



## Marathon Swims Etiquette

Version 1.3

The following document outlines the etiquette for Marathon Swims. Please read prior to race day to ensure you are aware of how the event will operate and what is expected of participants.

### Marathon Swims Etiquette:

It is important all participants adhere to lane swimming etiquette. Adhering to this etiquette will help improve the event experience of all concerned. There are a variety of swimming abilities and motivations within the event. Whilst the organisers have tried to keep similar standard of swimmers together in the same/similar waves, there is a need to treat all fellow participants with respect. There needs to be understanding from all that some participants are attempting to compete in competition, others complete the distance and others to raise money for charitable causes.

1. **Swimming Attire:** Please wear suitable swimming costumes. Baggy board shorts and bikinis are not advisable. This is an indoor event in a heated pool therefore wetsuits and buoyancy shorts etc are not permitted. A changing village and changing cubicles are provided. No changing/nudity is permitted on poolside.
2. **Swimming Aids:** No swimming aids are permitted. This includes (but not exclusively) floats, pull-buoys, fins, paddles, snorkels or any covering of the feet or hands (unless specifically permitted by the Race Referee prior to the start)
3. **Race Start:** Please be aware that your actual start time may be later than your allocated start time, this is because swimmers are permitted to start their challenge only when there is adequate space in the pool. The decision on when participants start their challenge will be made by the Start Officials on poolside.
4. **Estimated Completion Time:** The starting order is judged solely on the information provided by each participant in registering for the event. Please double check your Estimated Completion Time to ensure it is appropriate for your distance, current fitness and swimming ability. Being placed in a wave not aligned to your ability may affect your enjoyment of the event or that of your fellow participants. If you would like to change your estimated completion time for your challenge, please email [info@marathonswims.com](mailto:info@marathonswims.com) before midnight 30 September 2023 to request a different estimated completion time. No changes can be made after this time.
5. **Lane Etiquette:** All participants to swim to the far right of the lane relevant to the direction in which you are swimming. This will enable quicker swimmers to more easily over take, and provide adequate room for participants swimming in the opposite direction. Faster swimmers may occasionally tap the feet of the swimmer ahead as in indication of wanting to pass. If you have your feet tapped by the swimmer behind, and you are not impeded yourself, it is recommended etiquette to allow the faster swimmer behind to pass you. You may wish to wait at the end of the lane to allow the faster swimmer to pass. Please do not speed up as you are being passed.

6. **Awareness:** Please be aware of the swimmers round you. Please desist taping the feet of the swimmer in front if you can see that they are being held up themselves
7. **Taking a break:** There may be times in your race that you need to take a break. Unless it is an emergency, please do not take a break in the middle of the lane. The pool is 3m depth throughout and you will not be permitted to rest on the lane ropes. Please take all breaks in the Transition Area (out of the pool). In this area you will have the ability to leave your drink, nutrition etc. If absolutely necessary, you may take a break at the end of the lane, this may be to rest or to allow a quicker swimmer behind to pass. If you do take a break at the end of the pool, please make sure you place yourself out of the way of your fellow swimmers and choose an appropriate time to re-start your swim when space is available.
8. **Transition:** The Transition area is a key area of the race. Some participants will be running through transition, others will use transition to take a break or take on fluids. Priority in transition needs to be given to those progressing through transition faster. If you are taking a break or a drink, please do so off the blue carpet and please take care when re-joining the blue carpet to re-start your swim. When re-joining the race, please give priority to participants already on the blue carpet.
9. **Be Polite** 😊
10. The Marathon Swims organisers reserve the right to change or amend this etiquette at any time