



EVENT RULES

The Dare to Care Take Your Breath Away Swim has set the following rules in the best interest of its participants. We'd prefer everyone safely and successfully finish the event, so please adhere to the rules. They exist for your safety. Please note that race officials, compliance personnel and medical personnel are empowered to disqualify any entrant who breaches these rules.

Swimmers

FINA's Open Water Swimming Rules will generally apply for this event.

1. The minimum age for all swimmers, at the date of the Annual Dare to Care Swim is 14 years.
2. All swimmers must have their race number written on their arm and it must remain visible at all times. Your swim pack will be handed to you at the Registration Desk on the morning of the swim.
3. Swimmers are not permitted to use any artificial aids during the swim. If artificial aids or assistance is required for medical reasons, a request for exemption will be granted if the applicant meets the required criteria.
4. Swimsuits must comply with FINA's Open Water Swimming Rules. Generally, FINA provides that a complying suit:
 - a) is of a woven textile material
 - b) does not cover the neck
 - c) does not extend beyond the shoulders or anklesFINA rules are subject to revision from time to time. It is the responsibility of each swimmer to ensure compliance

The D2C Swim provides the following guidance in the application of this rule for the purposes of any D2C Swim attempt:

You may:

1. grease the body before a swim
2. use goggles
3. wear one swim cap only
4. use a nose clip
5. use earplugs

Please adhere to the following:

1. swimmers must, at all times, wear their official swim cap while in the water
2. swimmers must keep all the marker buoys to the LEFT as they are set up along the course, they are there for your safety and that of the other swimmers

CASTLEDEX

SD

SALT DIARIES

mtm
made to move

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MEDICAL

She
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