



2018 AUSTRALIAN OPEN WATER SWIMMING CHAMPIONSHIPS

Brighton Beach, Adelaide
Friday 26 – Sunday 28 January 2018

EVENT INFORMATION BOOK

Updated 13 December 2017

IMPORTANT NOTE:

The information in this booklet is correct at the time of publishing. Swimming Australia Limited will not be held liable for any costs and expenses incurred by any person following any changes to the information outlined in this Event Information Book. Any updates/amendments to this booklet will be posted on the SAL website in the same location this booklet can be found.



Table of Contents

SECTION ONE: GENERAL INFORMATION.....	3
1.1. Event Staff.....	3
1.2. Swimming Australia Calendar 2018.....	3
 SECTION TWO: EVENT INFORMATION.....	 4
2.1. Event Details	4
2.2. Entry Procedures.....	4
2.2.1 Entry fees (prices are inclusive of GST)	4
2.3. Team points scoring	4
2.4. Race Program and Briefings.....	5
2.4.1 Team Leaders Meeting	5
2.4.2 JX Clinic and 2.5km Swim.....	5
2.4.3 Pre-Race Briefings.....	5
2.5. Accreditation.....	5
2.6. Merchandise.....	5
2.7. By-Laws and Race Rules.....	6
2.7.1. Wetsuits.....	6
2.7.2. Electronic Timing Instructions	6
2.7.3. Race Finish.....	6
2.7.4. Escort Craft.....	7
2.7.5. 7.5km and 10km Events	7
2.8. Codes of Conduct and the Safe Sport Framework.....	7
2.9. Team Selection	7
2.10. Pre-Meet Training.....	8
2.11. Warm-up and cool down	8
2.12. Registrations.....	9
2.13. Results and Awards.....	9
2.14. Medical Information.....	9
2.14.1 Event First Aid	9
2.14.2 Local Medical Facilities	9
2.14.3. Australian Sports Anti-Doping Authority (ASADA)	10
2.14.4. Heat and Sun Protection.....	10
2.14.5 Water Temperature.....	10
 SECTION THREE: VENUE INFORMATION.....	 11
3.1. Adelaide, South Australia - Destination Information.....	11
3.2. Getting to the Event.....	12
3.3. Venue Location	12
3.4. Contingency Venue	13

3.5. Course Information.....	14
3.6. Toilets and Amenities.....	14
3.7. Further Information.....	14
 SECTION FOUR: APPENDICES.....	 14
4.1. Appendix A – Qualifying Times and Procedures.....	15
4.2. Appendix B – Preparing Age Swimmers for Open Water Swimming Events	19
4.3. Appendix C – JX Open Water Information	20
4.4. Appendix D – JX Event Consent Form	22
4.5. Appendix E – Adult Race Feeder Participant Declaration Form.....	23
4.6. Appendix F – Under 18 Race Feeder Participant Declaration Form	25
4.7. Appendix G – Competition Timeline.....	27
4.8. Appendix H – Course Map.....	30
4.9. Appendix I – ASADA Guidelines.....	32

SECTION ONE: GENERAL INFORMATION

1.1. Event Staff

Name	Position	E-mail Contact
Karen MacLeod	Technical Manager	kjmacleod@bigpond.com
Stella Carrara	Assistant Technical Manager (OWS)	carrara@inet.net.au
Jamie Salter	High Performance Pathways Manager	Jamie.salter@swimming.org.au
Amie Quirk	General Manager, Events	amie.quirk@swimming.org.au
Leigh Sherman	Event Manager	leigh.sherman@swimming.org.au
Liz Avery	Entries, Records and Results Specialist	liz.avery@swimming.org.au
Hannah Sidebottom	Senior Event Coordinator	hannah.sidebottom@swimming.org.au
Chelsea Ryan	Event Coordinator	chelsea.ryan@swimming.org.au
Matthew Todd	General Manager Marketing & Comms	matthew.todd@swimming.org.au
Kathleen Rayment	Senior Digital and Media Coordinator	kathleen.rayment@swimming.org.au

1.2. Swimming Australia Calendar 2018

January

20 – 28	Australia Swims	Australia-wide
26 – 28	2018 Australian Open Water Swimming Championships	Adelaide, SA

February

28 – 03	2018 Hancock Prospecting Australian Swimming Trials	Gold Coast, QLD
---------	---	-----------------

April

04 – 15	2018 Commonwealth Games	Gold Coast, QLD
21 – 28	2018 Georgina Hope Foundation Australia Age Championships	Sydney, NSW

July

01 – 04	2018 Pan Pacific Swimming Championship Trials	TBC
---------	---	-----

October

25 – 27	2018 Hancock Prospecting Australian Short Course Championships	TBC
---------	--	-----

SECTION TWO: EVENT INFORMATION

2.1. Event Details

The 2018 Australian Open Water Swimming Championships will be held at Brighton Beach in Adelaide, South Australia from Friday 26 – Sunday 28 January 2018. The event will showcase Australia's top open water swimming talent and will incorporate the selection trials for the 2018 Pan Pacific Championships in Tokyo, Japan, the 2018 FINA World Junior Open Water Championships & the 2018 Oceania Open Water Championships in Port Moresby, PNG.

The open water JX Clinic and 2.5km JX open water event will again take place at the event and will be conducted on Saturday 27 January.

2.2. Entry Procedures

Entries for the 2018 Australian Open Water Swimming Championships will open at 9.00am AEDST on **Friday 8 December 2017**. Entries will close at 11.59pm (AEDST) on **Monday 15 January 2018**.

All individual entries must be lodged using the Swimming Australia Ltd (SAL) online entry system. The online entry system can be accessed via the Swimming Australia website www.swimming.org.au. Please note that SAL has a strict 'no late entries' policy.

Relay entries for the event must be entered separately on the relay entry page, and can only be submitted by the club registrar.

[ENTER RELAY TEAMS HERE](#)

Age for Open events is age as at 26th January 2018. Swimmers must be 14 years and over to enter open events. Age for Age events is age as at 31 December 2018. Age for the JX event is age as at 31 December 2018. The JX event is for 12 – 14 years.

Further enquiries relating to entries should be directed to Liz Avery via liz.avery@swimming.org.au.

2.2.1 Entry fees (prices are inclusive of GST)

JX event:	\$35.00 (includes clinic)
Individual Events:	\$35.00
Relay Events:	\$70.00

Appendix A – Qualifying Times and Procedures

Appendix B – Preparing Swimmers for Open Water Events

Appendix C – JX Open Water Information

Appendix D – JX Consent Form

2.3. Team points scoring

Points scoring for the 2018 Australian Open Water Swimming Championships will be aligned to the published high performance Competition Framework. The following events will score points for the club point score:

All open events
18 & 19 years 5km
18 & 19 years 10km

2.4. Race Program and Briefings

2.4.1 Team Leaders Meeting

A compulsory Team Leaders Meeting will be held on Thursday 25 January 2018. A Team Manager and/or Coach from each club must be present attend this meeting.

Date: Thursday 25 January 2017

Time: 4:00pm

Location: Esplanade Hotel (Bistro), 135 Esplanade, Brighton SA 5048

2.4.2 JX Clinic and 2.5km Swim

The JX Clinic and 2.5km swim will take place on Saturday 27 January. Appendix C contains key times and information for JX participants

Appendix C – JX Open Water Information

2.4.3 Pre-Race Briefings

There will be a compulsory pre-race briefing for all competitors prior to each event. Athlete briefings will be held at the competition venue. Briefing times are listed on the Competition Timeline in the appendices of this document

Coaches and handlers (10km events) are encouraged to join athletes at briefings, as all instructions concerning the course, water conditions, and other relevant matters will be detailed by the race referee at this time. The Course Officer at the briefing will also provide full directions of the course.

Appendix G – Competition Timeline

2.5. Accreditation

Accreditation will be distributed to manage access to the course during the 2018 Australian Open Water Swimming Championships.

All athletes will receive an accreditation pass for the event. Athletes will be required to hand their accreditation pass to the Technical Official in the role of Clerk of Course before they enter the water, and can collect their pass again when exiting the water at the conclusion of the race or warm up.

Accreditation will be available for collection from the accreditation van from **1:00pm on Thursday 25 January 2018**. The accreditation van will open again at 6:00am on the first day of competition.

2.6. Merchandise

Event merchandise will be on sale from the merchandise tent located next to registrations from **1:00pm on Thursday 25 January 2018**. The following items will be available to purchase:

- Grey hooded jumper
- White t-shirt
- Grey t-shirt

There will be no pre-sale of merchandise. No items may be held, no further sizes will be available for order after the event.

2.7. By-Laws and Race Rules

The 2018 Australian Open Water Swimming Championships will be conducted under the Australian Open Water Swimming Championships By-Laws (September 2017) ([found HERE](#)) and SAL Open Water Swimming Rules (September 2017) ([found HERE](#)).

Please contact Swimming Australia events@swimming.org.au if you have any enquiries regarding the By-Laws, or speak to the Technical Manager during the event.

Electronic timing will be used for this event.

2.7.1. Wetsuits

As per FINA regulations, for open water swimming competitions in water with temperature below 20°C (68°F), men and women may use either swimsuits or wetsuits. When the water temperature is below 18°C (64.4°F), the use of wetsuits is compulsory. The water temperature should be a minimum of 16°C and a maximum of 31°C in order to commence the competition. For further clarity the following principle will apply:

- *Water temperature 20°C or above, wetsuits **cannot** be worn*
- *Water temperature below 20°C and above 18°C, wetsuits **may** be worn*
- *Water temperature 18°C or below, wetsuits **must** be worn*

In line with the Swimming Australia Open Water Championships By-Laws, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover the torso, back, shoulders and knees and shall not extend beyond the neck, wrists or ankles.

The thickness of material/s used shall be a minimum 3mm and maximum 5mm. In addition, the outer surface of the wetsuit shall not include outstanding shapes, such as ridges or fins.

2.7.2. Electronic Timing Instructions

- You will be provided with two timing transponders and two velcro bands when you register for your event.
- You are required to wear a velcro band with a timing transponder around each wrist at all times during the race.
- The timing transponder will record your time as you hit the finish gate.
- Failure to complete the race with at least a timing transponder will result in disqualification from that event.
- You are required to hand your timing transponder in for collection at the conclusion of the race.
- Failure to return the timing transponder will incur a fee.
- The velcro bands and timing transponders are hired to the event and remain the property of the timing contractors (Tomato Timing).

2.7.3. Race Finish

- The cut-off time limit will commence countdown after the first swimmer in each competition has finished. Cut-off times shall be advised at the pre-race briefing.
- The referee has the authority to stop the race for safety reasons. The referee can also withdraw a swimmer from the water if he believes that the swimmer will not complete the distance, or will not finish within the prescribed cut-off time.
- If you withdraw or fail to complete the designated course for any reason, you must report in person to the Medical Personnel for examination. After release from the medical area, you must

report in person to the Clerk of Course to have your competitor number recorded. This process is mandatory - please do not leave the area without reporting to the Clerk of Course.

2.7.4. Escort Craft

- For all events, safety/security craft will be in attendance and individual escort craft are not permitted.

2.7.5. 7.5km and 10km Events

- A designated feeding area will be provided for the feeding of swimmers during the 7.5km and 10km events. This area will be the only place on the course where a swimmer may be fed
- Each swimmer is allowed one (1) handler, who will be required to check in with the swimmer at the time of registration. Once registered, the handler will be given an event specific wrist band. Failure to display this wrist band will result in the handler being denied access to the feeding area.
- The feeding pole must be inspected when the swimmer is attending registrations.
- All entrants are responsible for organising their own handlers.
- All feeders must complete the feeder indemnity form provided in appendix. The feeder indemnity form must be returned by **Monday 15 January 2018**. Completed forms should be emailed to events@swimming.org.au

Appendix E – Adult F Race Feeder Participant Declaration Form

Appendix F – Under 18 Race Feeder Participant Declaration Form

2.8. Codes of Conduct and the Safe Sport Framework

Swimming Australia is proud to lead the way in providing a safe sporting environment for all. Persons involved in any way with the sport of swimming are expected to adhere to the standards of behaviour outlined in the Swimming Australia Codes of Conduct:

- The **General Code of Conduct**; and
- The **Code of Conduct for dealing with Children and Young People**.

Swimming Australia promotes its Codes of Conduct to all people involved with the sport of swimming, particularly those responsible for activities involving persons under the age of 18 years. Aligned to our values, the Codes of Conduct set out the behavioural standards that are expected of all persons involved in swimming. The Codes of Conduct are now a core part of the Swimming Australia **Safe Sport Framework**. The Safe Sport Framework also contains a specific **Child Protection Commitment Statement** and refreshed **complaint procedures and guidance**.

A complete copy of the Safe Sport Framework, including the Codes of Conduct, can be found on the Swimming Australia website under Policies, Procedures and Rules/Safe Sport Framework

2.9. Team Selection

The 2018 OWS Team for the Pan Pacific Championships, 2018 FINA World Junior Open Water Championships & the 2018 Oceania Open Water Championships will be selected at the event.

Please refer to the Swimming Australia website to access the selection criteria for the above team. These can be found ([found HERE](#)).

2.10. Pre-Meet Training

One pre-meet training session will take place on Wednesday 24 January, two pre-meet trainings will be take place on Thursday 25 January. Full pre-meet training details are provided below (please take note of the different venues).

Pre-meet training session one– Marion Outdoor Pool

Date: Wednesday 24 January 2018

Time: 4:00pm – 6:00pm

Location: Marion Outdoor Pool, Oaklands Rd & Hendrie St, Park Holme SA 5043

Entry: for entry please state that you're swimming at the 2018 Australian Open Water Championships

Pre-meet training session two– Marion Outdoor Pool

Date: Thursday 25 January 2018

Time: 9:00am – 11:00am

Location: Marion Outdoor Pool, Oaklands Rd & Hendrie St, Park Holme SA 5043

Entry: for entry please state that you're swimming at the 2018 Australian Open Water Championships

Pre-meet training at the Marion Outdoor Pool will not be staffed by personnel from Swimming Australia. Athletes must follow directions given to them by Marion Outdoor Pool staff and lifeguards. Swimming Australia has secured as many lanes as possible, however the bookings have been made over an extremely busy period (including a public holiday) so space will be limited.

Pre-meet training session three– Brighton Beach Adelaide

The full race course (appendix H) will be set up for the second pre-meet training session on Thursday 25 January at Brighton Beach Adelaide.

Date: Thursday 25 January 2018

Time: 2:00pm – 4:00pm

Location: Brighton Beach Adelaide

Entry: All athletes are required to hand their accreditation pass to the SAL staff member or volunteer on duty when entering the water. Each athlete must then collect their accreditation pass when exiting the water.

2.11. Warm-up and cool down

An appropriate warm up swimming area on the beach will be advised during the team leaders meeting.

Lanes (1) will be available for cool down at the **Marion Outdoor Pool** (details below):

Marion Outdoor Pool, Oaklands Rd & Hendrie St, Park Holme SA 5043

For entry please state that you're swimming at the 2018 Australian Open Water Championships.

Date: Friday 26 January 2018

Time: 3:00pm – 5:00pm

Date: Saturday 27 January 2018

Time: 3:00pm – 5:00pm

Entry: to enter the pool please state that you're swimming at the 2018 Australian Open Water Championships

Cool down = Marion Outdoor Pool will not be staffed by personnel from Swimming Australia. Athletes must follow directions given to them by Marion Outdoor Pool staff and lifeguards. Swimming Australia have secured as many lanes as possible, but given the bookings have been made over an extremely busy period (including a public holiday) space will be limited.

Appendix H – Course Map

2.12. Registrations

Registrations close thirty (30) minutes before the advertised start of each event on each day.

All competitors are advised to:

- Ensure that all jewellery items have been completely removed.
- Ensure that all acrylic nails have been completely removed.
- Ensure that their finger nails and toe nails have been trimmed so that they do not extend passed the tip of the finger/toe.
- Ensure that they present themselves to registration in their race costumes.
- Leave both shoulders and upper left and right arms free of grease or sunscreen, as their competitor number will be tattooed on these areas. Care should be taken when applying grease to ensure that the competitor numbers remain legible.

2.13. Results and Awards

Medals will be awarded to 1st, 2nd, and 3rd place for all **Championship events**.

Medal presentations will take place after medal winners have been confirmed for an event, and all competitors in that event have completed the course.

Official results will be posted on the Swimming Australia website as soon as possible following the completion of each race.

2.14. Medical Information

2.14.1 Event First Aid

First Aid and Emergency Medical Services for this event will be provided by Aquatic Rescue Management and Brighton Surf Life Saving Club. Two qualified paramedics and a Surf Lifesaving Medical Team will be onsite during the event.

First Aid and Emergency Medical Services will be in the First Aid Area located in a marquee at the entry/exit point of the course. The First Aid room will be serviced and stocked by the Medical Team from Aquatic Rescue Management and Brighton Surf Life Saving Club

2.14.2 Local Medical Facilities

SERVICE	ADDRESS	PHONE
Emergency - Ambulance, Police, Fire		000
SA Police Service		131 444
Public Hospitals and Medical Centres		
GP Plus Health Care Centre	10 Milham Street OAKLANDS PARK 5046	08 7425 8200

SERVICE	ADDRESS	PHONE
Flinders Medical Centre	Flinders Drive BEDFORD PARK 5041	08 8204 5511
Mawson Medical Centre	390 Brighton Road HOVE 5048	08 8296 8336
Glenelg Community Hospital	5 Farrell Street GLENELG SOUTH 5045	08 8294 5555
Royal Adelaide Hospital	North Terrace ADELAIDE 5000	08 8222 4000
Queen Elizabeth Hospital	28 Woodville Road WOODVILLE SOUTH 5011	08 8222 6000
Modbury Public Hospital	41-69 Smart Road MODBURY 5092	08 8161 2000
Private Hospitals		
Flinders Private Hospital	1 Flinders Drive BEDFORD PARK 5042	08 8275 3333
Ashford Hospital	55 Anzac Highway ASHFORD 5035	08 8375 5222
St Andrews Private Hospital	350 South Terrace ADELAIDE 5000	08 8408 2111
Parkwynd Private Hospital	137 East Terrace ADELAIDE 5000	08 8223 3294
Pharmacies		
Brighton Chemart Pharmacy	479 Brighton Road BRIGHTON 5048	08 8296 7147
Hove Pharmacy	347 Brighton Road HOVE 5048	08 8296 4546
Dunrobin Road Pharmacy	243 Diagonal Road WARRADALE 5046	08 8296 1659
Glenelg 7 Day Pharmacy	92 Jetty Road GLENELG 5045	08 295 4171

2.14.3. Australian Sports Anti-Doping Authority (ASADA)

Please be aware that random Drug Testing may be conducted by the Australian Sports Anti-Doping Authority.

Please see the Drug Testing Procedures in the Appendices of this document for further information.

Appendix I – ASADA Drug Testing Procedures

2.14.4. Heat and Sun Protection

Competitors and spectators are advised to take all possible precautions to protect themselves from the heat and sun. Temperatures in Adelaide can regularly exceed 30°C in summer, and all personnel attending the event are advised to wear adequate sun protection and rehydrate regularly.

PLEASE NOTE: There is limited shade protection provided at the venue and Swimming Australia advises all spectators to bring their own portable shade options (marquees, beach umbrellas etc.) to protect themselves from the sun. There will be a designated area assigned to set up portable shade options. Please do not set up in any areas outside of this space. This will be signed and close to the water entry and exit.

2.14.5 Water Temperature

Swimmers are advised to take note that ocean based water bodies in South Australia are subject to significantly colder temperatures than enclosed water bodies (dams, lakes, etc.) and ocean based water bodies along the rest of the southern coast of Australia.

Water temperatures in Adelaide are generally around 19 °C - 21°C during the month of January, but can drop as low as 18°C depending on weather conditions. FINA and SAL Open Water Swimming rules permit open water swimming in temperatures as low as 16°C, however all swimmers are encouraged to exercise additional care in ensuring that they are adequately prepared for this event. Refer to section 2.5.1 for more information on the use of wetsuits during this event.

Appendix B – Preparing Swimmers for Open Water Events

SECTION THREE: VENUE INFORMATION

3.1. Adelaide, South Australia - Destination Information

If you're coming to Adelaide for the Open Water Championships, here's how you can play, stay, and #SeeSouthAustralia.

With the Open Water Championships diving into the waters off Brighton from Friday 26 to Sunday 28 January 2018, we've found the best experiences South Australia can offer you and your family while you're in town.

Get the diary out and start filling in the gaps between races with just some of Adelaide's highlights.

Are you a thrill seeker? Just 15 minutes' drive from the championships you'll run into [Mega Adventure's aerial park](#) where you can let your inner ninja warrior explore high-rise monkey bars that will have your heart pounding. For those wanting to keep their feet on something more solid there's also a Skywalk platform with a spectacular view of Adelaide, the Adelaide Hills and beyond.

For another high-adrenaline adventure try the [Commonwealth Bank RoofClimb at Adelaide Oval](#). Get that extra special family picture 50 jaw-dropping metres above the vivid green expanse of the Adelaide Oval turf. Take on this Adelaide icon – considered to be one of the most beautiful grounds in the world – day or night, and soak up the epic panorama of the coastline and Adelaide city.

Get lost in flavours and smells of the market and discover why the [Adelaide Central Market](#) is South Australia's most visited attraction. One thing's for sure: the best way to explore the largest market of its kind in the southern hemisphere is with a tour. Mark Gleeson's Adelaide Central Market Tours take visitors from stall to stall, sharing the history, stories and secrets of the market as you explore the sights, tastes and aromas of the stalls. Be drawn in by the colour, activity and produce on offer, enjoy the sensory delights and go home with plenty of culinary souvenirs.

For the over-18s, take a night off to explore [Adelaide's small bar scene](#). Take your pick, place your order and toast South Australia's unique blend of craft beer, spirits and wine. Steeped in history and drenched in class, Adelaide's East End bars are some of the finest you'll find in South Australia. Spend the night sipping New Orleans-inspired cocktails, chilling in neon-lit lofts or wining and dining alfresco all from South Australia's trendiest corner of town: Adelaide's East End.

Along with the small bar scene there's also a thriving [late-night dessert culture](#) in Adelaide. From Glenelg to Norwood, Adelaide and in between, think luxurious dessert kitchens, intimate sweet cafés, decadent delis, and contemporary ice cream parlours. With menu selections like 'choc mint dream bomb', 'cannoli gelato doughnuts', and 'praline indulgence hot chocolate', this is gastronomic seduction and you'll be hard-pressed to choose.

Stay a little longer to explore the best of South Australia.

Monday rest day? With so much of South Australia available to explore, it's Monday fun day!

Get out of bed before sunrise and meet some other 'Australian dolphins' for a swim! Glenelg's Holdfast Shores Marina is the starting point for [Temptation Sailing's](#) incredible dolphin cruises. Offering a bucket-list-worthy experience of swimming with dolphins in their natural habitat, you'll have to book in advance to play with these naturally curious and lively creatures.

Officially kick-start the day and fuel your body with a good coffee and delicious late breakfast in the upbeat, beachside café culture of Glenelg. There's an abundance of contemporary cafes around Moseley Square and along the marina so you won't have to travel far. If you are looking to stretch the legs then a stroll down Jetty Road will satisfy your shopping cravings, or take on The Esplanade for ocean vistas and a sea breeze.

If you've brought the family, keep them entertained in Glenelg at [The Beachouse](#), South Australia's premier amusement park. Entertainment includes wild waterslides, an indoor playground maze, a mini

train, dodgem cars, bumper boats and arcade games. Catering for babies through to teenagers, there's something for everyone. With food and drinks available, you can easily sit back and drink in the vibrant seaside energy.

At day's end, head to Adelaide and indulge one last time at one of the [city's favourite restaurants](#) – Africola, Shobosho, Peel St, Golden Boy, Osteria Oggi... there's a delicious morsel around every corner.

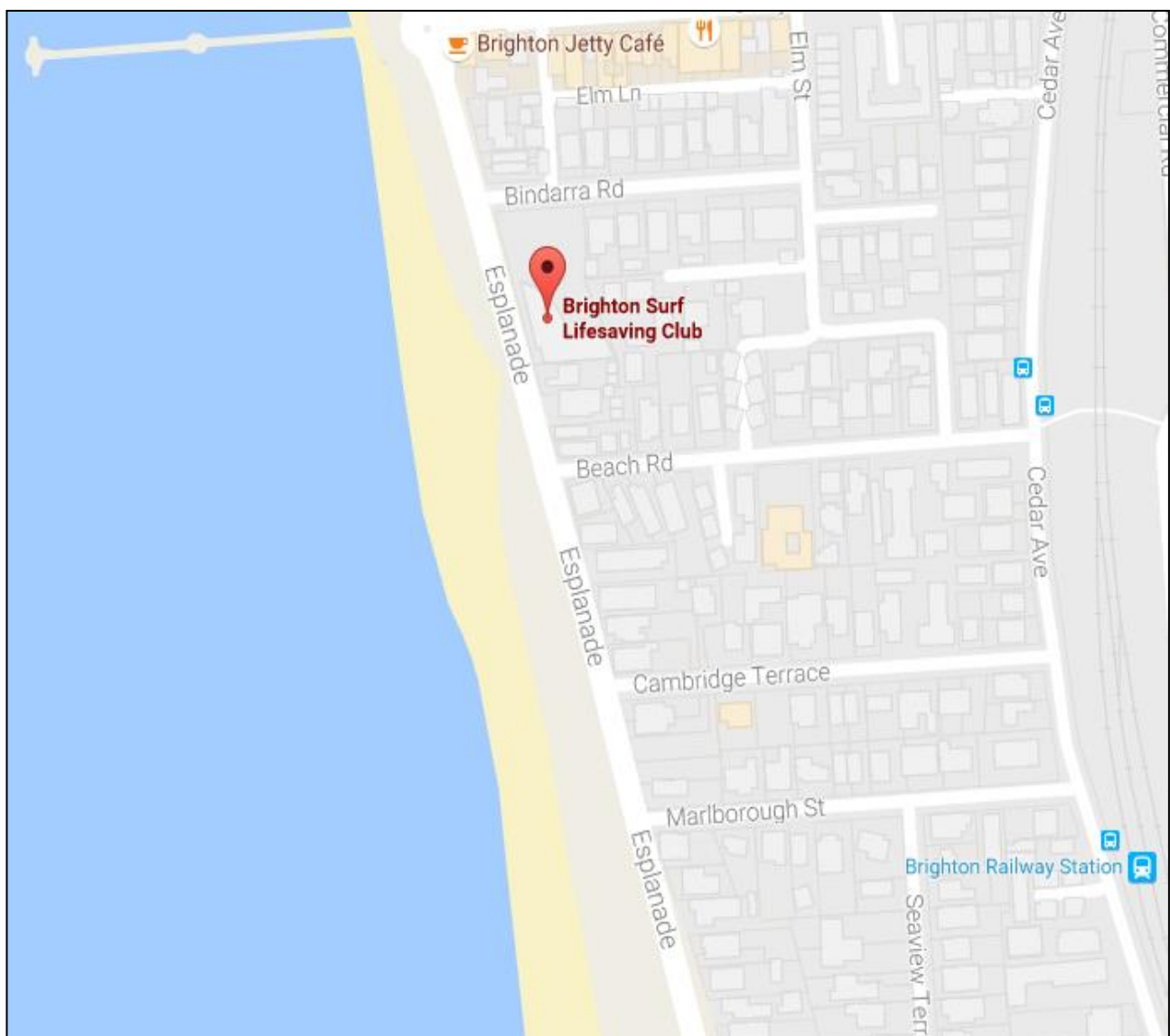
3.2. Getting to the Event

Brighton Railway Station is a 500m or 6-minute walk from the beachfront and the 265 bus stops 400m from the event at stop 35C, Cedar Av, East Side. Alternatively, attendees can find all day parking in the surrounding suburban streets of Brighton, although these are public areas and Swimming Australia cannot guarantee availability on any given day.

For more detailed information please head to <https://www.adelaidemetro.com.au> and use the Brighton Surf Lifesaving Club as a destination reference point (147 Esplanade, Brighton SA, 5048).

3.3. Venue Location

Brighton Beach, is a well-known swimming and recreation area in Adelaide. The venue is home to the iconic Brighton Jetty and is a short 5 min walk from Brighton's Jetty Rd, a small café and business hub.

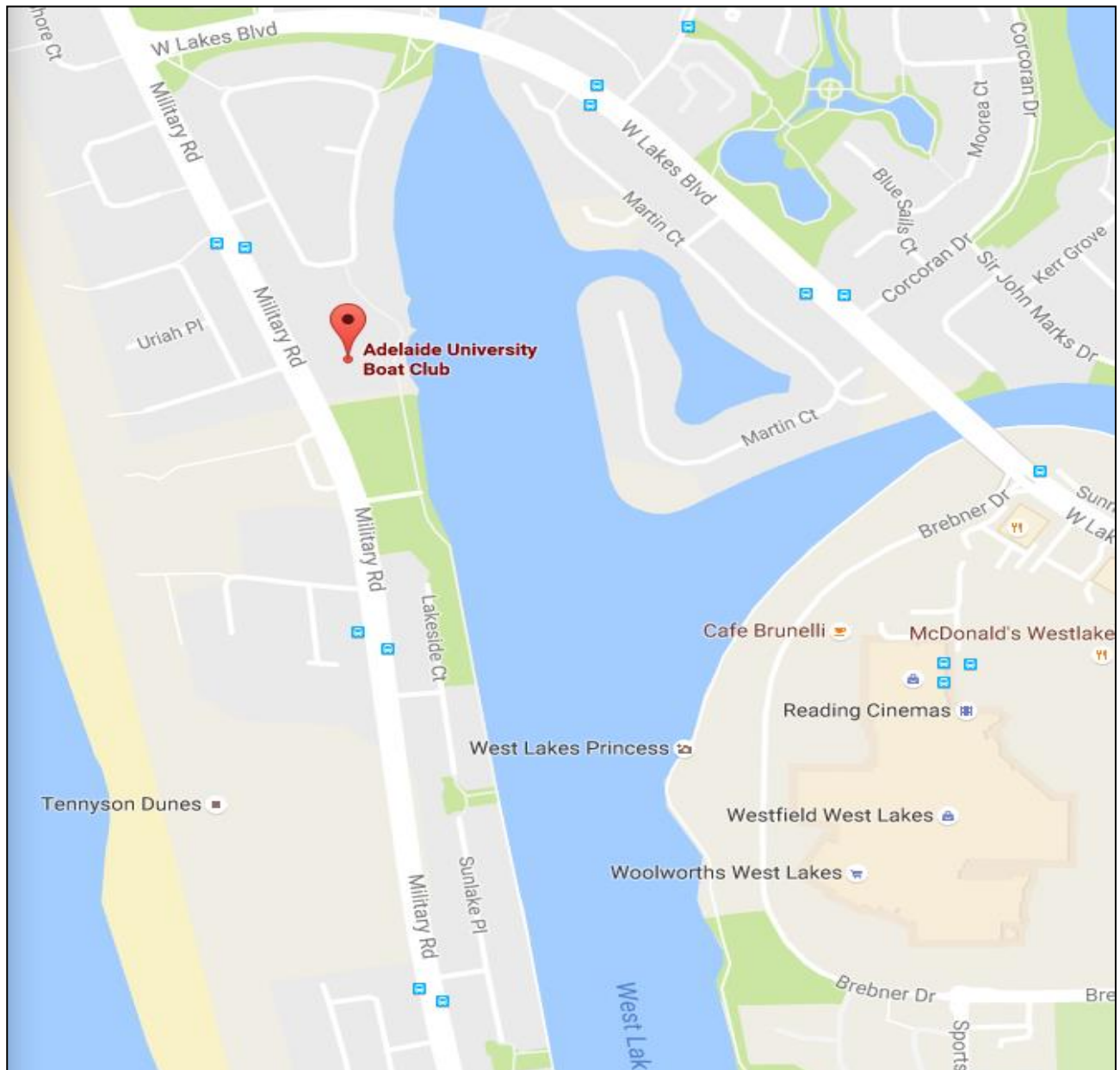


3.4. Contingency Venue

In the instance Brighton Beach is deemed unable to hold the event due to circumstances outside the control of SAL, West Lakes Regatta Centre has been appointed as the backup venue for this competition.

West Lakes is approximately 19km north of Brighton Beach and is home to Adelaide University Boat Club, Rowing SA and the South Australian Sports Institute rowing and canoe/kayak program. It offers an environment well suited to Open Water Swimming and is a well-resourced facility capable of accommodating the Championships if required.

Should the decision be made to move to the contingency venue, SAL will look to notify all clubs, competitors and coaches as early as possible.



3.5. Course Information

The event will be conducted on a 1.25km course, with the Start/Finish area located at the north end where the Brighton Jetty is also located. The course itself will run parallel to Brighton beach and will be rectangular.

The contingency course will run north to south, with the start/finish area located in front of the Adelaide University Boat Club (as marked on the above map)

Appendix H – Course Map

3.6. Toilets and Amenities

Fixed toilets and change facilities are located at the Brighton Beach Surf Life Saving Club, as well as the additional public toilets located next to the playground on Bindarra Reserve (corner of Bindarra Rd and the Esplanade).

3.7. Further Information

For further information regarding the 2018 Australian Open Water Swimming Championships, please visit the Swimming Australia website www.swimming.org.au, or contact the Swimming Australia Events Unit at events@swimming.org.au

SECTION FOUR: APPENDICES

4.1. Appendix A – Qualifying Times and Procedures

Open 5km Time Trial Championship

The Open 5km Time Trial will be conducted under the Swimming Australia Open Water Swimming Rules ([found HERE](#)) and Australian Open Water Swimming Championships By-Laws ([found HERE](#)). The event is staged as a pursuit (chase) race whereby swimmers start individually at pre-determined intervals (interval TBC), and the swimmers are ranked per their individual recorded time. Placings are awarded to the fastest times.

Mixed gender relay Championship

The mixed gender relay events are staged as a typical relay, however a gender mix of 2 males & 2 females is required. The course in total is 5km with each swimmer covering 1.25km (i.e. 4x1.25). All 4 swimmers must be from the same club. This event is limited to 14-15 years and Open.

Age

Age for Open events is age as at 26th January 2018. Swimmers must be 14 years and over to enter open events.

Age for Age events is age as at 31 December 2018.

Age for the JX event is age as at 31 December 2018. JX event is for 12 - 14 years.

Entry Limits

Swimmers may enter 2 events in total plus 1 relay.

Swimmers may enter either the age 5k or the open 5k Time Trial but not both.

Medals will be awarded by event.

Entry to:

10km (Open, 18 & 19 years)

Swimmers must have achieved the 10km qualifying times at a recognised 10km open water swimming event on or after 1st October 2016.

OR

Swimmers who have not swum a 10km qualifying time may enter the 10km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the 5km & 10km Pool Qualifying Procedure.

OR

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2016

Note: Swimmers entering the Open 10km event must be 14 years or over as at the first day of competition

7.5k (16 & 17 years)

Swimmers must have achieved the 7.5km qualifying times at a recognised 7.5km open water swimming event on or after 1st October 2016.

OR

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2016.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st January 2016.

OR

Swimmers who have not swum a 5km qualifying time may enter the 5km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the Pool Qualifying Procedure.

5km (14, 15, 16, 17, 18, 19 & Open Time Trial)

Swimmers must have achieved the 5km qualifying times at a recognised 5km open water swimming event on or after 1st October 2016.

OR

Swimmers have achieved the 5km pool qualifying time at an approved 5km time trial on or after 1st January 2017.

OR

Swimmers who have not swum a 5km qualifying time may enter into the 5km event based on their time in the 800m freestyle or 1500m freestyle in accordance with the Pool Qualifying Procedure

Open Qualifying Times

	5km time trial		10km
	open water	pool	
Men	1 hour 5 min	1 hour 2 min	2 hours 10 min
Men's Multi Class	1 hour 20 min	1 hour 17 min	NA
Women	1 hour 10 min	1 hour 7 min	2 hours 20 min
Women's Multi Class	1 hour 25 min	1 hour 22 min	NA

Athletes who have not swum a 5km event to achieve an entry time in the qualifying period but who have meet the following electronically timed verifiable pool standards may enter the Open 5km Time Trial Championship event. Qualifying time must be achieved on or after 1st January 2017.

OPEN Pool Standards

	800m	1500m
Men	8:40:00	16:15:00
Women	9:05:00	18:00:00

AGE Qualifying Times

BOYS			
AGE	Open Water 5km Time	Open Water 7.5km Time	Open Water 10km Time
18 & 19 Years 10km	1 hour 7 Min	1 hour 50 Min	2 Hours 15 Min
	5km Time	7.5km Time	
17 Years 7.5km	1 Hour 5 Min	1 Hour 50 Min	
16 Years 7.5km	1 Hour 7 Min	1 Hour 50 Min	
	Open Water 5km Time	Pool QT	
18 & 19 Years 5km	1 Hour 5 Min	1 Hour 2 Min	
	Open Water 5km Time	Pool QT	
17 Years 5km	1 Hour 5 Min	1 Hour 2 Min	
16 Years 5km	1 Hour 7 Min	1 Hour 4 Min	
	Open Water 5km Time	Pool QT	
15 Years 5km	1 Hour 09 Min	1 Hour 06 Min	
14 Years 5km	1 Hour 11 Min	1 Hour 08 Min	

GIRLS			
AGE	Open Water 5km Time	Open Water 7.5km Time	Open Water 10km Time
18 & 19 Years 10km	1 Hour 10 Min	1 Hour 55 Min	2 Hours 25 Min
	Open Water 5km Time	Open Water 7.5km Time	
17 Years 7.5km	1 Hour 10 Min	1 Hour 55 Min	
16 Years 7.5km	1 Hour 12 Min	1 Hour 55 Min	
	Open Water 5km Time	Pool QT	
19 Years 5km	1 Hour 8 Min	1 Hour 05 Min	
18 Years 5km	1 Hour 10 Min	1 Hour 7 Min	
17 Years 5km	1 Hour 10 Min	1 Hour 7 Min	
16 Years 5km	1 Hour 12 Min	1 Hour 9 Min	
	Open Water 5km Time	Pool QT	
15 Years 5km	1 Hour 14 Min	1 Hour 11 Min	
14 Years 5km	1 Hour 16 Min	1 Hour 13 Min	

Qualifying times explained:

Athletes entering the 18 & 19 Years 10km who have not swum a 10km QT may use a 7.5km or 5km QT to enter.

Athletes entering the 16 & 17 Years 7.5km who don't have a 7.5km QT may use the 5k time to enter.

Athletes entering the Age 5km events who don't have a 5km Open water time may use the 5km pool time to enter.

Athletes who have not swum a 5km, 7.5km or 10km event to achieve an entry time in the qualifying period but who have meet the following electronically timed verifiable pool standards may enter the Age 5km, 7.5km or 10km events. Pool qualifying time must be achieved on or after 1st January 2017.

This is to allow for swimmers aging up for the 2018 Open Water Championships

AGE Pool Standards

BOYS		
	800km	1500km
17-19 Years	-	16:25:00
16 Years	-	16:30:00
15 Years	-	17:00:00
14 Years	-	17:20:00
GIRLS		
	800km	1500km
17-19 Years	9:10:00	-
16 Years	9:20:00	-
15 Years	9:27:00	-
14 Years	9:34:00	-

Criteria for an approved 5km pool time trial

To achieve an approved 5km pool time trial a swimmer must swim a continuous 5km swim under the designated pool qualifying time.

The swim must have an official starter and referee present who sign off on the final results.

Time trial information for the claimed performance (date, location, name of swimmer and club) as well as the contact details for the swimmers home coach must then be submitted to Liz Avery at Swimming Australia, liz.avery@swimming.org.au

4.2. Appendix B – Preparing Age Swimmers for Open Water Swimming Events

In preparation for the Australian Open Water Swimming Championships, we suggest that coaches, swimmers and parents consider a number of issues in order to safely prepare for a successful meet.

These may include:

QUESTIONS:

- What will the water temperature be?
- What are the expected weather conditions?
- What are the arrangements for feeding an athlete during the race? Are there pontoons, will I be able to wade out, are there specific feeding areas or will there be nothing at all?
- What does the course look like?
- What are the water conditions, is it flat, is it rough, and is it tidal?

EQUIPMENT:

- Wool fat (lanolin) (Its application helps to reduce the loss of body heat in cold water)
- Vaseline helps with a number of things from reducing costume rub to providing an insulating or protective layer on the skin.
- Sun Screen
- Latex gloves. For the application of the above substances.
- Old towels or rags for removing the above substance on completion of the race,
- Sufficient hydration (Pre-race, during race, and post-race)
- Sufficient food and or Carbo Shots (Pre-race, during race, and post-race)
- Warm clothes, including closed shoes, beanie and spare towels or a blanket.
- Esky, feed sticks, cups and or bottles.

STRATEGIES:

- Have your swimmers trial different eating strategies and or products at training prior to racing. There are many brands of Carbo shots and sports drinks on the market, however tastes and consistency vary. Find out what works for your swimmer.
- If you are expecting to compete in cold water, then attempt to have your swimmers do some training or acclimatisation work in cold water during their preparation.
- Spend some time with your swimmer practicing how to feed. This can include taking a drink or Carbo Shot. Remember this is a skill, and if done well can save a lot of time and ensure a swimmers ability to continue.
- If you have the space and/or time, practice turning around a buoy. Simulate the angles and directions you will be racing.
- When and where possible, encourage your swimmers to participate in Club or State open water swimming events or even weekend surf races. Don't be afraid to expose younger swimmers to open water swimming, as there are many shorter races also available.

These are just a few of the things you need to consider when preparing a swimmer for open water events.

4.3. Appendix C – JX Open Water Information

In conjunction with the 2018 Australian Open and Age Open Water Swimming Championship, Swimming Australia (SAL) is running a development activity as part of the Australian Junior Excellence (JX) Program. A 2.5km swim and a JX clinic will be run on Saturday 27 January 2018 at Brighton Beach, South Australia.

Eligibility

To be eligible to enter the 2.5km JX swim participants must meet the following criteria:

- 12 - 14 years of age as at 31 December 2018
- Swimming member
- Consent to participate provided by both the parent and coach
- Has qualified as a JX swimmer since April 2016

JX Clinic Information

In conjunction with the JX swim, Swimming Australia will conduct a clinic and information session on open water swimming prior to the 2.5km swim.

JX Event Timeline

Time	Activity
07.40am	Registration (and numbering) for event
08.15am	JX Open Water Clinic Presentation <i>The presentation will provide swimmers with an introduction to Open Water swimming and how to approach the 2.5km event.</i>
09.00am	Pre-event briefing
09.20am	2.5km JX Open Water event start
10.30am	Participation Awards <i>A variety of participation awards will be presented at the end of the event.</i>
11.00am	JX Open Water Clinic ends

Please ensure participants are waiting at registration by 7.40am as the schedule of events will not wait for latecomers.

Timing and Results

- Electronic timing will be used and official results will be published on www.swimming.org.au.
- This is not a championship event, so neither points nor medals will be awarded. Swimmers will however be recognised under the scope of the JX program.

Entry

- Entries must be submitted online. Participants can register via the link on the 2018 Australian Open and Age Open Water Swimming Championship page on www.swimming.org.au
- Due to the clinic being hosted at a beach venue, please note that entrants will be required to swim through the waves to the start point.
- Cost to the event will be \$35 and will include:
 - Event cap
 - Entry into JX 2.5km swim
 - Participation in JX Clinic

Rules

The JX event will be conducted under SAL OWS rules. The JX event will use the 2018 Australian Open Water Swimming Championship 1.25km competition course.

JX Event Consent Form

Each competitor will be required to complete and submit a JX consent form before the close of entries for the event. This will be available via www.swimming.org.au at the 2018 Australian Open Water Swimming Championship Event Page when entries open.

The consent form will request the following information:

1. Parent
 - a. Gives consent and agrees that their child is capable of completing the 2.5km distance in under 50 minutes
 - b. Confirms that their child has qualified for the JX Program since April 2016.
2. Coach
 - a. Gives consent and agrees that their swimmer is capable of completing the 2.5km distance in under 50 minutes
 - b. Confirms that their swimmer has qualified for the JX Program since April 2016.

4.4. Appendix D – JX Event Consent Form

2018 Australian Open Water Championships – JX Event JX Event Consent Form

Each competitor is required to complete and submit this JX consent form with their online entry. Entries will not be accepted without this completed and signed form.

JX Competitor Name: _____

JX Competitor Club: _____

- Parent**
- a. I consent and agree that (Name) _____ is capable of completing the 2.5km distance in under 50 minutes.
 - b. I confirm that (Name) _____ has qualified for the JX Program since April 2016.

Parent Signature: _____

Parent Name: _____

- Coach**
- a. I consent and agree that (Name) _____ is capable of completing the 2.5km distance in under 50 minutes.
 - b. I confirm that (Name) _____ has qualified for the JX Program since April 2016.

Coach
Signature: _____

Coach Name: _____

Has the swimmer **completed** a 2.5km open water swim? Yes/No (please circle)

Does the swimmer have any pre-existing medical conditions? (e.g asthma, diabetes, epilepsy)

Yes/No (please circle), if yes please give details _____

This form must be returned to Swimming Australia upon entry into the JX Event by email to Liz Avery at liz.avery@swimming.org.au

Failure to return this form will result in exclusion from the event.

4.5. Appendix E – Adult Race Feeder Participant Declaration Form

Swimming Australia Ltd 2018 Open Water Championships – Adult Race Feeder Participant Declaration Form

I, _____, the undersigned, affirm that I am participating voluntarily as a Race Feeder in the 2018 Open Water Championships (**Event**). As a condition of my participation in the Event, I represent covenant and agree, for myself and on behalf of my heirs, assigns, and any other person claiming, under, or through me, as follows:

Definitions

1. In this Participant Declaration:

“**Claim**” means and includes any action, suit, proceeding, claim, demand, damage, penalty, cost or expense however arising including but not limited to negligence, but does not include a claim against Swimming Australia by any person expressly entitled to make a claim under a Swimming Australia insurance policy.

“**Swimming Australia**” means Swimming Australia Limited ACN 109 333 628 and includes any other person involved in the organisation, conduct or staging of the Event, whether on behalf of Swimming Australia or otherwise and where the context so permits, their respective directors, officers, members, servants or agents.

Rules of Participation

2. The Event rules, this declaration and any other terms and conditions of entry regarding the Event comprise a contract between me and Swimming Australia which is necessary and reasonable for promoting and conducting the Event. I agree to follow any rules and/or directions set by Swimming Australia in connection with the Event, including wearing a life jacket if directed, and understand that if I fail to comply with any such rules or directions I will not be permitted to participate or to continue to participate in the Event. I acknowledge that access to the floating Race Feeder’s pontoon may require transport by an inflatable rescue boat (IRB) and/or access by ladder from a pier or other fixed structure.

Risk Warning

3. I acknowledge that participating in the Event involves certain risks (some of which I may not fully appreciate) and that injuries, death, property damage or other harm could occur to me or others. There are risks specifically associated with participation in the Event and accidents can and often do happen, including but not limited to falling into the water, ingestion of water, falling over, losing balance due to the movable pontoon, exposure to the natural marine environment including weather conditions or ocean predators which may result in injury, death or property damage. I understand that these may result from my own actions or inactions, as well as the actions or inactions of others, the rules of competition, the condition of the facilities and equipment and immersion in water. Prior to my participation in the Event I should ensure I am aware of all the risk involved, including those risks associated with any health condition I may have. I acknowledge, agree and understand that participation in the Event may involve risk and I agree and undertake any such risk voluntarily. I acknowledge that the assumption of risk and warning above constitutes a “risk warning” in accordance with relevant legislation.

Waiver

4. It is possible for a supplier of recreational services or recreational activities to ask me to agree that statutory guarantees under the Australian Consumer Law (which is Schedule 2 to the Competition and Consumer Act 2010 (Cth)) do not apply to me (or a person for whom or on whose behalf I am acquiring the services or activities). By agreeing to these terms and conditions, I will be agreeing that my rights (or the rights of a person for whom or on whose behalf I am acquiring the services) to sue the supplier in relation to recreational services or recreational activities that you undertake because the services or recreational activities provided were not in accordance with the guarantees are excluded, restricted or modified as set out below

For recreational services to which the Australian Consumer Law (Commonwealth) applies:

5. By signing this form, you agree that the liability of Swimming Australia in relation to recreational services (as that term is defined in the Competition and Consumer Act 2010 (Cth) and the Australian Consumer Law) for any:

- a. death;
- b. physical or mental injury (including the aggravation, acceleration or recurrence of such an injury);
- c. the contraction, aggravation or acceleration of a disease;
- d. the coming into existence, the aggravation, acceleration or recurrence of any other condition, circumstance, occurrence, activity, form of behaviour, course of conduct or state of affairs:
 - i. that is or may be harmful or disadvantageous to you or the community;
 - ii. that may result in harm or disadvantage to you or the community, that may be suffered by you (or a person for whom or on whose behalf you are acquiring the services) resulting from the supply of recreational services or recreational activities;

is excluded and the application of any express or implied term that any services will be provided with due care and skill is hereby excluded.

For recreational services to which the Australian Consumer Law (South Australia) applies:

6. **Your rights:** Under sections 60 and 61 of the Australian Consumer Law (SA), if a person in trade or commerce supplies you with services including recreational services), there is:

- a. statutory guarantee that those services will be rendered with due care and skill; and
- b. statutory guarantee that those services, and any product resulting from those services, will be reasonably fit for the purpose for which the services are being acquired (as long as that purpose is made known to the supplier); and
- c. a statutory guarantee that those services, and any product resulting from those services, will be of such a nature, and quality, state or condition, that they might reasonably be expected to achieve the result that the consumer wishes to achieve (as long as that wish is made known to the supplier or a person with whom negotiations have been conducted in relation to the acquisition of the services).

Excluding, restricting or modifying your rights: Under section 42 of the *Fair Trading Act 1987* (SA), the supplier of recreational services is entitled to ask you to agree to exclude, restrict or modify his or her liability for any personal injury suffered by you or another person for whom or on whose behalf you are acquiring the services (a third party consumer). If you sign this form, you will be agreeing to exclude, restrict or modify the supplier's liability with the result that compensation may not be payable if you or the third party consumer suffer personal injury.

Important: You do not have to agree to exclude, restrict or modify your rights by signing this form. The supplier may refuse to provide you with the services if you do not agree to exclude, restrict or modify your rights by signing this form. Even if you sign this form, you may still have further legal rights against the supplier. A child under the age of 18 cannot legally agree to exclude, restrict or modify his or her rights. A parent or guardian of a child who acquires recreational services for the child cannot legally agree to exclude, restrict or modify the child's rights.

Agreement to exclude, restrict or modify your rights: I agree that the liability of Swimming Australia for any personal injury that may result from the supply of the recreational services that may be suffered by me (or a person for whom or on whose behalf I am acquiring the services) is excluded.

Definitions:

- a. Recreational services are services that consist of participation in - • sporting activity or similar leisure-time pursuit; or • any other activity that involves a significant degree of physical exertion or risk and is undertaken for the purposes of recreation, enjoyment or leisure.
- b. Personal injury is bodily injury and includes mental and nervous shock and death.

Further information: Further information about your rights can be found at www.ocba.sa.gov.au

Release and indemnity

7. In consideration of my participation in the Event, to the extent permitted by law, I:

- a. release and will release Swimming Australia from all Claims that I may have or may have had but for this release arising from or in connection with my participation in the Event; and
- b. release and indemnify Swimming Australia against any Claim which may be made by me or on me behalf for or in respect of or arising out of my death whether caused by the negligence or breach of contract by Swimming Australia or in any other manner whatsoever; and
- c. indemnify and will keep indemnified Swimming Australia to the extent permitted by law in respect of any Claim by any person either arising as a result of or in connection with my participation in the Event or against Swimming Australia in respect of any injury, loss or damage arising out of or in connection with my failure to comply with Swimming Australia's rules and/or directions,

save that the above releases and indemnities shall not apply to the extent that the loss, damage or injury that is the subject of the Claim is caused or contributed to by the grossly negligent act or omission of Swimming Australia.

Insurance, disclosure of medical conditions and fitness to participate, medical treatment, image consents

8. It is strongly recommended that I have an annual physical examination (and prior to the Event) and that I maintain personal health and accident insurance, which takes into account my own circumstances, to cover me for any loss, damage or injury that I may suffer during my participation in the Event.
9. I warrant that prior to participating in the Event I am and must continue to be medically and physically fit and able to undertake and participate in the Event and am not a danger to myself or to the health and safety of others. Further, I am not presently receiving treatment for any condition, illness, disorder or injury which would render it unsafe for me to take part in participating in the Event. I acknowledge that I must, and I agree that I will, disclose any pre-existing medical or other condition that may affect the risk that either I or any other person will suffer injury, loss or damage. I acknowledge that Swimming Australia relies on information provided by me regarding my health and that all such information is accurate and complete. I will report any accidents, injuries, loss or damage I suffer during the Event to Event officials before I leave any relevant venue or race area.
10. If I suffer any injury or illness, I agree that Swimming Australia may provide evacuation, first aid and/or medical treatment at my expense and that my acceptance of these terms and conditions constitutes my consent to such evacuation, first aid and/or medical treatment. I agree to reimburse Swimming Australia for any costs or expenses incurred in providing me with medical treatment.
11. I give my consent to Swimming Australia (and any person authorised by Swimming Australia) to copy or reproduce images of me participating in the Event (whether by photo, film or other electronic or printed media) as Swimming Australia may determine in its sole and absolute discretion and without acknowledgement of myself and without my entitlement to any remuneration or compensation now or in the future.

I have carefully read and reviewed this document. I understand the terms fully, including the risk warning, exclusion of implied terms and release and indemnity and I execute it freely and voluntarily, without inducement or coercion.

EXECUTED this ____/____/____

Participant signature

Phone

Address _____

DOB _____ Email _____

This form is available via from the 018 Australia Open Water Swimming Championship event page on the www.swimming.org.au. The form must be completed and returned to events@swimming.org.au by **Monday 15 January 2018**.

4.6. Appendix F – Under 18 Race Feeder Participant Declaration Form

Swimming Australia Ltd 2018 Open Water Championships – Under 18 Race Feeder Participant Declaration Form

I, _____, the participant, affirm that I am participating voluntarily as a Race Feeder in the 2018 Open Water Championships (**Event**). As a condition of my participation in the Event, I represent covenant and agree, for myself and on behalf of my heirs, assigns, and any other person claiming, under, or through me, as follows:

Definitions

12. In this Participant Declaration:

"Claim" means and includes any action, suit, proceeding, claim, demand, damage, penalty, cost or expense however arising including but not limited to negligence, but does not include a claim against Swimming Australia by any person expressly entitled to make a claim under a Swimming Australia insurance policy.

"Swimming Australia" means Swimming Australia Limited ACN 109 333 628 and includes any other person involved in the organisation, conduct or staging of the Event, whether on behalf of Swimming Australia or otherwise and where the context so permits, their respective directors, officers, members, servants or agents.

Rules of Participation

13. The Event rules, this declaration and any other terms and conditions of entry regarding the Event comprise a contract between me and Swimming Australia which is necessary and reasonable for promoting and conducting the Event. I agree to follow any rules and/or directions set by Swimming Australia in connection with the Event, including wearing a life jacket if directed, and understand that if I fail to comply with any such rules or directions I will not be permitted to participate or to continue to participate in the Event. I acknowledge that access to the floating Race Feeder's pontoon may require transport by an inflatable rescue boat (IRB) and/or access by ladder from a pier or other fixed structure.

Risk Warning

14. I acknowledge that participating in the Event involves certain risks (some of which I may not fully appreciate) and that injuries, death, property damage or other harm could occur to me or others. There are risks specifically associated with participation in the Event and accidents can and often do happen, including but not limited to falling into the water, ingestion of water, falling over, losing balance due to the movable pontoon, exposure to the natural marine environment including weather conditions or ocean predators which may result in injury, death or property damage. I understand that these may result from my own actions or inactions, as well as the actions or inactions of others, the rules of competition, the condition of the facilities and equipment and immersion in water. Prior to my participation in the Event I should ensure I am aware of all the risk involved, including those risks associated with any health condition I may have. I acknowledge, agree and understand that participation in the Event may involve risk and I agree and undertake any such risk voluntarily. I acknowledge that the assumption of risk and warning above constitutes a "risk warning" in accordance with relevant legislation.

Waiver

15. It is possible for a supplier of recreational services or recreational activities to ask me to agree that statutory guarantees under the Australian Consumer Law (which is Schedule 2 to the Competition and Consumer Act 2010 (Cth)) do not apply to me (or a person for whom or on whose behalf I am acquiring the services or activities). By agreeing to these terms and conditions, I will be agreeing that my rights (or the rights of a person for whom or on whose behalf I am acquiring the services) to sue the supplier in relation to recreational services or recreational activities that you undertake because the services or recreational activities provided were not in accordance with the guarantees are excluded, restricted or modified as set out below

For recreational services to which the Australian Consumer Law (Commonwealth) applies:

16. By signing this form, you agree that the liability of Swimming Australia in relation to recreational services (as that term is defined in the Competition and Consumer Act 2010 (Cth) and the Australian Consumer Law) for any:

- e. death;
- f. physical or mental injury (including the aggravation, acceleration or recurrence of such an injury);
- g. the contraction, aggravation or acceleration of a disease;
- h. the coming into existence, the aggravation, acceleration or recurrence of any other condition, circumstance, occurrence, activity, form of behaviour, course of conduct or state of affairs:
 - i. that is or may be harmful or disadvantageous to you or the community;
 - ii. that may result in harm or disadvantage to you or the community, that may be suffered by you (or a person for whom or on whose behalf you are acquiring the services) resulting from the supply of recreational services or recreational activities;

is excluded and the application of any express or implied term that any services will be provided with due care and skill is hereby excluded.

For recreational services to which the Australian Consumer Law (South Australia) applies:

17. **Your rights:** Under sections 60 and 61 of the Australian Consumer Law (SA), if a person in trade or commerce supplies you with services including recreational services), there is:

- d. statutory guarantee that those services will be rendered with due care and skill; and
- e. statutory guarantee that those services, and any product resulting from those services, will be reasonably fit for the purpose for which the services are being acquired (as long as that purpose is made known to the supplier); and
- f. a statutory guarantee that those services, and any product resulting from those services, will be of such a nature, and quality, state or condition, that they might reasonably be expected to achieve the result that the consumer wishes to achieve (as long as that wish is made known to the supplier or a person with whom negotiations have been conducted in relation to the acquisition of the services).

Excluding, restricting or modifying your rights: Under section 42 of the *Fair Trading Act 1987* (SA), the supplier of recreational services is entitled to ask you to agree to exclude, restrict or modify his or her liability for any personal injury suffered by you or another person for whom or on whose behalf you are acquiring the services (a third party consumer). If you sign this form, you

will be agreeing to exclude, restrict or modify the supplier's liability with the result that compensation may not be payable if you or the third party consumer suffer personal injury.

Important: You do not have to agree to exclude, restrict or modify your rights by signing this form. The supplier may refuse to provide you with the services if you do not agree to exclude, restrict or modify your rights by signing this form. Even if you sign this form, you may still have further legal rights against the supplier. A child under the age of 18 cannot legally agree to exclude, restrict or modify his or her rights. A parent or guardian of a child who acquires recreational services for the child cannot legally agree to exclude, restrict or modify the child's rights.

Agreement to exclude, restrict or modify your rights: I agree that the liability of Swimming Australia for any personal injury that may result from the supply of the recreational services that may be suffered by me (or a person for whom or on whose behalf I am acquiring the services) is excluded.

Definitions:

- c. Recreational services are services that consist of participation in - • sporting activity or similar leisure-time pursuit; or • any other activity that involves a significant degree of physical exertion or risk and is undertaken for the purposes of recreation, enjoyment or leisure.
- d. Personal injury is bodily injury and includes mental and nervous shock and death.

Further information: Further information about your rights can be found at www.ocba.sa.gov.au

Release and indemnity

18. In consideration of my participation in the Event, to the extent permitted by law, I:

- d. release and will release Swimming Australia from all Claims that I may have or may have had but for this release arising from or in connection with my participation in the Event; and
- e. release and indemnify Swimming Australia against any Claim which may be made by me or on my behalf for or in respect of or arising out of my death whether caused by the negligence or breach of contract by Swimming Australia or in any other manner whatsoever; and
- f. indemnify and will keep indemnified Swimming Australia to the extent permitted by law in respect of any Claim by any person either arising as a result of or in connection with my participation in the Event or against Swimming Australia in respect of any injury, loss or damage arising out of or in connection with my failure to comply with Swimming Australia's rules and/or directions,

save that the above releases and indemnities shall not apply to the extent that the loss, damage or injury that is the subject of the Claim is caused or contributed to by the grossly negligent act or omission of Swimming Australia.

Insurance, disclosure of medical conditions and fitness to participate, medical treatment, image consents

19. It is strongly recommended that I have an annual physical examination (and prior to the Event) and that I maintain personal health and accident insurance, which takes into account my own circumstances, to cover me for any loss, damage or injury that I may suffer during my participation in the Event.

20. I warrant that prior to participating in the Event I am and must continue to be medically and physically fit and able to undertake and participate in the Event and am not a danger to myself or to the health and safety of others. Further, I am not presently receiving treatment for any condition, illness, disorder or injury which would render it unsafe for me to take part in participating in the Event. I acknowledge that I must, and I agree that I will, disclose any pre-existing medical or other condition that may affect the risk that either I or any other person will suffer injury, loss or damage. I acknowledge that Swimming Australia relies on information provided by me regarding my health and that all such information is accurate and complete. I will report any accidents, injuries, loss or damage I suffer during the Event to Event officials before I leave any relevant venue or race area.

21. If I suffer any injury or illness, I agree that Swimming Australia may provide evacuation, first aid and/or medical treatment at my expense and that my acceptance of these terms and conditions constitutes my consent to such evacuation, first aid and/or medical treatment. I agree to reimburse Swimming Australia for any costs or expenses incurred in providing me with medical treatment.

22. I give my consent to Swimming Australia (and any person authorised by Swimming Australia) to copy or reproduce images of me participating in the Event (whether by photo, film or other electronic or printed media) as Swimming Australia may determine in its sole and absolute discretion and without acknowledgement of myself and without my entitlement to any remuneration or compensation now or in the future.

In consideration of allowing my child to participate in the Activity the undersigned parent/guardian, themselves and on behalf of the above listed child, acknowledge and agree to the above terms and conditions. I have carefully read and reviewed this document. I understand the terms fully, including the risk warning, exclusion of implied terms and release and indemnity and I execute it freely and voluntarily, without inducement or coercion.

EXECUTED this ____/____/____

Parent signature

Address _____

Email

Phone

This form is available via from the 2018 Australia Open Water Swimming Championship event page on the www.swimming.org.au. The form must be completed and returned to events@swimming.org.au by **Monday 15 January 2018**

4.7. Appendix G – Competition Timeline

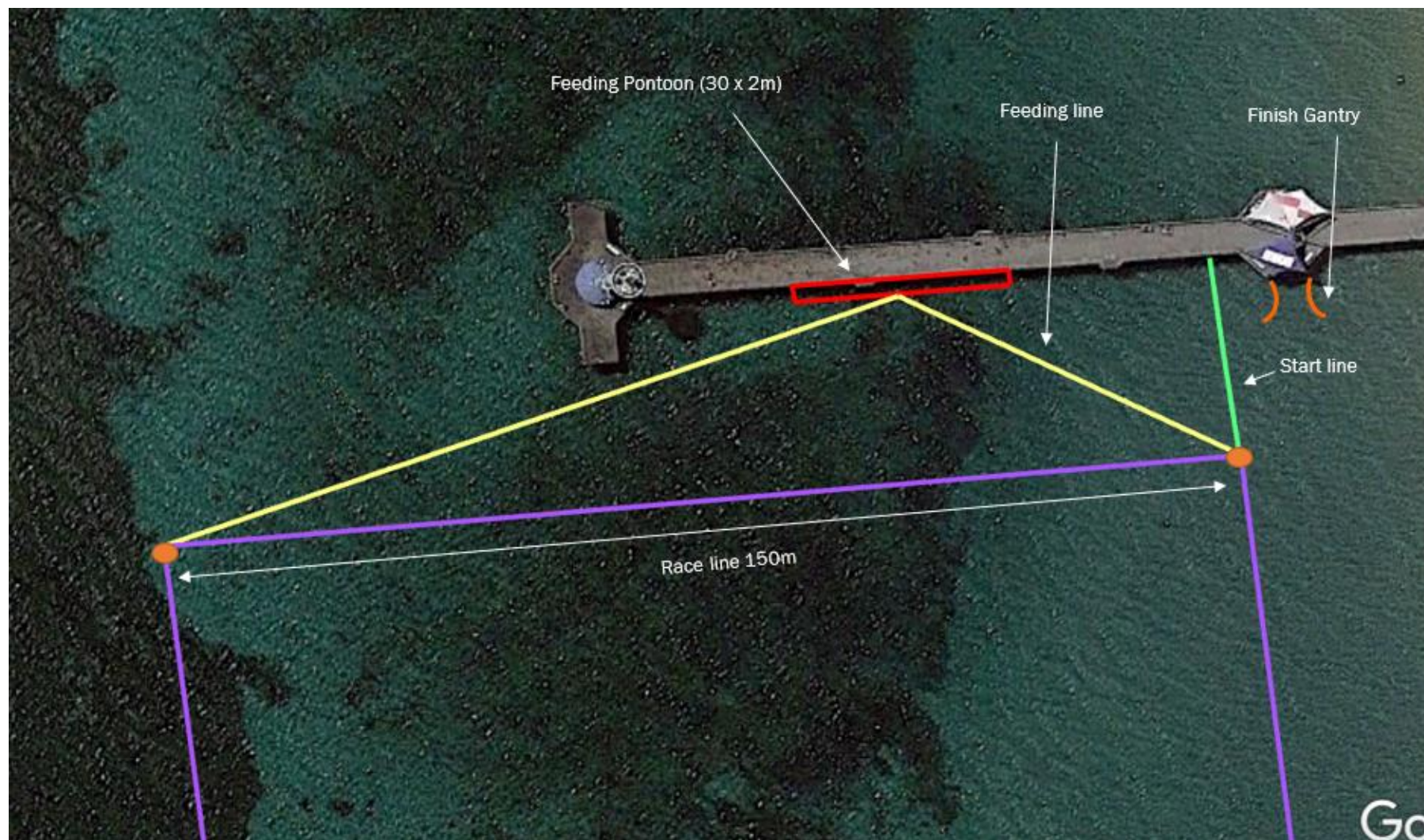


2018 SWIMMING AUSTRALIA NATIONAL OPEN WATER CHAMPIONSHIPS		
VENUE: Brighton Beach, Adelaide, South Australia DATES Pre-meet: Thursday 25 January 2018 Competition: Friday 26 – Sunday 28 January 2018 ALL TIMES ARE SUBJECT TO CHANGE NOTES Estimated start time for the first race on Friday 26th January is 7:00AM Swimmers can either enter the Open 5km time trial or Age 5km but not both Swimmers can swim two events in total plus one relay Swimmers must be 14 or over to enter open events AGE for these championships for Age Events is your age as at 31 December 2018 AGE for Open events is your age as at 26 January 2018 Swimmers who wish to be considered for Senior Team selection must enter Open events Swimmers who wish to be considered for Junior Events must enter their age specific event (18/19yrs 10km or 16/17yrs 7.5km) - please see Swimming Australia web site for full Selection Criteria details. Feeders assembly and briefing time TBC for 10km and 7.5km events COMPETITION TIMELINE		
PRE-MEET – WEDNESDAY, 24 JANUARY		
Pre-meet training – Marion Outdoor Pool		4:00PM – 6:00PM
PRE-MEET - THURSDAY, 25 JANUARY		
Pre-meet training – Marion Outdoor Pool		9:00AM – 11:00AM
Pre-meet training – Brighton Beach		2:00PM – 4:00PM
Team leaders meeting – Esplanade Hotel, Brighton Beach		4:00PM
DAY 1 - FRIDAY, 26 JANUARY		
	Registration opens for events 1 & 2	5:30AM
	Briefing	6:50AM
	Race feeders report for transport	TBC
EVENT #		START
1	Men's open 10km selection	7:00AM
2	Boys 18 & 19 years 10km	7:00AM
	Registration opens for events 3 & 4	8:25AM
	Briefing	9:45AM
	Race feeders report for transport	TBC
EVENT #		START
3	Women's open 10km selection	9:55AM
4	Girls 18 & 19 years 10km	9:55AM

2018 SWIMMING AUSTRALIA NATIONAL OPEN WATER CHAMPIONSHIPS		
	Registration opens for events 5 & 6	11:30AM
	Briefing	12:45PM
EVENT #		START
5	Boys 16 & 17 years 7.5km	12:55PM
6	Girls 16 & 17 years 7.5km	1:05PM
DAY 2 – SATURDAY, 27 JANUARY		
	Registration opens for events 7 & 8	5:30AM
	Briefing	6:50AM
EVENT #		WAVE START
7	Boys 14 & 15 years 5km	7:00AM
8	Girls 14 & 15 years 5km	7:10AM
	Registration opens for JX Clinic & 2.5km	7:40AM
	Pre-event clinic	8:15AM
	Briefing	9:00AM
EVENT #		START
9	JX Clinic and 2.5km (Non-Championships)	9:20AM
	Registration opens for events 10 & 11	9:20AM
	Briefing	10:40AM
EVENT #		WAVE START
10	Boys 16 & 17 years 5km	10:50AM
11	Girls 16 & 17 years 5km	11:00AM
	Registration opens for events 12 - 15	11:25AM
	Briefing	12:45PM
EVENT #		WAVE START
12	Men's open MC 5km	12:55PM
13	Boys 18 & 19 years 5km	1:10PM
14	Women's open MC 5km	1:25PM
15	Boys 18 & 19 years 5km	1:40PM
DAY 3 – SUNDAY, 28 JANUARY		
	Registration opens for event 16	5:30AM
	Briefing	6:50AM
EVENT #		WAVE START
16	Men's open 5km TT Selection	7:00AM
	Registration opens for event 17	7:30AM
	Briefing	8:50AM
EVENT #		WAVE START
17	Women's open 5km TT Selection	9:00AM
	Registration opens for event 18	9:35AM
	Briefing	10:55AM

2018 SWIMMING AUSTRALIA NATIONAL OPEN WATER CHAMPIONSHIPS		
EVENT #		RELAY START
18	Mixed 14-15 years team relay 4 x 1.25km	11:05AM
	Registration opens for event 19	11:35AM
	Briefing	12:55PM
EVENT #		RELAY START
19	Mixed open team relay 4 x 1.25km	1:05PM
Estimated finish time 2:30PM		

4.8. Appendix H – Course Map





4.9. Appendix I – ASADA Guidelines

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event and may conduct testing during the 2018 Australian Open Water Swimming Championships.

If in attendance, ASADA will operate from the Brighton Surf Life Saving Clubrooms.

To ensure that you are adequately informed on testing procedures, please read the ASADA guidelines, provided separately. **Please note that blood samples may be required along with standard urine samples.**

For questions about prohibited substances, please visit the ASADA website and click 'Check your substances' – www.asada.gov.au.

GENERAL GUIDELINES

ASADA is the Australian national anti-doping organisation. It is responsible for developing a sporting culture free from doping.

Athletes can be selected for testing by ASADA anywhere, any time, and are subject to both random and targeted selection methods. Sample collection can be either in-competition (at an event) or out-of-competition (such as a training venue or home). The majority of testing is carried out with no-advance-notice. Tests can involve the collection of urine, blood, or both.

Should ASADA be present, athletes may be selected at this event for testing. For in-competition testing at this event, athletes can be notified during heats, finals or any other time during the event.

All ASADA officials wear uniform and identification badges.

THE TESTING PROCESS

If you are notified for a test, the following steps are what to expect. A video detailing the process can be found here: https://www.youtube.com/watch?v=_p849msht_A

1. Once notified of selection for testing, you must remain in direct observation of the Doping Control Officer (DCO) or Chaperone until the DCO is satisfied that the sample collection procedure is complete.
2. For no-advance-notice testing, including in-competition testing, you are required to report to the doping control station immediately unless you request a delay in reporting for valid reasons. You are permitted to complete a warm-down, participate in medal presentations, compete in further events or fulfil media commitments if required. At all times you must be accompanied by the chaperone.
3. You will be given a choice of individually sealed collection vessels, and you will select one. You will verify that the equipment is intact and has not been tampered with, and you must maintain control of the collection vessel at all times.
4. Providing the sample
 - Urine: The Chaperone will directly witness the urine sample leaving your body and going into the beaker. Only a Chaperone of the same gender is permitted in privacy when you provide the sample.
 - Blood: You will be asked to select blood collection equipment and check that it is intact and has not been tampered with. A blood collection official will collect the sample in the presence of a DCO, Chaperone and, if applicable, the athlete representative.
5. You will select an individually sealed sample collection kit that is intact and has not been tampered with.
6. Splitting the sample
 - Urine: you will pour a measured amount of the urine into each of the 'A' and 'B' labelled bottles, and then secure the kits. You will be asked to leave a small amount of urine in the collection vessel so the DCO can measure the specific gravity.

- You will place and secure the blood samples in the relevant labelled containers and secure the kits.
- 7. The DCO will check the specific gravity of the residual urine left in the collection vessel, and will record the value on the Doping Control Test Form. You should **avoid over hydrating**; this can happen if you drink too much fluid. If your sample is too diluted and does not meet the required specific gravity you will be required to provide additional urine samples until you provide a sample that meets the specific gravity requirements.
- 8. Final paperwork - Your personal information is recorded on the doping Control Test Form, including contact details. You will be asked to provide information on prescription and non-prescription medications, vitamins, herbal products, food supplements, and any other substances you have used within the last seven days. These are recorded on the Doping Control Test Form.
- 9. The secure sample(s) and the laboratory copy of the Doping Control Test Form are sent to the laboratory for analysis. There is a strict chain of custody regarding transportation, storage and opening of the sample.

Note: You should not consume any unsealed drinks. You will be provided with sealed drinks when you report to the Doping Control Station. You should open them yourself and once opened, be responsible for them. Any food or drink you consume is consumed at your own risk and is not grounds for challenging a test result.

ATHLETE RIGHTS

Athletes have the right to:

- have a representative present during testing (e.g. your coach or manager)
- have an interpreter, if available
- ask for additional information about the testing process
- request modifications for athletes with disabilities
- **request a delay in reporting to the doping control station** for valid reasons (provided they remain in sight of the Chaperone at all times):
 - for in-competition testing:
 - performing a **warm down**
 - competing in **further competitions**
 - fulfilling **media commitments**
 - participating in a **victory ceremony**
 - obtaining necessary **medical treatment**
 - obtaining photo identification
 - locating a representative and/or interpreter
 - any other exceptional circumstances as approved by the DCO

ATHLETE RESPONSIBILITIES

Athletes have the responsibility to:

- remain within direct observation of the DCO or Chaperone at all times from the point of notification by the DCO or Chaperone until the completion of the sample collection procedure
- produce appropriate identification
- comply with sample collection procedures
- report immediately for a test, unless there is a valid reason for a delay.

SWIMMERS SUBJECT TO OUT-OF-COMPETITION TESTING

All swimmers who are registered members of Swimming Australia (SAL) or any swimmers competing in events which are sanctioned by SAL are subject to ASADA's out-of-competition testing program. Some state level swimmers may be subject to state testing programs as determined by state and territory governments.

CHECK YOUR SUBSTANCES

Athletes must be mindful when using any drugs, medications or supplements. Some substances are banned in sport, as are some methods.

It's easy to check if your substances are permitted in sport. Visit www.asada.gov.au and click *check your substances*.

MORE INFORMATION

For more information about anti-doping, visit www.asada.gov.au