



Take Your Breath Away Swim for Conquer Cystic Fibrosis

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 to safely and successfully finish the event, so please adhere to the rules. They exist for your safety.

Please note that Race Officials, Water Safety, Compliance Personnel and Medical Personnel are empowered to make any necessary judgement call re the safety or entry of any entrant prior to the commencement of the swim.

Swimmers

1. The minimum age for all swimmers, at the date of the Dare to Care Swim is 14 years.
2. All swimmers must have their race number written on their arms and it must remain visible at all times. Your number will be written on your arms at the Registration Desk by the support staff and your swim pack will be handed to you upon completion of Registration.

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. use a nose clip
4. use earplugs
5. Swimmers must, at all times, wear their official swim cap while in the water
6. Swimmers must keep all the marker buoys to their LEFT that are set along the course
7. We, the D2C Swim Organisers, are happy for your to use any aide necessary for your safety for the duration of the swim

