
OCEAN and OPEN WATER SWIMS

Guidelines for Swimmers and Organisers¹

Summary

The purpose of this document is to provide:-

- Guidelines for swimmers. As a guideline, this document is meant to assist organisers and swimmers in their ventures or activities but not act as decree.
- Organising committees with guidelines for ensuring the event runs smoothly and meets the objectives of the swim and the needs of the swimmers

Swimmers:-

1. Come prepared
2. Follow any reasonable instruction from volunteers and safety personnel
3. Accept the rules and conditions of the swim and understand the risks that you are taking
4. Ask questions and seek clarification if you are unsure about the course or other details
5. Respect the Safety of others
6. Be honest with your abilities and understand your limitations
7. Do not deliberately hinder others in the swim by blocking or kicking
8. Take reasonable care not to injure others, particularly when rounding buoys
9. Do not be overtly aggressive and do not interfere with other swimmers
10. Seek help if you need it; stop to assist people in distress
11. Respect and applaud the efforts of organisers, volunteers, sponsors and other swimmers
12. Provide constructive feedback to organisers
13. Leave nothing but your footprints behind

Organisers:-

1. Risk assess the safety hazards and plan risk mitigation strategies
2. Plan the event early, giving due consideration to the resources required to undertake the task, the date and time, the facilities, venue and details of the course
3. Obtain permission and licences from relevant authorities
4. Provide clear and adequate information on entry forms/web forms
5. Consider the safety of not only the swimmers and safety personnel but the safety of volunteers and spectators
6. Layout the swim course in a logical manner, providing clear information for swimmers in entry forms/websites, and posters or displays on the day
7. Set out registration, start-finish and other facilities in a logical manner that allows swimmers to be processed efficiently
8. Brief volunteers and safety personnel
9. Try and run the event on time and consider what food and drink facilities should be made available
10. Determine results efficiently and quickly to permit presentations to run on time
11. After the event, hold a de-briefing session, look at what worked well, what went wrong, and learn from the feedback of others.

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Introduction

Ocean and open water swimming events are extremely popular in Australia where an extensive and beautiful coastline offers up many opportunities for the sport. The variety of swim distances on offer is as variable as the conditions that may prevail on the day. Large swim events can attract swimmers in their thousands and a lot of spectators. Both place strain on the organisation, the environment and the facilities available to host the event.

No central authority exists for ocean swimming. Events have sprung up spontaneously as fund-raisers run usually by community groups. As such, ocean swimming has no central code of conduct and any central standards or protocols. This might be considered one of its beauties.

Surf Life Savings Clubs, swim-clubs and triathlon clubs organise swim events mostly through the efforts of volunteers. The volunteers may be experienced hands at running such events, or may be new to this organisational challenge. Likewise, swimmers range from novices, just in it for the fun of it, or seasoned competitors, often using the swims as a staging post to further their ability. Swimmers also range in age from early teens to octogenarians.

SWIMMERS

Thinking about open water swimming?

The swimming season for ocean and open water swimming for eastern Australia runs from October to May with the majority of swims held during the summer months.

Swimmers planning to do their first open water swim can look up event calendars such as those published on www.oceanswims.com and local tourism websites to find out what is on offer. Swim, triathlon and multi-sport club or promotional websites may also provide good sources of event information.

When undertaking an open water or ocean swim for the first time, consider your surf skills, your fitness level and any apprehension that you may have. Passing over the shark nets for the first time can be daunting. You may simply need to get use to swimming with others and with no line on the bottom to guide you. Start small if you are unsure, have a swim in a sheltered bay, do a short race or just do a solo swim at your local beach past the break.

Consider having a go at a number of swims throughout the year. No two swims are the same as conditions vary and your first experience will not always be your best. During the season, find your favourites and provide feedback to organisers if you think the event is poorly scheduled or organised. You may wish to consider having a go at swims at the start and end of the seasons; enjoy the cooler water and get a kick start to the season.

Talk to other swimmers about swimming and find out what they enjoy doing. Research the internet to read swim reviews or feedback on what others are saying on a particular swim event. Contact the organisers if you have questions beforehand. You may also want to consider getting yourself on mailing lists for swim events.

Entry for swims

Most swims allow on-line entry and on-the-day entries, which usually incur a late fee. A few swims have cut off dates for entry and no on-the-day entries.

Entry into the swims will require that you sign a waiver. When you sign waivers, you need to understand the risks that you are taking. Enter and register for events early as late entries commonly delay swim events. Early entries assist organisers in planning for the event by providing an indication of numbers of swimmers.

Don't expect the World in every swim; inaugural and smaller events may not have catered for everyone's expectations. Depending on the organisation (or size) of the event, all

services, including the provision of water, might not be provided, so come prepared. A simple checklist for swimmers might include:-

- swimmers
- goggles
- sunscreen
- petroleum jelly (for chaffing)
- water

Anti-fog spray, spit or the tiniest drop of shampoo may prevent goggles from fogging up. (Be careful with the application of shampoo!).

Parking arrangements are not the responsibility of the swim organisers, but often the organisers will make specific arrangements or special provisions with councils on the day. Swimmers should consider limitations on parking, the possibility of being fined if parked illegally and acknowledge that such things are likely to be beyond the control of the swim event organisers.

If the swim event has a start and finish in different locations, you may find that the organisers have arranged transport for your gear, and yourself to and from the start/finish. Sometimes, secure storage of your gear may be offered by the organisers.

On the Day

On the day of the swim event, you should allow enough time to get to the swim, find parking and get registered and kitted up. Registration usually involves getting your name ticked off (if pre-registered) or your entry and payment received for entries on the day, receipt of a swim cap and application of your number (or timing band). Do not put sunscreen on where your numbers will be written or wipe sunscreen over your numbers, as it will erase or smudge them.

Swimmers who run late can hold up the event and you will be more relaxed if you prepare yourself properly. You may wish to warm up, have a chat to others, or allow time to study the conditions.

Where possible, study pre-race published information of the swim course. Study the course plan and relate the plan to the set out of the course on the day. Listen carefully to the race briefing and seek clarification when unsure. The race briefing is often hard to hear, and requires your full attention.

Help other swimmers understand the course; most people are happy to help if you don't understand the course. Encourage newer swimmers by sharing your knowledge of the course.

Provide feedback to the organisers about the venue; particularly any safety hazards that you encounter.

Swimmers should:-

- Come prepared
- Accept the rules and conditions of the swim event;
- Follow any reasonable instruction from volunteers and safety personnel;
- Securely fasten timing bands if supplied and double-check them;
- Share your knowledge of the event with newer swimmers;
- Bring water and food for recovery;

At the Start

Swim starts may be mass starts or wave starts, based on age groups, gender-based, or a combination of both. The starts may be deep water starts, or starts with a short run into the water. The start of swims is by some form of starter (whistle, verbal, hooter, and gun) and is often counted down. Ocean swimming is a popular sport and you will be in crowded swims.

Swimmers should:-

- Respect the safety of others; treat other people with the same courtesy that you would like them to treat you
- Not stand at the front of the start line if you are a weak swimmer; you are likely to be pummelled;
- Not stand at the front if you are small or a junior swimmer; you are also likely to get pummelled;
- Consider starting towards the back of the pack if you are a first time swimmer, and watch what the swimmers ahead of you do;
- Study the depth of water before the swim; you may drop into a gutter, or find that you can wade some distance;
- Study the swell to see where the sets are breaking, and watch what swimmers in early waves do, or where/how they get carried;
- Understand your own abilities and limitations;
- Clear the water after warming up to allow the swim event starting on time;
- Be mindful of the starting arrangements made for disabled swimmers.

In the Swim

During the swim, it is rare, unless you are extremely cautious, a wayward navigator, or very slow, to have some interaction with other swimmers. The most common place for interaction is the convergence of bodies rounding marker buoys. You will often find people at your side, swimming with converging paths.

So, swimmers should expect interaction with other swimmers.

Swimmers should:-

- Respect the Safety of others
- Be honest with your abilities and understand your limitations
- Not deliberately hinder others in the swim by blocking or kicking
- Take reasonable care not to injure others, particularly when rounding buoys
- Not be overtly aggressive and do not interfere with other swimmers
- Seek help if you need it; stop to assist people in distress
- Swim around slower swimmers (not over them);
- Decide to swim wide if you are a slower swimmer, to avoid being swum over;
- Swim wide around buoys if you may cause injury (using a wide breaststroke kick when in crowded conditions near buoys);
- Not cut buoys - this is cheating;
- If you catch a wave in, try choosing a clear path that avoids clashing with other swimmers.

Swimmers should learn to navigate their way through the course. Good navigation around the course is essential to improving your times. Don't always assume that all swimmers are heading in the right direction. You will develop your own skills in navigation around the course. In many events, you may find that the course set out is shorter or longer than the advertised distance, even up to hundreds of metres.

Drafting is a common practise in swimming. Advantage is gained by drafting in many sports and cannot be adequately policed in ocean swims. If you are drafting off somebody, then you should not interfere with them by hitting their feet. Swimmers who constantly hit the feet of swimmers in front of them are displaying no respect for the swimmer in front.

At the finish

The swim finishes will involve running/walking up the beach or shore to a finish line and chute. The procedures at the finish are different depending on the timing procedures involved. The finish line can get congested if swimmers congregate in these areas and they should follow the instructions of the organisers to ensure that finishing swimmers are processed efficiently.

- Don't get carried away at crowded finish lines;
- Don't congregate on the finish line, follow the instructions of marshals and move through the finishing chutes, time recording areas in an orderly manner;
- Congratulate fellow punters on their achievements;
- Seek assistance if you need it.
- Applaud the efforts of other swimmers.
- Be courteous when receiving your award;
- Pose for the cameras;

Don't be disappointed if you miss out - there's always the next event.

After the Event

- Leave only your footprints behind;
- Provide constructive feedback to the event organisers.

A note on buoyancy and swimming aids

Flippers, fins, socks, gloves, paddles or flotation devices provide swimmers an advantage. Swim event organisers might have a "Back of the Pack" category to cater for such swimmers. Wetsuits provide buoyancy and give a swimmer a significant advantage.

Organisers may use their discretion over wetsuits but many swimmers consider that it unfair to compete against other swimmers who choose to wear wetsuits. In triathlon, wetsuits are mandatory at temperatures less than 14 C (for shorter events) and 16 C (for longer events). The upper limits for wetsuit wear ranges from 20 to 24 C depending on the length of the event. However, for open water swims held on the East coast of Australia, water temperature is normally 19 to 23 C, and wetsuits would not be required for most swims.

Organisers cannot ban wetsuit use but may exclude wetsuit wearers from prizes or places. The organisers of the event should decide whether they will award places/prizes to those swimmers who wish to wear wetsuits. Race entry information should clearly state the organising committee's position on wetsuit wear.

A similar issue arises in regard to "fast skin" and other "hi-tech" suits worn to provide swimmer with an advantage over other swimmers. One of the beauties of ocean swimming is that it offers an absolutely level playing field in terms of entry to the sport: just cosies and goggles are required, and a nominal event entry fee. If "hi-tech" suits become commonplace, then all swimmers may feel it necessary to invest hundreds of dollars in such

suits - as with wetsuits - just to remain competitive. This would raise the entry barrier in the sport considerably. Again, organisers may not feel able to ban such suits, but they may consider whether wearers of such suits should be eligible for places and prizes in general and/or age group competition. It may be no argument that such suits are “approved by FINA”, since FINA has no standing in the sport of ocean swimming.

ORGANISERS

Planning

Organisers should begin planning early, learning from the feedback from other swim events. Plan carefully, and ensure that mitigation strategies are identified to minimise the risks associated with running the event.

Risk assessment should consider the potential for serious injury or death to participants, damage to equipment and facilities, financial and reputation loss. The impact on the environment and local community should also be taken into account. Templates for risk assessments can be found via internet searches; an explanation of the risk assessment process is presented in Appendix 1.

The Date

Organisers should:-

- Plan the date of your swim carefully. Check that the planned date of your
- event does not clash with other swim events, as this may reduce the number
- of swimmers that you wish to involve;
- Check event calendars. Event calendars for swimming events are published on www.oceanswims.com and local tourism websites;
- Check with event calendars for multisport events, surfing competitions, Surf Life Saving events and other aquatic sports for potential clashes;
- Check event calendars for potential road closures that may affect access to the beach or swim venue.
- Consider the start time - you need to consider who you wish to attend; for example, a country swim held early in the morning might not attract city folk if they can't get there in time.

The Venue

Plan the venue of the swim with prime consideration for the safety of both swimmers and safety craft personnel.

Consider the following environmental factors when considering a swim course:-

- Tides, waves and currents;
- Sandbanks and gutters;
- Submerged reefs and rocks;
- Pollution;
- Marine life (stingers, bluebottles, sharks, razor fish, oysters, etc);
- Boating channels;
- Submerged rubbish;
- Seaweed;
- Water temperature;
- Conditions underfoot at start and finish.

Organisers may have a choice of swim venues in their local area, such as adjacent bays, lakes, lagoons or rivers. Alternative venues should be planned as contingency where possible in case of adverse conditions such as dangerous surf. Swim event information should describe the process for cancellation, whether this is online updates, numbers to ring for event updates or deadlines for decisions on going ahead with the swim.

The Course

Plan the course to follow a logical path that can be understood by swimmers. The swims may start and finish in the same location, or may have start and finishes at different locations.

The swim course should be shown on a map, scaled plan or drawing and displayed on a whiteboard or pin-board, and posted at convenient locations at the swim event. The map should be easily understood by the average reader and be in large and clear fonts. Publication of a diagram on a website will provide swimmers with the chance to study the course prior to the event.

Plans or drawing of the swim course should show:-

- The start and finish positions of the swim;
- The position of marker buoys;
- The direction that swimmers are expected to take, represented by lines and arrows. The lines and arrows should indicate the route around marker buoys;
- The relative distance between buoys.

Optionally, the plan could also show:-

- A sketch of the position of the shoreline, headlands and other geographic features;
- Description of line of sight features such as distinctive landmarks or buildings that assist the swimmer along there way; e.g. "sight the house on the headland after the first buoy".

Marking of the course

Rarely are swim courses set out by survey; some swim courses may be set out by up to 20% more/less than the planned swim distance. The location of major turning buoys can be set out by use of the following, if available:-

- Handheld GPS;
- Theodolite or reflector less laser;
- Handheld range finders.

Estimation of swim course distances from aerial or satellite photographs is dependent on the resolution of the image (a function of the pixel size) and may not be suited for accurate measurement.

Marker buoys should be:-

- at least 1.5 m high in the water and should be highly visible to swimmers;
- of a shape that allows them to be seen easily by swimmers from water level
- be fixed in a position so that they do not move from their position with the effects of tides or waves;
- be of a highly visible colour that is preferably not the same as that of the competitors' swim caps;
- preferably have a large helium balloon on key turning buoys;
- be set out such that there is little confusion to the swimmers as to which one is next.

The placement of the first turning buoy is most important to limiting an aggressive or congested start to the race. Ensure that the buoy is placed perpendicular to the starting line; otherwise swimmers will congregate at one end of the start. Ensure that the first turning buoy is a sufficient distance off-shore to enable swimmers to separate according to

their abilities. It is preferable to have the first buoy at least 100 m offshore. Where possible, avoid acute angled turns (>90 degrees) as such tight turns can become bottlenecks for the swim.

Licences & Community Services

Organisers should:-

- Contact relevant authorities to ensure that you have event licences;
- Inform/get permission off Local Government authorities and anyone who may be responsible for the management of the venue;
- Allow sufficient time for dealing with Government Authorities and public servants;
- Retain copies of licences and pay relevant fees;
- Inform police and ambulance services.

Volunteers

Organisers may wish to seek help from volunteer organisations if you need additional manning. Scouts, canoe clubs, friends and family, might offer assistance.

- Ensure that volunteers clearly understand their roles and duties;
- Be enthusiastic about the efforts of volunteers - you may wish them back again;
- Ensure that you have accounted for the safety of volunteers, particularly those on surf craft.

Race Information (Entry Forms, Race Flyers, Website, Emails)

The entry forms should provide the following information:-

- Location of the swim, informing the swimmers of the start and finish venues, and location of presentations;
- Date and time of the swim, including registration start and finish dates and times, race start times, indicative wave start times and an estimate of the presentation times. A well planned event will provide a schedule for the day;
- Description or diagrams of the course/s; including safety arrangements and water conditions (eg., surf, lake, sheltered bay);
- Race categories (age groups etc);
- Entry Fees, detailing single, multiple and late entry fees. Optionally discount entry fees for swimmers planning to do more than one swim;
- Rules with respect to swimming aids;
- Entry form and mailing address;
- Waiver, release and indemnification.

Optionally, the Race Information may include:-

- Instructions on how to get to the venue;
- Parking arrangements;
- Recommended accommodation;
- Transport arrangements / options to start;
- Security arrangements for personal gear;
- Special awards;

- Cancellation conditions or alternative venues;
- Sponsors;
- Beneficiaries of the swim profits;
- Special advice to swimmers about the event;
- Ruling on buoyancy aids.

You may wish to advertise with local swimming clubs to try and attract pool swimmers to the sport.

Facilities on the Day

The facilities on the day should include areas for:-

- Registration;
- Numbering;
- Signage;
- Race briefing;
- Marshalling;
- A start line;
- A finish line;
- Timing devices and or time recorders;
- Recovery area;
- First Aid facilities;
- Presentation venue;
- Timing and results display.

These facilities may be combined and may be set up in shade tents, around or inside buildings.

Optional additions

- Merchandise stalls;
- Portable toilets;
- Secure area for swimmers bags;
- Pick up point for swimmers, if transport provided;
- An area for fund raiser food stalls.

The facilities should be set out in a logical sequence, allowing for the flow of people from registration to numbering etc. Appropriate signage should be displayed on facilities, e.g.; “late entries”, “Pre-registered”, etc. Adequate means of communication should be arranged for announcements, control of the event, race briefing and presentations. PA systems or megaphones should be tested for operation and effectiveness.

Communications for personnel involved with the organisation may include hand-held radios, mobile phones, or runners. Shouting of race instructions usually results in a repeat of the race briefing.

First Aid facilities should be clearly designated by signage.

If transportation has been arranged for swimmers, ensure sufficient time for the transfer, and consider arrangements for the transport of personal items to the finish area.

Timing facilities

Electronic timing delivers the fastest results but comes at a cost. Electronic timing systems are recommended for large events. Manual timing systems require more human resources including people to write down times or places, people to record times or places, and people to finalise the results.

On the Day

Organisers should:-

- Make sure that sufficient time and volunteers are available to prepare for the event;
- Hold a briefing session at the start of the day, or evening before;
- Develop a schedule for the day to work to and allow sufficient contingency for the possibility of unforeseen events, such as wild weather or higher than expected numbers;
- Leave a reasonable time gap between the close of registration and the swim start;
- Have pens that work and provide clear instructions to volunteers on number placement;
- Have a closing time for late entries and enforce the time limit. Many swims are held up by late participants.

Race briefings and starting instructions may need to be given separately. Rehearse the instructions and give clear, relevant instructions. If multiple wave starts are required, advertise these prior to the event or have a board advertising a timetable for the day. If you have access to a PA system, consider delivering information to the swimmers during race registration.

At the Start

- Marshal swimmers into order for wave starts;
- Keep wave starts on schedule;
- Consider gender-based wave starts;
- Limit wave starts to <100 swimmers (where possible) and let the faster swimmers go first;
- On mass starts, have a wide start line;
- Deep water starts require boats or poles and volunteers to marshal people into position. Do not stall the start in this circumstance as it becomes more difficult to control swimmers who are keen to go;
- Have support craft in the water and ready to go;
- Have poles, traffic cones, bollards, banners and/or a line in the sand to designate the start.

In the Swim

- Ensure that volunteers on surf craft spread out liberally across the field, particularly at the back of the pack;
- Monitor the progress of swimmers and, where necessary, provide a cut-off time to complete the swim (very slow swimmers may need to be pulled out of the water if their safety may be compromised);
- Ensure volunteers muster swimmers that go astray;
- Provide commentary on the swim event that adds to the excitement for swimmers and onlookers;

- Encourage crowd participation, e.g., providing commentary on, say the oldest swimmer, presence of celebrity swimmers, such as Channel swimmers, etc;.
- Have marshals provide direction to the line.

At the finish

- Ensure timekeepers are well versed in their duties;
- Ensure that the finish line and time-recording areas are well set out;
- Have marshals control swimmers at the finish line and keep spectators from interfering with the swimmers exit from the water.

Presentation

- Announce the time or estimated time and venue for presentations;
- Try not to keep swimmers waiting too long;
- Lay out awards or rewards and plan the sequence that you will present;
- Thanks all the swimmers for their participation and don't forget to thanks the volunteers and sponsors;

Awards and Trophies

Prizes are normally given to the 1st, 2nd and 3rd placed male and female swimmers. If you have an Open category, then those swimmers should not be awarded Age group prizes. Decide before the race on Age Group categories. There are no hard and fast rules about Age Group categories and the awards need to fit into your budget. Awards are usually awarded up to 3rd place, but you may decide to only award 1st place-getters in each age group. This depends on time, budget and sponsorship, particularly if you run a number of swims on the day.

Age group categories are usually in 5-year increments, with smaller groupings for teenagers. If your event budget does not stretch that far, 10-year increment prize categories could be used.

Typical Age Group categories

<i>5-year increment</i>	<i>10 year increment</i>
12-15	12-15
16-19	16-19
20-24	20-29
25-29	30-39
30-34	40-49
35-39	50-59
40-44	60-69
45-49	70-79
50-54	80 & over
55-59	
60-64	
65-69	
70-74	
75-79	
80 & over	

Consider having special awards, such as the oldest swimmers, the youngest, or swimmers who have done the event since its inception. Awards or rewards for place getters may

range from rating a mention, to whatever your budget allows. Have random draws to give all other swimmers, the chance at a prize.

After the Event

- Have enough volunteers to help you clean up;
- Try and leave the place as you found it;
- Conduct a review of how the event run while you have ideas fresh in mind, ask yourselves, what worked well, what can be done better next time.
- Consider advertising preliminary dates for your next swim event.

Publication of results

- If you have used electronic timing, plan to print out results for display at the end of the race;
- As a guide, publish results on websites within 2 days for electronically timed results, and 4 days for manually timed results;
- You may opt to post out certificates to swimmers, or give them out on the day.

Further reading on the web..

FINA Open Water Swimming Manual

NSW Swimming - Recommendations for Organising an Open Water Swimming Event

Appendix 1 – Risk Assessment

Risk assessment is a process of identifying what can go wrong, quantifying the risks in terms of the probability of consequences that could result from the risk events, and identifying risk mitigation strategies or controls to reduce risk to an acceptable level. The risks may include injury to personnel, damage to equipment, financial loss, loss of reputation, and/or damage to the environment.

The following describes the steps of risk assessment:-

1. The first step of risk assessment is to identify the risks. For swim events, this can be done by brainstorming a list of what can go wrong with your organising committee.
2. Write the risks down and discuss the probability of those events happening and the potential consequences. This is a process of risk ranking to identify what the highest risk components of running an event. Below are tables showing qualitative measures of likelihood (probability) and consequences. A risk matrix is also shown below and can be used to quantify risk.

Likelihood

Level	Descriptor	Description
A	Rare	May occur only in exceptional circumstances (0-5% probable)
B	Unlikely	Could occur at some time (5-30% probable)
C	Possible	Might occur at some time (30-70% probable)
D	Likely	Will probably occur in most circumstances (70-90% probable)
E	Almost certain	Is expected to occur in most circumstances (>90% probable)

Consequence

Level	Descriptor	Description
1	Insignificant	No injuries; no damage; no financial loss
2	Minor	First aid treatment; minor damage; medium financial loss
3	Moderate	Medical treatment required; moderate damage; high financial loss
4	Major	Extensive injuries; major damage; major financial loss
5	Catastrophic	Death; very serious damage; huge financial loss

RISK MATRIX

	<i>Consequences</i>				
	1 Insignifi- cant	2 Minor	3 Moderate	4 Major	5 Catastroph- ic
<i>Likelihood</i>					
A (Rare)	Low	Low	Medium	High	High
B (Unlikely)	Low	Low	Medium	High	Critical
C (Possible)	Low	Medium	High	Critical	Critical
D (Likely)	Medium	High	High	Critical	Critical
E (Almost certain)	High	High	Critical	Critical	Critical

3. Quantify the risks using the risk matrix. Discuss what controls can be implemented to reduce the risk event, and then re-rank the risks if the controls were in place (the residual risk).
4. If the residual risk is critical, then you have no control on the risk and you may have to cancel the swim event, or seek an alternative venue.
5. Identify who is responsible for implementing the risk controls and when they should do it by.

An example of part of a risk assessment is given below:-

Risk Event	Before Treatment			Risk Mitigation Strategy /Treatment	After Treatment		
	Likelihood	Consequence	Rating		Likelihood	Consequence	Rating
Injury from submerged objects	C	2	MED	Inspect swim course for submerged objects, such as rocks. Adjust course or starting area to avoid hazards. Warn swimmers in pre-race briefing.	B	2	LOW
Death or drowning due to high seas	B	5	CRIT	Inspect conditions on the day, cancel race if conditions are too dangerous if no alternative venues designated	A	1	LOW
Injury due to marine stingers	C	3	HIGH	Inspect beach and waters for marine stingers; warn swimmers of their presence; ensure first aiders are well prepared	C	2	MEDIUM