



**Scottish  
Swimming**  

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Open Water

**Scottish Swimming  
Regulations  
for the  
Open Water  
National Discipline Committee**

**Issue 10 – November 2018**

(Changes approved by the Company Board – 25 Nov 2018)

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**OW1 General**

- OW1.1 The Scottish Open Water Committee (OWC), a National Discipline Committee of Scottish Swimming, shall comply with Company Article A3.1.3.
- OW1.2 The OWC shall conduct its business in accordance with Company Articles A3.1.3.2 & 3.
- OW1.3 The membership of the OWC shall be in accordance with Company Article A3.1.3.7.4
- OW1.4 The OWC shall have the following responsibilities in addition to those stated in Company Article A3.1.3.6.
  - OW1.4.1 Draft and formulate Regulations for Open Water swimming activities held in Scotland.
  - OW1.4.2 Decide on the interpretation of Regulations pertaining to Open Water swimming and give rulings thereon.
  - OW1.4.3 Arrange, control and conduct Open Water swimming championships in Scotland.
  - OW1.4.4 Select swimmers for development squads and teams funded by Scottish Swimming and make arrangements for them to compete in selected competitions.
  - OW1.4.5 Regulate the training and retraining of Open Water swimming technical officials.
  - OW1.4.6 Support Districts in their promotion of Open Water swimming and the staging of competitions.
  - OW1.4.7 Nominate, where necessary, an Open Water Representative to the STO Committee, The Open Water Representative will be a licensed Open Water STO who also complies with the qualifications needed for a member of the STO Committee.
- OW1.5 Scottish Swimming and Company governance documentation shall apply with regard to Awards, Trophies, Eligibility, Fees, Protests and Complaints.
- OW1.6 All events shall be conducted under FINA Rules except where otherwise identified. The FINA Rules on Open Water Swimming which do not apply to Scottish Swimming Open Water events are identified and replaced with provisions in these regulations.
- OW1.7 FINA Rules on Masters Open Water Swimming will not be operative in Scottish Swimming Open Water events and will be replaced with the provisions of these regulations.

**OW2 Events Held in Scotland**

**This section applies to all Open Water Events.**

**OW2.1 Age Definition**

- OW2.1.1 FINA Rule OWS1.2 applies only in terms of age date definition (age at 31st December).
- OW2.1.2 A Junior swimmer is as defined in Company Rule R4.5.6.
- OW2.1.3 A Senior swimmer is defined as 17 years of age or over at midnight on 31 December in the year of competition.

**OW2.2 Minimum Age**

- OW2.2.1 The minimum age in Open Water swimming events is as per Company Rules R4.4.5.
- OW2.2.2 For swimmers of age 12 years and less, the maximum swim distances permissible are as follows:

Age (at year end)	FINA Byelaws regarding open water swimwear apply	Non-wetsuit events
10	500m	Not permitted
11	1km	Not permitted
12	2km	1km

**OW2.3 Eligibility to Compete**

- OW2.3.1 Eligibility is as defined in Company Rule R4.5.

**OW2.4 Licensing**

**OW2.4.1 General**

- OW2.4.1.1 Open Water competitive events involving more than one club require to be licensed in accordance with Company Rule R4.4.

- OW2.4.1.2 Open Water competitive events involving only one club do not require to be licensed in accordance with Company Rule R4.4 but Organisers must submit an adequate Preliminary Risk Assessment and Safe Method of Working a minimum of 8 weeks prior to the event.
- OW2.4.1.3 Training events in Open Water do not require to be licensed in accordance with Company Rule R4.4 but Organisers must submit an adequate Preliminary Risk Assessment and Safe Method of Working a minimum of 8 weeks prior to the training event or the first training event of a series of such events which are broadly similar in nature at the same location. Any significant change would require submission of a new Preliminary Risk Assessment and Safe Method of Working on the same timescale.
- OW2.4.1.4 All swimmers must be members or Temporary Members of Scottish Swimming or be registered members of another FINA affiliated country, prior to competing in any licensed event.
- OW2.4.1.5 All licensed events must be held under either FINA Rules or Scottish Swimming Open Water Swimming Regulations.
- OW2.4.1.6 The fee for each licence category will be set in accordance with Company Rule R3.4.1.
- OW2.4.1.7 Application for a licence may not be granted if the date(s) clash with other Open Water swimming events promoted by:
- Scottish Swimming
  - The Scottish Swimming District relevant to event venue
- OW2.4.1.8 Should an event fail to achieve the required minimum standards as required by the Open Water Swimming Regulations and Event Organisation and Safety Guidelines, the OWC may suspend any outstanding licences, or refuse to issue a new licence in the name of the organising body.
- OW2.4.1.9 A club or district affiliated to the SASA which is found to have run an unlicensed or training open water event not in accordance with the above shall be reported to the Board of Directors who may decide to take appropriate sanctions.

#### **OW2.4.2 Licence Categories**

- OW2.4.2.1 Event licences will be categorised as follows:
- Level 1 – International, National and District Championships events.
  - Level 2 – All other events with the exception of events where only one club competes.

#### **OW2.4.3 Jurisdiction**

- OW2.4.3.1 The National OWC is responsible for the issue of all licences for Open Water swimming events.

#### **OW2.4.4 Facility Requirements**

- OW2.4.4.1 Level 1 Events must provide the following;
- Programme containing, as a minimum, the names and clubs of competitors, a timetable and details of the course(s).
  - Results in electronic format.
  - First aid facilities provided by a qualified agency (e.g. Red Cross, St Andrews Ambulance).
  - Drug testing facilities.
  - An appointed Meet Referee who is a qualified British Swimming Open Water referee.
  - An appointed Safety Officer who is a qualified Scottish Swimming Safety Officer.
- OW2.4.4.2 Level 2 Events must provide the following
- Results in electronic or printed format.
  - The Meet Referee must be a qualified British Swimming Open Water referee or official at Judge 2 level.
  - An appointed Safety Officer who is a qualified Scottish Swimming Safety Officer or a qualified British Swimming Open Water referee acting as Safety Officer.

#### **OW2.4.5 Applying for a Licence**

- OW2.4.5.1 Application must be made on the appropriate form available from the Company.
- OW2.4.5.2 Application for a licence must be made to the Chair of the OWC a minimum of 8 weeks prior to the event and must be accompanied by a copy of the Preliminary

Risk Assessment and Safe Method of Working for the Meet.  
(Note that amendments to the assessment may be made after this time.)

- OW2.4.5.3 For Level Two Meets where the Organiser wishes to allow non-wetsuit swimmers, the Preliminary Risk Assessment and Safe Method of Working submitted must be approved by the Organiser, by a qualified Scottish Swimming Safety Officer and by a qualified British Swimming Open Water Referee.
- OW2.4.5.4 When a change to the details on an application (e.g. change of venue, date or format) is required, a new application must be made.

**OW2.4.6 Notification**

- OW2.4.6.1 Confirmation that a licence has been granted will be sent to the applicant along with the licence number within 30 days of receipt of the application.
- OW2.4.6.2 Where a licence application is refused, the applicant will be advised within 30 days of receipt of the application and the reason of refusal stated.

**OW2.4.7 Requirements for Meet Documentation**

- OW2.4.7.1 The following documents must be returned to the Chair of the OWC within seven days of the completion of the Meet.
- a) Completed event report
  - b) A set of results in electronic format
  - c) A list of officials
  - d) A copy of the final version risk assessment
  - e) Any incident report forms

**OW2.4.8 Requirements for Control and Monitoring**

- OW2.4.8.1 The control and monitoring of licence compliance will be based on monitoring and reporting by the Meet Referee and Safety Officer.

**OW2.5 Safety**

- OW2.5.1 Provision of safety craft and crews in accordance with Scottish Swimming Open Water Swimming Event Organisation and Safety Guidelines and as determined by the Safe Method of Working determined by the Risk Assessment.
- OW2.5.2 Primary safety cover must be provided by fast rescue craft.
- OW2.5.3 Fast rescue craft must be piloted by a crew member who holds "Royal Yachting Association Powerboat - Level 2" or greater certification.
- OW2.5.4 The number and specification of fast rescue and escort craft, where necessary, must be to the satisfaction of the Referee, and Safety Officer.
- OW2.5.5 At all Open Water Championships/Events shore based medical cover must be provided. As a minimum, this must include a person with a first aid qualification and a means of transport to higher level medical facilities.
- OW2.5.6 The safety personnel will have available radio equipment through which rescue and recovery activity can be co-ordinated. The users of the rescue radio equipment shall consist of the rescue boat (s), the safety officer and the shore based medical crew. All users of the rescue radio equipment must be suitably qualified in its use.

**OW2.6 Information and Briefing Meeting**

- OW2.6.1 Event information shall be issued to every entrant before the briefing meeting. Any conditions laid down in this information must be adhered to. Such information may be included in the entry form or other communications issued between the entry date and the date of the meet.
- OW2.6.2 A briefing meeting shall be held at a time and venue indicated in the Meet information.
- OW2.6.3 Competitors failing to attend the briefing meeting will be prevented from starting the event unless the Referee is satisfied that such competitors are aware of the course layout and that there are no adverse safety implications.

**OW2.7 Course**

- OW2.7.1 FINA Rule section OWS5 is replaced by Paragraphs OW2.7.2 to OW2.7.9.
- OW2.7.2 The course may be in salt or fresh water.
- OW2.7.3 The promoter will take reasonable steps to ascertain that the quality of water is suitable for swimming and that the course is clear of any other hazards.
- OW2.7.4 The minimum depth of water at any point on the course shall be 0.6 metres and more than 1 metre for more than 90% of the length of the course

- OW2.7.5 The water temperature shall be a minimum of 13°C.  
 OW2.7.6 In events where swimmers are not individually accompanied by escort craft the water temperature shall be a minimum of 14°C unless wetsuits are worn.  
 OW2.7.7 The Meet Referee must be satisfied that the minimum water temperature is in accordance with OW2.7.5.  
 OW2.7.8 All turns/alterations in direction of circuit courses shall be clearly indicated.  
 OW2.7.9 The finish shall be clearly defined to the competitors at the briefing and be either a vertical face, a line between two fixed points or a single fixed point.

## OW2.8 Race

- OW2.8.1 Conduct of the race will be in accordance with FINA Rules OWS4, OWS6 and OWS7 with modifications as set out in paragraphs OW2.8.2 to OW2.8.6.  
 OW2.8.2 **Swimwear.**  
 OW2.8.2.1 Costumes worn in Level 1 (Scottish National and District Championships) Meets shall comply with the requirements set out in FINA rule BL 8.  
 OW2.8.2.2 Where wetsuits are worn, a swimsuit compliant with the shape and other costume specifications in FINA rule BL 8.4 must be worn under the wetsuit.  
 OW2.8.2.3 Where wetsuits are worn, they must be of a reasonable fit to the swimmer.  
 OW2.8.2.4 Where non-wetsuit swims are permitted by the Organiser and licensed by Scottish Swimming, the swimsuit shall comply with the shape and other costume specifications in FINA rule BL8.4.  
 OW2.8.3 For Level 1 Meets the following maximum cut-off times will apply. Times for intermediate distances can be obtained by interpolation:

Distance	Maximum Stay in Water	Distance	Maximum Stay in Water
750m	30 minutes	3000m	100 minutes
1000m	43 minutes	4000m	135 minutes
1500m	70 minutes	5000m	150 minutes
2000m	80 minutes	10000m	225 minutes

- OW2.8.4 FINA Rules OWS6.8.1 (swimmers numbers displayed by escort craft), OWS6.17 (time limits), OWS7.1 (buoys at approach to finish) and OWS7.2 (finish apparatus and recording equipment) will not be operative in Scottish Swimming Open Water events. OWS6.17.1 (time limits) will be applied.  
 OW2.8.5 All swimmers shall have their competitor's number clearly displayed in waterproof ink on their upper back and/or arms in events where more than 20 swimmers are racing simultaneously. In events with fewer swimmers or where wetsuits are worn, this requirement is at the Referee's discretion.

## OW2.9 Team Events

- OW2.9.1 Promoters may arrange team events between clubs or districts to a format of their choice. The format must be specified in the meet information.

## OW2.10 Technical Officials

### OW2.10.1 Number of Officials Required

- OW2.10.1.1 FINA Rule OWS2 shall be complied with at all meets with the exception that an individual may act in more than one capacity where it is practical to do so, with the exception of the Safety Officer.  
 OW2.10.1.2 A Meet Referee will be appointed by the meet organisers to have overall control of an event held at a given venue on a single day or over consecutive days.  
 OW2.10.1.3 The number of officials required for a given function is at the discretion of the Meet Referee.  
 OW2.10.1.4 Where a meet consists of more than one race, officials may be assigned on a race by race basis.  
 OW2.10.1.5 The Meet Referee must be satisfied that the number of officials is sufficient to swim the races fairly and safely, must indicate this on the licence and must justify this opinion to the satisfaction of the OWC.  
 OW2.10.1.6 Notwithstanding the other regulations in OW2.10.1, there must be a minimum of four officials available for each race who are qualified British Swimming Open Water official at Judge 1 level or above.  
 OW2.10.1.7 The OWC will review the provision of officials at licenced meets and give guidance for future events if they believe the provision of officials is insufficient.

**OW2.10.2 Duties of Officials**

- OW2.10.2.1 Duties of Officials will be in accordance with FINA Rule OWS3 with modifications as set out in paragraphs OW2.10.2.2 to OW2.10.2.4.
- OW2.10.2.2 References to “FINA Rules” are replaced by “Scottish Swimming Regulations”
- OW2.10.2.3 FINA Rules OWS3.13 (synchronising watches), OWS3.37 (provision of tide/current charts) and OWS3.54 (reporting of violations) are not operative in Scottish Swimming Open Water events.
- OW2.10.2.4 The Meet Referee shall have full control over all officials and shall approve their assignments and instruct them regarding all special features or regulations related to the competition.
- OW2.10.2.5 Watches need not have print out capability but otherwise must conform to the requirements of FINA Rule OWS3.16
- OW2.10.2.6 Competitor number and times shall be recorded on sheets provided by the promoter.

**OW3 Scottish Championships**

**This section applies to events run by the Company.**

**OW3.1 General**

- OW3.1.1 The Championships shall be managed by a committee appointed by and under the jurisdiction of the OWC.
- OW3.1.2 The date, venue and closing date for entries will be determined annually by the OWC and published at least twelve weeks before the first day of the championships.
- OW3.1.3 Time limits set on swims will be notified in the meet information.
- OW3.1.4 Entries shall be made on official entry forms, available from the Company office and available on the Company web site, or by an online system, in accordance with the published entry information.
- OW3.1.5 The organising committee reserves the right to reject entries in order to limit the number of competitors to comply with safety requirements or if they consider that a swimmer has insufficient ability given the length and nature of the course.

**OW3.2 Events**

The following Open Championships shall be held;

- OW3.2.1 A 2 Km championship with the following categories for men and women:  
13-14 years,  
15-16 years,  
17-24 years,  
25-34 years,  
35-44 years,  
45-54 years,  
55 years and above  
and a concurrent event open to all age groups.
- OW3.2.2 A 5 Km championship with the following categories for men and women:  
13-14 years,  
15-16 years,  
17-24 years,  
25-34 years,  
35-44 years,  
45-54 years,  
55 years and above  
and a concurrent event open to all age groups.
- OW3.2.3 A championship, over a distance of between 10 km and 25 km for men and women.
- OW3.2.4 Events specified in OW3.2.1 and OW3.2.2 will be swum on circuit courses.
- OW3.2.5 Events may be swum with male and female competitors in separate races or concurrently at the discretion of the organising committee.
- OW3.2.6 Event OW3.2.3 may be held over a circuit course or alternatively a “point to point” course where swimmers will be individually accompanied by escort craft suitable for the conditions of the event.
- OW3.2.7 Team events may be included at the discretion of the organising committee and to a format stated in the meet information.

**OW3.3 Titles**

- OW3.3.1 The fastest swimmer in each category of each Championship shall be the Scottish Open Champion.
- OW3.3.2 The fastest swimmer in each category of each Championship with National eligibility as defined in Company Rule R4.5 shall be Scottish National Champion.

**OW3.4 Awards**

- OW3.4.1 Medals shall be presented in each category as follows:-
- a) Scottish Open Championship 1st, 2nd and 3rd
  - b) Scottish National Champion 1st
- (provided the individual is not also the Scottish Open Champion)

**OW3.5 Technical Officials**

- OW3.5.1 The Meet Referee and Safety Officer will be appointed by the OWC at least eight weeks before the first day of the championships.
- OW3.5.2 Technical officials will be appointed as required by the Meet Referee in accordance with OW2.10.1.

**OW3.6 Jury of Appeal**

- OW3.6.1 The OWC shall appoint or arrange for the appointment of a Jury of Appeal in advance of each Scottish Championship Event.
- OW3.6.2 The procedure and treatment shall be in accordance with Company Rules R11.3 & R11.4.

**OW3.7 Expenses**

- OW3.7.1 Expenses may be claimed in accordance with Company Rule R3.7.
- OW3.7.2 Claims must be made on the official form available from the Company Office.
- OW3.7.3 Claims will not be processed unless the claim is authorised by the Chair of the OWC.

**OW4 District Championships (Level 1 Events)****OW4.1 General**

- OW4.1.1 No swimmer shall be required to provide safety equipment or safety personnel or boatmen as a condition of entry.

**OW4.2 Events**

- OW4.2.1 Events will be swum on circuit courses.
- OW4.2.2 Events may be swum with male and female competitors in separate races or concurrently at the discretion of the organising committee.

**OW4.3 Awards**

- OW4.3.1 Medals shall be presented in each age category as follows:-
- a) District Open Championship 1st, 2nd and 3<sup>rd</sup>
  - b) Such medals to swimmers of the host district as determined by the Organiser and as indicated in the Event information.

**OW5 Technical Officials****OW5.1 Training**

- OW5.1.1 Training and qualification of officials will be in accordance with the requirements of British Swimming with the exception of the Safety Officer who shall be trained and assessed according to OW5.1.2.
- OW5.1.2 Method of training for Safety Officers will be by hands on experience on a 'one on one' basis using existing Safety Officers. The duration of such training shall be agreed between the trainee and the trainer. Candidates must reach the agreed level of competence to the satisfaction of two trainers, one of whom has not been involved in the training programme.
- OW5.1.3 Safety Officers shall be appointed by the OWC when they are satisfied that individuals meet the competence requirements.
- OW5.1.4. Officials participating in events in Scotland will be provided with copies of the Scottish Swimming Regulations and other appropriate documents sufficient for them to be aware of distinctions between FINA Rules and Scottish Swimming Regulations.