



WWW.BIGEFFORTSWIM.COM

BIG EFFORT SWIM

Rules and Regulations

1. Wetsuits, goggles and or face masks are permitted.
2. A swim cap will be provided to each athlete and must be worn throughout the swim.
3. Wetsuits are strongly recommended but not mandatory for the marathon and half-marathon swim.
4. The use of a swim buddy device is mandatory and will be provided by the
5. No fins, paddles, snorkels or other artificial aids for propulsion are allowed.
6. It is mandatory that each athlete be accompanied by one swim escort, on a non-motorized escort craft. The craft must be capable of supporting two people in the event of an emergency.
7. Paddlers must have the following equipment: 2 PFDs (one for yourself and an extra one for your swimmer), two paddles, a bailing device, a tow rope, and a whistle. You must have a cell phone (use a plastic zip lock bag for protection).
8. Athletes can hold onto the escort craft for a rest or while eating/drinking, but no forward motion is allowed.
9. No drafting off of another athlete or escort craft is allowed.
10. Athletes must provide their own food/drinks for themselves and their escort for the duration of the swim. Escorts are responsible for providing the athlete with their food and drinks throughout the swim.
11. In an emergency, any escort needing assistance should wave the flag overhead and blow their whistle as a signal for help.
12. Substitution of escorts may be allowed as long as event officials are notified in advance and the substitute signs a waiver and such substitution does not create an unsafe situation.
13. There will be a time cut-off for each separate event. If the swimmer had not finished within the cut-off time, a support motorboat will pick them up and take them to the finish.
14. Event officials reserve the right to alter the cut-off time for the swim if water and/or weather conditions warrant such an alteration.

