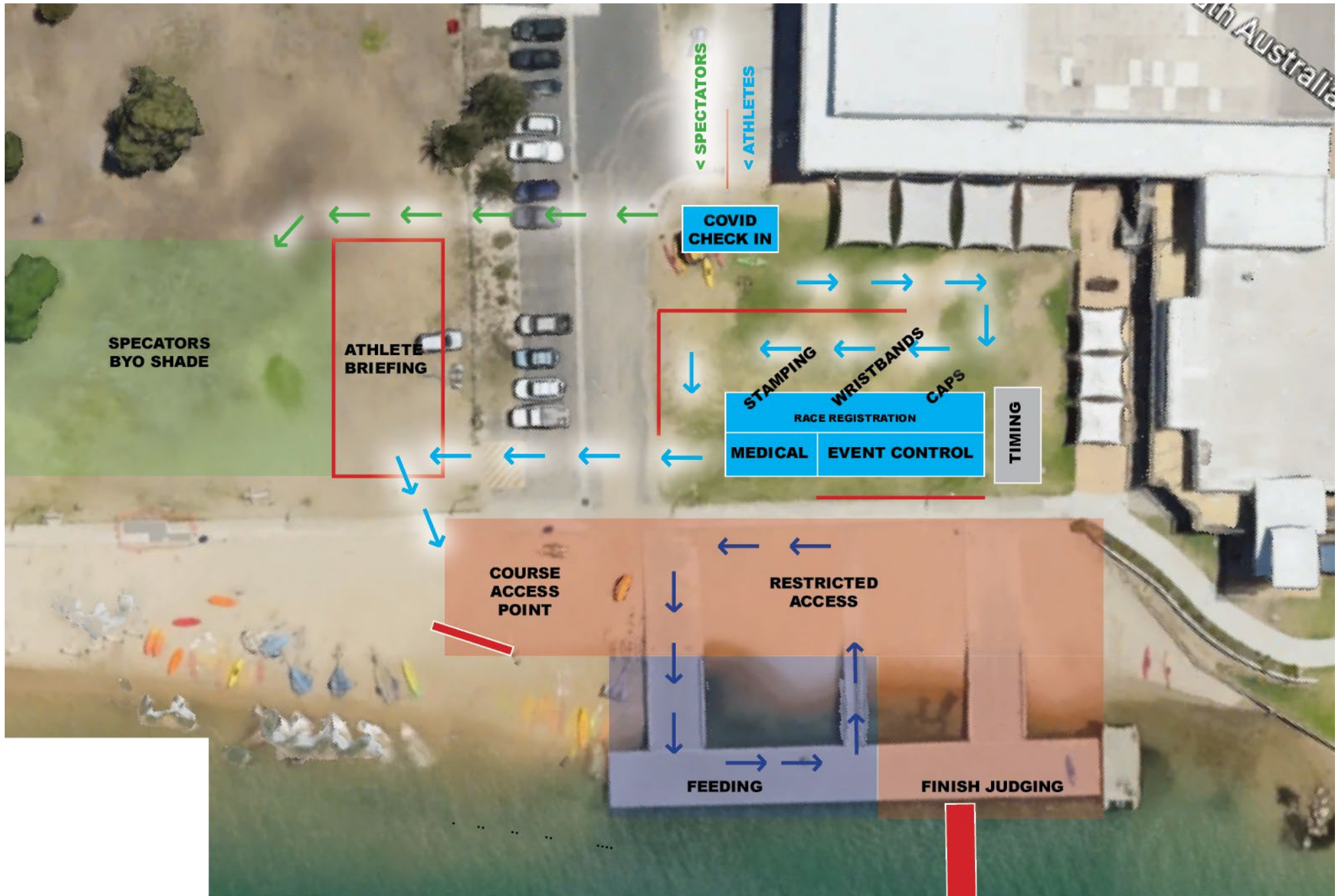
#### **45. Photography**

SwimmingSA has contracted Get Snap as the official photographer for this championship event.

Photos will be taken of all medal winners as well as action and environmental shots which will be available online as soon as possible following the competitions.

**Should you not wish your photo to be published please email [events@sa.swimming.org.au](mailto:events@sa.swimming.org.au) prior to the meet**

46. Appendix 1 –Venue Map



#### 47. Appendix 2 – Athlete List with Numbers and Wave Allocations – Updated 13/11/20

Name	Team	Cap #	Wave #	10km	7.5km	5km	2.5km	1.25km
Aberline, Louis	Unley	149	11				X	
Altiok, Ali	Marion	53	4				X	
Andrews, Ella	Western Aquatic	177	13				X	
Atkins, Jaylen	Marion	150	11				X	
Axon, Mya	Marion	163	12				X	
Bampton, Ky	Western Aquatic	22	2					X
Beaumont, Isabella	Henley & Grange	38	3					X
Beaumont, Louisa	Unley	76	6			X		
Beaver, Sharon	Southern Performance	1	1	X				
Benger, Edie	Henley & Grange	164	12				X	
Borgmeyer, Claire	Immanuel	65	5				X	
Borgmeyer, Emma	Immanuel	165	12				X	
Braithwaite, Alice	Kent Town	166	12				X	
Braithwaite, Archie	Kent Town	23	2					X
Brooks, Cassie	Marion	178	13				X	
Brown, Jackson	Immanuel	151	11				X	
Brown, Rory	Western Aquatic	137	10				X	
Buck, Amy	Western Aquatic	179	13				X	
Cameron, Piper	Clovercrest	66	5				X	
Carberry, Aiden	Immanuel	138	10				X	
Carberry, Harrison	Immanuel	24	2					X
Carbone, Elijah	Unley	54	4				X	
Carr, Anabelle	Immanuel	167	12				X	
Carr, Mitchell	Immanuel	55	4				X	
Caton, Eve	Norwood	77	6			X		
Caton, Hugh	Norwood	104	8			X		
Charleson, Olive	Western Aquatic	39	3					X
Clifford, Matthew	Marion	105	8			X		
Clifford, Ryan	Marion	106	7			X		
Clinch, Marcus	Marion	25	2					X
Cobiac, Patrick	Unley	126	9				X	
Coleman, Alexander	Immanuel	127	9				X	
Connor, Charlie	Marion	26	2					X
Corbett, Joseph	Unley	107	8			X		
Cornish, Jack	Unley	27	2					X
Cornish, Lucy	Unley	67	5				X	
Cox, Claire	Marion	28	2					X
Crean, Allegra	Marion	40	3					X
Crowe, Charlie	Unley	56	4				X	
Davies, Rosie	Marion	68	5				X	
Deacon, Hannah	Marion	81	6			X		
Deegan, Christopher	Marion	5	1	X	X	X		
Dillon, Aise	Unley	180	13				X	
Dingwall, Maggie	Unley	168	12				X	
Dobson, Joe	Playford Aquatic	139	10				X	
Doman, Marcus	Tea Tree Gully	152	11				X	
Dossetter-Smith, Mason	Marion	29	2					X
Dowling, Charlotte	Western Aquatic	169	12				X	
Doyle, Lily	Marion	170	12				X	
Ducaj, Mark	Marion	95	7			X		
Edwards, Oliver	Marion	14	1		X	X		
Ekins, Caitlyn	Kent Town	82	6			X		

Estcourt Hughes, Emily	Kent Town	83	6			X		
Eyers, Archie	Unley	57	4				X	
Eyers, Oliver	Unley	58	4				X	
Fanning, Holly	Marion	69	5				X	
Fear, Lachlan	Immanuel	153	11				X	
Forby, Henry	Kent Town	140	10				X	
Foster, Hannah	Gawler	84	6			X		
Ganley, Angus	Unley	59	4				X	
Gao, Margaret	Mountain Pool	41	3					X
Gardiner, Noah	Marion	30	2					X
Giles, Bailey	Marion	108	7			X		
Gohl, Jacob	Marion	109	7			X		
Gray, Keenan	Kent Town	110	7			X		
Greatrex, Kate	Western Aquatic	31	2					X
Green, Charlise	Immanuel	42	3					X
Greig, Fraser	Unley	111	8			X		
Grund, Stella	Unley	85	6			X		
Guth, Zac	Kent Town	141	10				X	
Hall, Aidan	Western Aquatic	154	11				X	
Hearl, Ethan	Clovercrest	142	10				X	
Heath, Sophie	Immanuel	181	13				X	
Helps, Finn	Marion	43	3					X
Hendry, Nicole	Marion	70	5				X	
Hickman, Tully	Western Aquatic	112	8			X		
Ivins, Kai	Kent Town	44	3					X
Jackson, Jack	Western Aquatic	128	9				X	
Jackson, Jessica	Kent Town	86	6			X		
Jasko, Elka	Onkaparinga	71	5				X	
Jasko, Matylda	Onkaparinga	87	6			X		
Jasko, Mikaela	Onkaparinga	88	6			X		
Jones, Abbey	Unley	2	1	X	X	X		
Jones, Leah	Unley	12	1		X	X		
Kilpatrick, Jonah	Western Aquatic	60	4				X	
Lampard, Annabel	Unley	182	13				X	
Lamprell, Matilda	Unley	72	5				X	
Larven, Lachlan	Marion	113	8			X		
Larven, Will	Marion	129	9				X	
Lawson, Jack	Kent Town	143	10				X	
Leaver, William	Marion	155	11				X	
Li, Runjie	Unley	144	10				X	
Liemar, Seanna	Western Aquatic	45	3					X
Lightfoot, Thomas	Marion	96	7			X		
Loader, Marc	Masters	6	1	X				
Luscombe, Clancy	Marion	7	1	X	X	X		
Luscombe, Fletcher	Marion	114	7			X		
Luscombe, Harvey	Marion	21	1		X	X		
Mackay, Angus	Southern Performance	97	7			X		
Manolopoulos, Harry	Marion	115	7			X		
Martin, Jordy	Onkaparinga	116	8			X		
Martin, Taliah	Marion	89	6			X		
Materne, Georgia	Henley & Grange	183	13				X	
Mathee, Rhys	Marion	32	2					X
Mather-Brown, Rebecca	Playford Aquatic	184	13				X	
Maynard, Isabella	Marion	171	12				X	



Maynard, Oliver	Marion	46	3					X
McArthur, Briny	Masters	185	13				X	
McAvaney, Georgia	Immanuel	16	1		X	X		
McAvaney, Laura	Immanuel	73	5				X	
McAvaney, William	Immanuel	33	2					X
McGinley, Gerard	Immanuel	47	3					X
Meehan, Katrina	Unley	186	13				X	
Meehan, Nelson	Unley	61	4				X	
Merchant, Eloise	Immanuel	187	13				X	
Merchant, Lachlan	Immanuel	130	9				X	
Millard, Jade	Unley	13	1		X	X		
Miller, Henry	Unley	8	1	X	X	X		
Morata, Oskar	Western Aquatic	156	11				X	
Morgan, Ellie	Unley	78	6			X		
Morgan, Mack	Unley	117	8			X		
Morrison (V), Ben	Melbourne Vicentre	9	1	X		X		
Muller, Grant	Immanuel	131	9				X	
Murphy, Grace	Immanuel	172	12				X	
Murray, Alexander	Immanuel	34	2					X
Musci, Stephanie	Western Aquatic	173	12				X	
Myers, Ella	Kent Town	90	6			X		
Myers, Jack	Kent Town	98	7			X		
Natt, Katie	Marion	79	6			X		
Nelson, Regan	Kent Town	145	10				X	
Nesci, Ava	Starplex	48	3					X
Newman, Bailey	Kent Town	146	10				X	
O'Leary, Kelly	Immanuel	174	12				X	
Pashley, Fraser	Onkaparinga	49	3					X
Pate, Rian	Immanuel	132	9				X	
Pearce, Kiana	Marion	3	1	X	X	X		
Plummer, Cody	Starplex	157	11				X	
Powell, Corben	Marion	118	8			X		
Pronk, Maisy	Immanuel	74	5				X	
Pronk, Noah	Immanuel	18	1		X	X		
Rawson, Madeline	Immanuel	188	13				X	
Richards, Teagan	Western Aquatic	91	6			X		
Richards, Tyler	Western Aquatic	119	7			X		
Risstrom (V), Caitlin	Southport Olympic	10	1	X		X		
Roe, Kayla	Western Aquatic	92	6			X		
Ross, Angus	Western Aquatic	147	10				X	
Rouvray, Astin	Unley	62	4				X	
Sandercock, Finnian	Western Aquatic	63	4				X	
Sandford, Felix	Unley	120	8			X		
Sandford, Oscar	Unley	19	1		X			
Saunders, Ella	Unley	175	12				X	
Saunders, Noah	Unley	121	8			X		
Saunders, Oskar	Unley	35	2					X
Scrivener, Sophie	Unley	75	5				X	
Semmens, Jacob	Western Aquatic	122	7			X		
Semmens, Joseph	Western Aquatic	99	7			X		
Simpson, Katie	Norwood	93	6			X		
Smith, Connor	Marion	158	11				X	
Smith, Jamie	Unley	123	7			X		
Smith, Thomas	Unley	124	7			X		

Snell, Daisy	Unley	176	12				X	
Snell, Leilani	Norwood	94	6			X		
Spinner, Lochlann	Immanuel	133	9				X	
Stanton, Conor	Immanuel	64	4				X	
Stenhouse, Euan	Marion	11	1	X		X		
Stock, Fraser	Unley	159	11				X	
Sutton, Hamish	Immanuel	50	3					X
Sutton, Toby	Marion	160	11				X	
Szeto, Colleen	Masters	4	1	X				
Thomas, Kenya	Marion	17	1		X	X		
Thomas, William	Unley	125	8			X		
Tierney, Jack	Unley	100	7			X		
Tierney, Samuel	Unley	101	7			X		
Travers, Jack	Western Aquatic	161	11				X	
Tucker, Axel	Marion	51	3					X
Tucker, Jordan	Marion	36	2					X
Tucker, Zachary	Marion	37	2					X
Tunbridge, Connor	Western Aquatic	134	9				X	
Turra, Logan	Marion	162	11				X	
Ward, Taj	Marion	102	7			X		
Washington, Lachlan	Immanuel	20	1		X	X		
Watkinson, Myles	Western Aquatic	135	9				X	
Watson, Brodie	Unley	148	10				X	
Wells, Jack	Unley	15	1		X	X		
Whelan, Flynn	Unley	103	8			X		
Whelan, Kevin	Unley	136	9				X	
Whelan, Matilda	Unley	189	13				X	
White, Emily	Norwood	80	6			X		
Wright, Eamon	Marion	52	3					X
Zampatti, Liliija	Western Aquatic	190	13				X	