

# AQUATHON AT CRIB POINT POOL

## RULES AND REGULATIONS

- In an emergency during the swim leg, a swimmer will raise an arm overhead and call for or seek assistance from supervising Lifeguards.
- Swimmers can accept floatation assistance without retiring from the event.
- Participants must be very competent swimmers on the day of the event to compete.
- Swimmers may use any stroke to propel themselves and may tread water or float.
- Swimmers must start in the wave assigned to them. This will be confirmed after registration.
- A swimmer shall not wear artificial propulsion devices of any kind including, but not limited to, fins/flippers, paddles, floatation devices or buoyancy suits of any kind. Wetsuits are permitted.
- There is a time limit of 15 minutes to complete the swim. Swimmers will be asked to withdraw from the swim after this time.
- Runners are required to follow the directions of Race Officials.
- Runners must not wear headphones or any device that restricts hearing while competing.
- Aquathon staff shall have the authority to disqualify any competitor.
- Aquathon staff shall have the ultimate and final authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk of serious injury.
- Good sportsmanlike conduct will be demanded of all competitors.
- If you withdraw from the race you must notify an Aquathon staff member.
- Only those participants who have trained and feel competent to complete the event should enter the event.
- Participants will not be timed on the day. If you would like to receive a finishing time please bring along a friend or family member on the day who can do this for you.
- No refunds of entry fees within 5 days of date of actual Event.
- The WAW (Watch Around Water) Policy will be in place on the day. All participants between the ages of 5 and 10 MUST be actively supervised by a guardian over the age of 16 during the entirety of the event.
- Entry fee includes access to the Aquathon After Party.