

A U S T R A L I A N  
**OPEN  
WATER**  
SWIMMING CHAMPIONSHIPS



**Brighton Beach, Adelaide  
Saturday 26 – Monday 28 January 2019**

## **EVENT INFORMATION BOOK**

**Updated 20 November 2018**



**Government  
of South Australia**

South Australian  
Tourism Commission

### **IMPORTANT NOTE:**

The information in this booklet is correct at the time of publishing. Swimming Australia Limited will not be held liable for any costs and expenses incurred by any person following any changes to the information outlined in this Event Information Book. Any updates/amendments to this booklet will be posted on the SAL website in the same location this booklet can be found.



**OPTUS**

PRINCIPAL PARTNERS



PARTNERS

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## SECTION ONE: GENERAL INFORMATION

### 1.1. Event Staff

Name	Position	E-mail Contact
Amie Quirk	GM, Events	<a href="mailto:amie.quirk@swimming.org.au">amie.quirk@swimming.org.au</a>
Adam Pine	GM, Paralympic & Open Water Programs	<a href="mailto:adam.pine@swimming.org.au">adam.pine@swimming.org.au</a>
Hannah Sidebottom	Event Manager	<a href="mailto:hannah.sidebottom@swimming.org.au">hannah.sidebottom@swimming.org.au</a>
Liz Avery	Entries, Records and Results Specialist	<a href="mailto:liz.avery@swimming.org.au">liz.avery@swimming.org.au</a>
Wade Meaney	Event Coordinator	<a href="mailto:wade.meaney@swimming.org.au">wade.meaney@swimming.org.au</a>
Dale Johnson	Event Coordinator	<a href="mailto:dale.johnson@swimming.org.au">dale.johnson@swimming.org.au</a>
Karen Macleod	Technical Manager	<a href="mailto:kjmacleod@bigpond.com">kjmacleod@bigpond.com</a>
Stella Carrara	Assistant Technical Manager (OWS)	<a href="mailto:carrara@inet.net.au">carrara@inet.net.au</a>
Kate Hutchison	Head of Media and Communications	<a href="mailto:kate.hutchison@swimming.org.au">kate.hutchison@swimming.org.au</a>

### 1.2. Swimming Australia Calendar 2019

#### January

19 – 28	Australia Swims	Australia-wide
26 – 28	2019 Australian Open Water Swimming Championships	Adelaide, SA

#### April

07 - 12	2019 Hancock Prospecting Australian Swimming Championships	Adelaide, SA
15 – 22	2019 Hancock Prospecting Australian Age Swimming Championships	Adelaide, SA

#### June

09 – 14	2019 Hancock Prospecting Australian Swimming Trials	Brisbane, QLD
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#### October

24 – 26	2019 Hancock Prospecting Australian Short Course Championships	Melbourne, VIC
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## SECTION TWO: EVENT INFORMATION

### 2.1. Event Details

The 2019 Australian Open Water Championships return to the picturesque Brighton Beach from 26 – 28 January 2019. Australia's pinnacle open water swimming event will showcase the country's top and emerging open water swimming talent. A senior and junior team will be selected at the 2019 Australian Championships, further information on team selection can be found below:

Senior Team Selection: for details on senior team selection please click [HERE](#).

Junior Team Selection: for details on junior team selection please click [HERE](#).

### 2.2. Entry Procedures

Entries for the 2019 Australian Open Water Swimming Championships will open at 9.00am AEDST on **Wednesday 21 November 2018**. Entries will close at 11.59pm (AEDST) on **Monday 7 January 2019**.

All individual entries must be lodged using the Swimming Australia Ltd (SAL) online entry system. The online entry system can be accessed via the Swimming Australia website [www.swimming.org.au](http://www.swimming.org.au). Please note that SAL has a strict 'no late entries' policy.

Swimmers entering in a relay only and not individual events must enter online as a relay only swimmer. **Relay only swimmers entering the age relay must enter event 20 and relay only swimmers entering the open relay must enter event 21**. Relay only swimmers who fail to enter online will not receive event accreditation and will be ineligible to swim on event day.

Relay entries for the event must be entered separately on the relay entry page and can only be submitted by the club registrar.

[ENTER RELAY TEAMS HERE](#)

Age for Open events is as at 26th January 2019. Athletes must be 14 years and over to enter open events. Age for Age events is as at 31 December 2019. Age for the JX event is as at 31 December 2019. The JX event is for 12 – 16 years.

Further enquiries relating to entries should be directed to Liz Avery via [liz.avery@swimming.org.au](mailto:liz.avery@swimming.org.au)

#### 2.2.1 Entry fees (prices are inclusive of GST)

JX event:	\$35.00
Individual Events:	\$35.00
Relay only Swimmer	\$20.00
Relay Events:	\$70.00

[Click here](#) to view the qualifying criteria.

### 2.3. Club points scoring

Points scoring for the 2019 Australian Open Water Swimming Championships will be aligned to the published high-performance Competition Framework. The following events will score points for the club points score:

All open events  
18 & 19 years 5km  
18 & 19 years 10km

### 2.4. Race Program and Briefings

[Click here](#) to visit [swimming.org.au](http://swimming.org.au) and view the latest competition program/order of events

#### 2.4.1 Team Leaders Meeting

A compulsory Team Leaders Meeting will be held on Friday 25 January 2019. A Team Manager and/or Coach from each club must be present attend this meeting.

**Date:** Friday 25 January 2019

**Time:** 4:00pm

**Location:** Esplanade Hotel, Jetty Road, Brighton

#### 2.4.2 JX 2.5km Swim

The JX 2.5km swim will take place on Sunday 27 January 2019. Appendix A, contains key times and information for JX participants

Appendix A – JX Open Water Information

Appendix B – Preparing Age Athletes for Open Water Swimming

Appendix C – JX Event Consent Form

#### 2.4.3 Pre-Race Briefings

There will be a compulsory pre-race briefing for all athletes prior to each event, the briefing will take place on the beach. Briefing times are listed on competition program found [HERE](#).

Coaches and feeders (10km and 7.5km events) are encouraged to join athletes at briefings, as all instructions concerning the course, water conditions, and other relevant matters will be detailed by the Chief Referee at this time.

## 2.5. Accreditation

Accreditation will be distributed to manage access to the course during the 2019 Australian Open Water Swimming Championships.

All athletes will automatically receive an accreditation pass for the event. Athletes will be required to hand their accreditation pass to the Technical Official in the role of Clerk of Course before they enter the water. Athletes must collect their pass when they exit the water at the conclusion of the race or warm up.

Accreditation will be available for collection from the accreditation van located in Bindarra Reserve from **1:00pm on Friday 25 January 2019**. The accreditation van will open again at 6:30am on the first day of competition.

## 2.6. Merchandise

Event merchandise will be available from the arena store located next to the registration tent in Bindarra Reserve.

## 2.7. By-Laws and Race Rules

The 2019 Australian Open Water Swimming Championships will be conducted under the Australian Open Water Swimming Championships By-Laws ([found HERE](#)) and SAL Open Water Swimming Rules ([found HERE](#)).

Please contact Swimming Australia [events@swimming.org.au](mailto:events@swimming.org.au) if you have any enquiries regarding the Rules or By-Laws or speak to the Technical Manager during the event.

Electronic timing will be used for this event.

### 2.7.1. Wetsuits

As per FINA regulations for open water swimming competitions in water with temperature below 20°C (68°F), men and women may use either swimsuits or wetsuits. When the water temperature is below 18°C (64.4°F), the use of wetsuits is compulsory. The water temperature should be a minimum of 16°C and a maximum of 31°C in order to commence the competition. For further clarity the following principle will apply:

- Water temperature 20°C or above, wetsuits **cannot** be worn
- Water temperature below 20°C and above 18°C, wetsuits **may** be worn
- Water temperature 18°C or below, wetsuits **must** be worn

In line with the Swimming Australia Open Water Championships By-Laws, wetsuits are swimsuits made of material providing thermal insulation. Wetsuits for both men and women shall completely cover the torso, back, shoulders and knees and shall not extend beyond the neck, wrists or ankles.

The thickness of material/s used shall be a minimum 3mm and maximum 5mm. In addition, the outer surface of the wetsuit shall not include outstanding shapes, such as ridges or fins.

#### 2.7.2. Electronic Timing Instructions

- Athletes will be provided with two timing transponders and two velcro bands when they register for their event.
- Athletes are required to wear a velcro band with a timing transponder around each wrist at all times during the race.
- The timing transponder will record the athletes time as they hit the finish gate.
- Failure to complete the race with at least one timing transponder will result in disqualification from that event.
- Athletes are required to hand their timing transponder to the Clerk of Course at the conclusion of the race.
- Failure to return the timing transponder will incur a fee.
- The velcro bands and timing transponders are hired to the event and remain the property of the timing contractors (Tomato Timing).

#### 2.7.3. Race Finish

- The cut-off time limit will commence countdown after the first athlete in each competition has finished. Cut-off times shall be advised at the pre-race briefing.
- The referee has the authority to stop the race for safety reasons. The referee can also withdraw an athlete from the water if they believe that the swimmer will not complete the distance or will not finish within the prescribed cut-off time.
- If an athlete withdraws or fails to complete the designated course for any reason, they must report in person to the Medical Personnel for examination. After release from the medical area, athletes must report in person to the Clerk of Course to have their competitor number recorded. This process is mandatory - please do not leave the area without reporting to the Clerk of Course.

#### 2.7.4. Escort Craft

- For all events, safety/security craft will be in attendance and individual escort craft are not permitted.

#### 2.7.5. 7.5km and 10km Events

- A designated feeding area will be provided for the feeding of swimmers during the 7.5km and 10km events. This area will be the only place on the course where a swimmer may be fed.
- Each athlete is allowed one (1) feeder, who will be required to check in with the athlete at the time of registration. Once registered, the handler will be given an event specific wrist band.
- Failure to display this wrist band will result in the feeder being denied access to the feeding area.
- The feeding pole must be inspected when the athlete is attending registrations.
- All athletes are responsible for organising their own feeders.



- All feeders must complete the feeder indemnity form provided within the appendix. The feeder indemnity form must be returned by **Monday 14 January 2019**. Completed forms should be emailed to [events@swimming.org.au](mailto:events@swimming.org.au)

OWS 6.16 Feeding poles are not to exceed 5m in length when extended. No objects, rope or wire may hang off the end of feeding poles except for swimmers' identification, which is allowed to be attached to the feeding pole but may not exceed the size of 30cm x 20 cm.

Appendix D – Adult F Race Feeder Participant Declaration Form

Appendix E – Under 18 Race Feeder Participant Declaration Form

## **2.8. Codes of Conduct and the Safe Sport Framework**

Swimming Australia is proud to lead the way in providing a safe sporting environment for all. Persons involved in any way with the sport of swimming are expected to adhere to the standards of behaviour outlined in the Swimming Australia Codes of Conduct:

- The General Code of Conduct; and
- The Code of Conduct for dealing with Children and Young People.

Swimming Australia promotes its Codes of Conduct to all people involved with the sport of swimming, particularly those responsible for activities involving persons under the age of 18 years. Aligned to our values, the Codes of Conduct set out the behavioural standards that are expected of all persons involved in swimming. The Codes of Conduct are now a core part of the Swimming Australia **Safe Sport Framework**. The Safe Sport Framework also contains a specific **Child Protection Commitment Statement** and refreshed **complaint procedures and guidance**.

A complete copy of the Safe Sport Framework, including the Codes of Conduct, can be found on the Swimming Australia website under Policies, Procedures and Rules/Safe Sport Framework

## **2.9. Team Selection**

Senior Team: As part of the qualifying process for the 2019 Fina World Championships, the first four eligible male and female athletes in the Australian 10km Championships will be funded by SAL to compete at the FINA Marathon Swim World Series 10km event in Doha.

Senior criteria:

<https://www.swimming.org.au/getattachment/Home/Swimmer-HQ/Elite-Athletes/Selection-criteria/2019-World-OWS-Championships-Selection-Policy-Athlete-FINAL-REVISED-5-11.pdf.aspx?lang=en-US>

Junior Team: for further information on junior team selection please see the document linked below.

Junior criteria:

<https://www.swimming.org.au/getattachment/Home/Swimmer-HQ/Elite-Athletes/Selection-criteria/2019-Junior-OWS-Team-Selection-Criteria-Athlete-FINAL-REVISED-5-11.pdf.aspx?lang=en-US>

## **2.10. Pre-Meet Training**

### **Pre-meet training, Thursday 24 January 2019 (Afternoon) - Marion Outdoor Pool**

**Date:** Thursday, 24 January 2019

**Time:** 2.00pm – 4.00pm

**Location:** Marion Outdoor Pool, Oaklands Rd & Hendrie St, Park Holme SA 5043

**Lane availability:** Three (3) lanes

**Entry:** for entry please state that you're swimming at the 2019 Australian Open Water Championships

### **Pre-meet training, Friday 25 January (Morning) – Marion Outdoor Pool**

**Date:** Friday, 25 January 2019

**Time:** 9:00am – 11:00am

**Location:** Marion Outdoor Pool, Oaklands Rd & Hendrie St, Park Holme SA 5043

**Lane availability:** Three (3) lanes

**Entry:** for entry please state that you're swimming at the 2019 Australian Open Water Championships

Pre-meet training at the Marion Outdoor Pool won't be staffed by personnel from Swimming Australia. Athletes must follow directions given by Marion Outdoor Pool staff and lifeguards.

### **Pre-meet training, Friday 25 January (Afternoon) – Brighton Beach Adelaide**

The full race course (appendix H) will be set up for the second pre-meet training session on Friday 25 January at Brighton Beach Adelaide.

**Date:** Friday, 25 January 2019

**Time:** 2:00pm – 4:00pm

**Location:** Brighton Beach Adelaide

**Entry:** All athletes are required to hand their accreditation pass to the SAL staff member or volunteer on duty when entering the water. Each athlete must then collect their accreditation pass when exiting the water.

## **2.11. Warm-up and cool down**

An appropriate warm up swimming area on the beach will be advised during the team leaders meeting.

### **Event Warm Down, 26 January 2018 - SA Aquatic & Leisure Centre**

**Date:** Saturday, 26 January 2019

**Time:** 3:00pm – 5:00pm

**Location:** SA Aquatic & Leisure Centre, 443 Morphett Road, Oaklands Park SA 5046

**Lane availability:** Two (2) lanes

**Entry:** for entry please state that you're swimming at the 2019 Australian Open Water Championships

## **Event Warm Down, 27 January 2018 - SA Aquatic & Leisure Centre**

**Date:** Sunday, 27 January 2019

**Time:** 3:00pm – 5:00pm

**Location:** SA Aquatic & Leisure Centre, 443 Morphett Road, Oaklands Park SA 5046

**Lane availability:** Two (2) lanes

**Entry:** for entry please state that you're swimming at the 2019 Australian Open Water Championships

### **2.12. Registrations**

Registrations close thirty (30) minutes before the advertised start of each event on each day.

All athletes are advised to:

- Ensure that all jewellery items have been completely removed.
- Ensure that all acrylic nails have been completely removed.
- Ensure that their finger nails and toe nails have been trimmed so that they do not extend passed the tip of the finger/toe.
- Ensure that they present themselves to registration in their race costumes.
- Leave both shoulders and upper left and right arms free of grease or sunscreen, as their competitor number will be tattooed on these areas. Care should be taken when applying grease to ensure that the competitor numbers remain legible.

### **2.13. Results and Awards**

Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place for all **Championship events**.

Medal presentations will take place after medal winners have been confirmed for an event, and all competitors in that event have completed the course.

Official results will be posted on the Swimming Australia website as soon as possible following the completion of each race.

### **2.14. Medical Information**

#### **2.14.1 Event First Aid**

First Aid and Emergency Medical Services for this event will be provided by Aquatic Rescue Management and Brighton Surf Life Saving Club. Two qualified paramedics and a Surf Lifesaving Medical Team will be onsite during the event.

First Aid and Emergency Medical Services will be in the First Aid Area located in a marquee at the entry/exit point of the course. The First Aid room will be serviced and stocked by the Medical Team from Aquatic Rescue Management and Brighton Surf Life Saving Club.

## 2.14.2 Local Medical Facilities

SERVICE	ADDRESS	PHONE
<b>Emergency - Ambulance, Police, Fire</b>		<b>000</b>
<b>SA Police Service</b>		<b>131 444</b>
<b>Public Hospitals and Medical Centres</b>		
GP Plus Health Care Centre	10 Milham Street OAKLANDS PARK 5046	08 7425 8200
Flinders Medical Centre	Flinders Drive BEDFORD PARK 5041	08 8204 5511
Mawson Medical Centre	390 Brighton Road HOVE 5048	08 8296 8336
Glenelg Community Hospital	5 Farrell Street GLENELG SOUTH 5045	08 8294 5555
Royal Adelaide Hospital	North Terrace ADELAIDE 5000	08 8222 4000
Queen Elizabeth Hospital	28 Woodville Road WOODVILLE SOUTH 5011	08 8222 6000
Modbury Public Hospital	41-69 Smart Road MODBURY 5092	08 8161 2000
<b>Private Hospitals</b>		
Flinders Private Hospital	1 Flinders Drive BEDFORD PARK 5042	08 8275 3333
Ashford Hospital	55 Anzac Highway ASHFORD 5035	08 8375 5222
St Andrews Private Hospital	350 South Terrace ADELAIDE 5000	08 8408 2111
Parkwynd Private Hospital	137 East Terrace ADELAIDE 5000	08 8223 3294
<b>Pharmacies</b>		
Brighton Chemart Pharmacy	479 Brighton Road BRIGHTON 5048	08 8296 7147
Hove Pharmacy	347 Brighton Road HOVE 5048	08 8296 4546
Dunrobin Road Pharmacy	243 Diagonal Road WARRADALE 5046	08 8296 1659
Glenelg 7 Day Pharmacy	92 Jetty Road GLENELG 5045	08 8295 4171

## 2.14.3. Australian Sports Anti-Doping Authority (ASADA)

The Australian Sports Anti-Doping Authority (ASADA) has been notified of this event and may conduct testing.

To ensure that you are adequately informed on testing procedures, please read the guidelines provided by ASADA in the appendices of this document. Please note that blood samples may be required along with standard urine samples. If blood is collected you may need to wait up to two hours after competing.

**Check your substance on Global Dro** <https://globaldro.com/Home>

**For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506**

### **TUE (Therapeutic Use Exemption)**

A Therapeutic Use Exemption (TUE) is an exemption that allows an athlete to use, for therapeutic purposes only, an otherwise prohibited substance or method (of administering a substance) which may be present during competition. **Do you need a TUE?** For more information and TUE forms follow this link:

<https://www.swimming.org.au/Therapeutic-Use-Exemption.aspx>

### **ASADA eLearning**

Swimming Australia strongly encourages all athletes, coaches and support personnel to ensure that you maintain ample knowledge about the sample collection process and your rights and responsibilities in relation to testing. Please visit the ASADA website – [www.asada.gov.au](http://www.asada.gov.au) or the ASADA eLearning website - <http://elearning.asada.gov.au/> for further information.

ASADA eLearning is a free and easy-to-use online education tool developed by ASADA. More than 10,000 people from across the sporting community have accessed a variety of learning options offered by ASADA eLearning.

It provides everyone with the opportunity to learn about the key areas of anti-doping such as prohibited substances and methods, therapeutic use exemptions, doping control and whereabouts.

By completing the course people will build personal awareness of their anti-doping obligations as athletes or support personnel.

The course is available 24 hours a day, seven days a week (a high-speed internet connection is recommended).

**Any athletes, coaches and support staff selected to Swimming Australia camps, teams and activities are required to complete ASADA online education.**

### **ASADA Clean Sport App**

The ASADA Clean Sport App has been designed with athletes in mind. The App gives a complete list of all supplements sold in Australia that have been screened for prohibited substances by an independent laboratory. These cannot give athletes a 100% safety guarantee but does significantly lower the risk of a positive test. For non-tested supplements the App gives athletes access to a quiz to assess the risk posed by highlighting key risk factors.

The App can also be used to report doping, check if a medication is banned in sport, give ASADA feedback on testing missions, and complete online education modules.

Download the App: [iTunes App store](#)      [Google Play Store](#)

### **For further antidoping information:**

ASADA: <https://www.asada.gov.au/>

Swimming Australia: <https://www.swimming.org.au/Home/Swimmer-HQ/Elite-Athletes/Anti-doping.aspx>

Appendix F – ASADA Drug Testing Procedures

#### **2.14.4. Heat and Sun Protection**

Athletes and spectators are advised to take all possible precautions to protect themselves from the heat and sun. Temperatures in Adelaide can regularly exceed 30°C in summer, and all personnel attending the event are advised to wear adequate sun protection and rehydrate regularly.

**PLEASE NOTE:** There is limited shade protection provided at the venue and Swimming Australia advises all spectators to bring their own portable shade options (marquees, beach umbrellas etc.) to protect themselves from the sun. There will be a designated area assigned to set up portable shade options. Please do not set up in any areas outside of this space. This will be signed and close to the water entry and exit.

#### 2.14.5 Water Temperature

Athletes are advised to take note that ocean-based water bodies in South Australia are subject to significantly colder temperatures than enclosed water bodies (dams, lakes, etc.) and ocean-based water bodies along the rest of the southern coast of Australia.

Water temperatures in Adelaide are generally around 19 °C - 21°C during the month of January but can drop as low as 18°C depending on weather conditions. FINA and SAL Open Water Swimming rules permit open water swimming in temperatures as low as 16°C, however all athletes are encouraged to exercise additional care in ensuring that they are adequately prepared for this event. Refer to section 2.5.1 for more information on the use of wetsuits during this event.

## SECTION THREE: VENUE INFORMATION

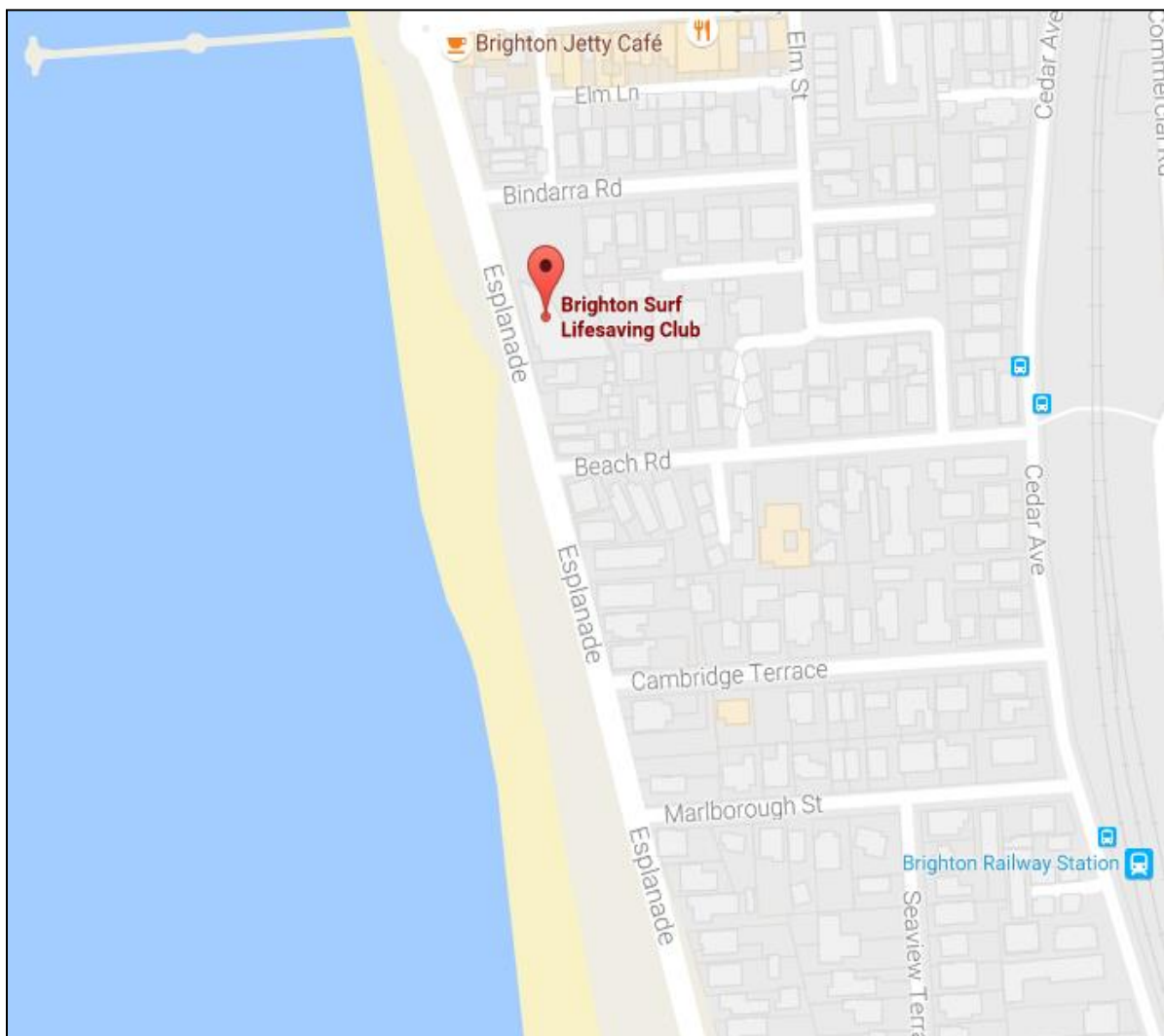
### 3.1. Getting to the Event

Brighton Railway Station is a 500m or 6-minute walk from the beachfront and the 265 bus stops 400m from the event at stop 35C, Cedar Av, East Side. Alternatively, attendees can find all day parking in the surrounding suburban streets of Brighton, although these are public areas and Swimming Australia cannot guarantee availability on any given day.

For more detailed information please head to <https://www.adelaidemetro.com.au> and use the Brighton Surf Lifesaving Club as a destination reference point (147 Esplanade, Brighton SA, 5048).

### 3.2. Venue Location

Brighton Beach, is a well-known swimming and recreation area in Adelaide. The venue is home to the iconic Brighton Jetty and is a short 5 min walk from Brighton's Jetty Rd, a small café and business hub.

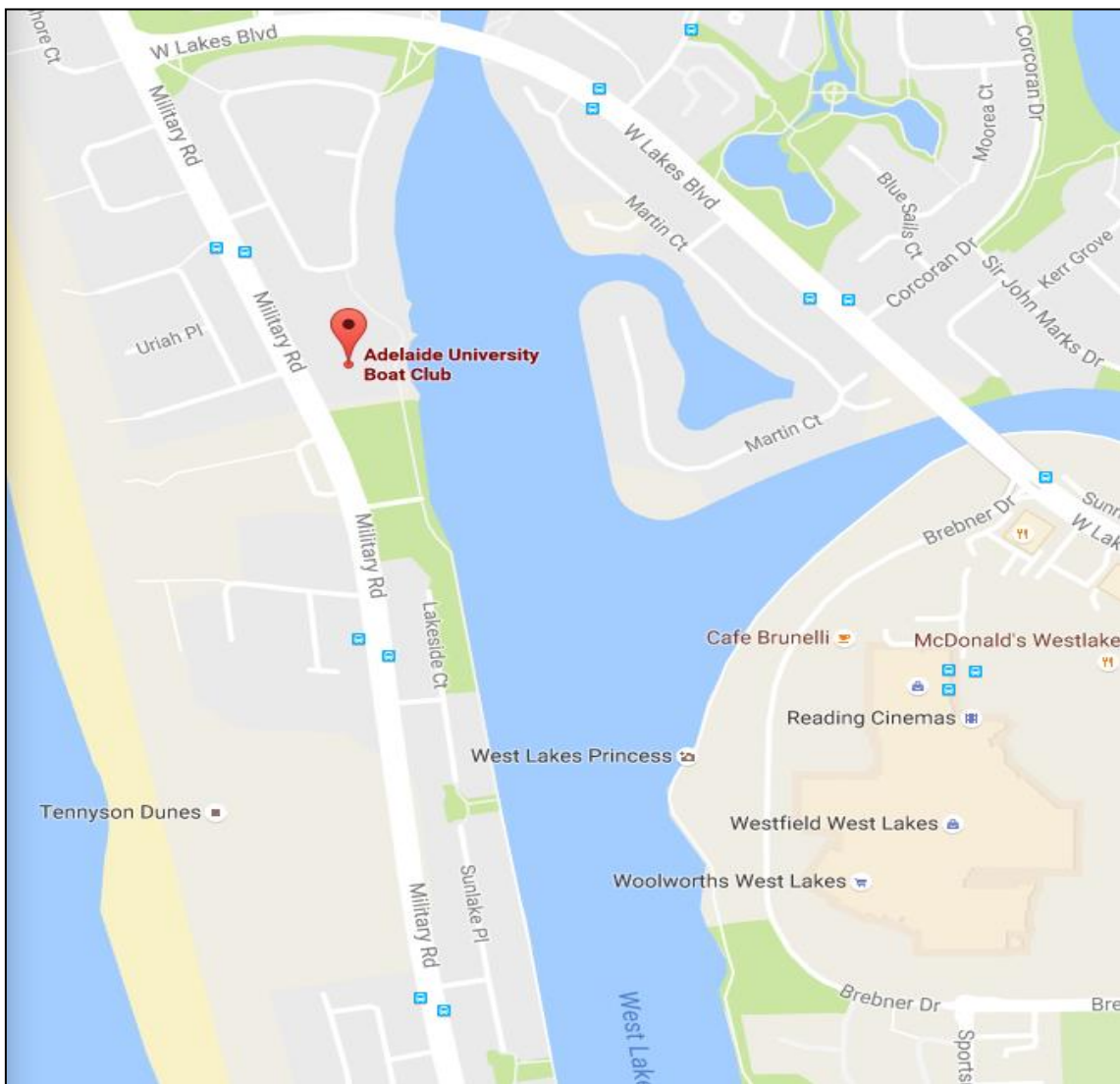


### 3.3. Contingency Venue

In the instance Brighton Beach is deemed unable to hold the event due to circumstances outside the control of SAL, West Lakes Regatta Centre has been appointed as the backup venue for this competition.

West Lakes is approximately 19km north of Brighton Beach and is home to Adelaide University Boat Club, Rowing SA and the South Australian Sports Institute rowing and canoe/kayak program. It offers an environment well suited to Open Water Swimming and is a well-resourced facility capable of accommodating the Championships if required.

Should the decision be made to move to the contingency venue, SAL will look to notify all clubs, competitors and coaches as early as possible.





### **3.4. Course Information**

The event will be conducted on a 1.25km course, with the Start/Finish area located at the north end where the Brighton Jetty is also located. The course itself will run parallel to Brighton beach and will be rectangular.

The contingency course will run north to south, with the start/finish area located in front of the Adelaide University Boat Club (as marked on the above map)

Appendix G – Course Map

### **3.5. Toilets and Amenities**

Fixed toilets and change facilities are located at the Brighton Surf Life Saving Club.

### **3.6. Further Information**

For further information regarding the 2019 Australian Open Water Swimming Championships, please visit the Swimming Australia website [www.swimming.org.au](http://www.swimming.org.au), or contact the Swimming Australia Events Unit at [events@swimming.org.au](mailto:events@swimming.org.au)

## SECTION FOUR: APPENDICES

### 4.1. Appendix A – JX Open Water Information

In conjunction with the 2019 Australian Open Water Championships, Swimming Australia (SAL) is running a development activity as part of the Australian Junior Excellence (JX) Program. A 2.5km event will be run on Sunday 27 January 2019 at Brighton Beach, South Australia.

#### Eligibility

To be eligible to enter the 2.5km JX event, athletes must meet the following criteria:

- 12 - 16 years of age as at 31 December 2019
- Swimming Australia member
- Consent to participate provided by both the parent and coach
- Have qualified as a JX swimmer since 1 October 2017

#### JX Clinic Information

Prior to the 2.5km event, Swimming Australia will hold an extended briefing for athletes. The extended briefing will provide information and tips on how best to approach open water swimming.

#### JX Event Timeline

Time	Activity
08:20am	Registration (and numbering) for event
09:20am	Extended Briefing introduction to Open Water swimming and how to approach the 2.5km event.
09.50am	2.5km JX Open Water event start
Follow the swim	Presentation of a cap to all participants

Please ensure athletes are waiting at registration by 9.10am as the schedule of events will not wait for latecomers.

#### Timing and Results

- Electronic timing will be used and official results will be published on [www.swimming.org.au](http://www.swimming.org.au).
- This is not a championship event, so neither points nor medals will be awarded. Athletes will however be recognised under the scope of the JX program.

#### Entry

- Entries must be submitted online. Athletes can register via the link on the 2019 Australian Open Water Swimming Championships event page on [www.swimming.org.au](http://www.swimming.org.au)
- Due to the swim being hosted at a beach venue, please note that athletes will be required to swim through the waves to the start point.
- Cost to the event will be \$35 and will include:
  - Event cap
  - Entry into JX 2.5km event

## Rules

The JX event will be conducted under SAL OWS rules. The JX event will use the 2019 Australian Open Water Swimming Championship 1.25km competition course.

### JX Event Consent Form

Each athlete will be required to complete and submit a JX consent form before the close of entries for the event. This will be available via [www.swimming.org.au](http://www.swimming.org.au) on the 2019 Australian Open Water Championships event page when entries open.

The consent form will request the following information:

1. Parent
  - a. Gives consent and agrees that their child is capable of completing the 2.5km distance in under 50 minutes
  - b. Confirms that their child has qualified for the JX Program since 1 October 2017
2. Coach
  - a. Gives consent and agrees that their athlete is capable of completing the 2.5km distance in under 50 minutes
  - b. Confirms that their athlete has qualified for the JX Program since 1 October 2017

## 4.2. Appendix B – Preparing Age Athletes for Open Water Swimming

In preparation for the Australian Open Water Swimming Championships, we suggest that coaches, athletes and parents consider a number of issues in order to safely prepare for a successful meet.

These may include:

### QUESTIONS:

- What will the water temperature be?
- What are the expected weather conditions?
- What are the arrangements for feeding an athlete during the race? Are there pontoons, will I be able to wade out, are there specific feeding areas or will there be nothing at all?
- What does the course look like?
- What are the water conditions, is it flat, is it rough, and is it tidal?

### EQUIPMENT:

- Wool fat (lanolin) (Its application helps to reduce the loss of body heat in cold water)
- Vaseline helps with a number of things from reducing costume rub to providing an insulating or protective layer on the skin.
- Sun Screen
- Latex gloves. For the application of the above substances.
- Old towels or rags for removing the above substance on completion of the race,
- Sufficient hydration (Pre-race, during race, and post-race)
- Sufficient food and or Carbo Shots (Pre-race, during race, and post-race)
- Warm clothes, including closed shoes, beanie and spare towels or a blanket.
- Esky, feed sticks, cups and or bottles.

### STRATEGIES:

- Have your athletes trialled different eating strategies and or products at training prior to racing. There are many brands of Carbo shots and sports drinks on the market, however tastes and consistency vary. Find out what works for your swimmer.
- If you are expecting to compete in cold water, then attempt to have your athletes do some training or acclimatisation work in cold water during their preparation.
- Spend some time with your athletes practicing how to feed. This can include taking a drink or Carbo Shot. Remember this is a skill, and if done well can save a lot of time and ensure a swimmers ability to continue.
- If you have the space and/or time, practice turning around a buoy. Simulate the angles and directions you will be racing.
- When and where possible, encourage your athletes to participate in Club or State open water swimming events or even weekend surf races. Don't be afraid to expose younger athletes to open water swimming, as there are many shorter races also available.

These are just a few of the things you need to consider when preparing a athletes for open water events.

### 4.3. Appendix C – JX Event Consent Form

#### 2019 Australian Open Water Championships – JX Event JX Event Consent Form

Each competitor is required to complete and submit this JX consent form with their online entry. Entries will not be accepted without this completed and signed form.

JX Competitor

Name: \_\_\_\_\_

JX Competitor

Club: \_\_\_\_\_

Parent

a. I consent and agree that (Name)

\_\_\_\_\_ can complete the 2.5km distance in under 50 minutes.

b. I confirm that (Name) \_\_\_\_\_ has qualified for the JX Program since 1 October 2017.

Parent Signature:

\_\_\_\_\_

Parent Name:

\_\_\_\_\_

Coach

a. I consent and agree that (Name)

\_\_\_\_\_ can complete the 2.5km distance in under 50 minutes.

b. I confirm that (Name) \_\_\_\_\_ has qualified for the JX Program since 1 October 2017

Coach Signature:

\_\_\_\_\_

Coach Name:

\_\_\_\_\_

Has the swimmer **completed** a 2.5km open water swim? Yes/No (please circle)

Does the swimmer have any pre-existing medical conditions? (e.g asthma, diabetes, epilepsy)

Yes/No (please circle), if yes please give details

\_\_\_\_\_

This form must be returned to Swimming Australia upon entry into the JX Event by email to Liz Avery at [liz.avery@swimming.org.au](mailto:liz.avery@swimming.org.au)

Failure to return this form will result in exclusion from the event.

#### 4.4. Appendix D – Adult Race Feeder Participant Declaration Form

Swimming Australia Ltd

2019 Open Water Championships – Adult Race Feeder Participant Declaration Form

I, \_\_\_\_\_, the undersigned, affirm that I am participating voluntarily as a Race Feeder in the 2019 Open Water Championships (**Event**). As a condition of my participation in the Event, I represent covenant and agree, for myself and on behalf of my heirs, assigns, and any other person claiming, under, or through me, as follows:

##### Definitions

1. In this Participant Declaration:

**"Claim"** means and includes any action, suit, proceeding, claim, demand, damage, penalty, cost or expense however arising including but not limited to negligence, but does not include a claim against Swimming Australia by any person expressly entitled to make a claim under a Swimming Australia insurance policy.

**"Swimming Australia"** means Swimming Australia Limited ACN 109 333 628 and includes any other person involved in the organisation, conduct or staging of the Event, whether on behalf of Swimming Australia or otherwise and where the context so permits, their respective directors, officers, members, servants or agents.

##### Rules of Participation

2. The Event rules, this declaration and any other terms and conditions of entry regarding the Event comprise a contract between me and Swimming Australia which is necessary and reasonable for promoting and conducting the Event. I agree to follow any rules and/or directions set by Swimming Australia in connection with the Event, including wearing a life jacket if directed, and understand that if I fail to comply with any such rules or directions I will not be permitted to participate or to continue to participate in the Event. I acknowledge that access to the floating Race Feeder's pontoon may require transport by an inflatable rescue boat (IRB) and/or access by ladder from a pier or other fixed structure.

##### Risk Warning

3. I acknowledge that participating in the Event involves certain risks (some of which I may not fully appreciate) and that injuries, death, property damage or other harm could occur to me or others. There are risks specifically associated with participation in the Event and accidents can and often do happen, including but not limited to falling into the water, ingestion of water, falling over, losing balance due to the movable pontoon, exposure to the natural marine environment including weather conditions or ocean predators which may result in injury, death or property damage. I understand that these may result from my own actions or inactions, as well as the actions or inactions of others, the rules of competition, the condition of the facilities and equipment and immersion in water. Prior to my participation in the Event I should ensure I am aware of all the risk involved, including those risks associated with any health condition I may have. I acknowledge, agree and understand that participation in the Event may involve risk and I agree and undertake any such risk voluntarily. I acknowledge that the assumption of risk and warning above constitutes a "risk warning" in accordance with relevant legislation.

##### Waiver

4. It is possible for a supplier of recreational services or recreational activities to ask me to agree that statutory guarantees under the Australian Consumer Law (which is Schedule 2 to the Competition and Consumer Act 2010 (Cth)) do not apply to me (or a person for whom or on whose behalf I am acquiring the services or activities). By agreeing to these terms and conditions, I will be agreeing that my rights (or the rights of a person for whom or on whose behalf I am acquiring the services) to sue the supplier in relation to recreational services or recreational activities that you undertake because the services or recreational activities provided were not in accordance with the guarantees are excluded, restricted or modified as set out below

For recreational services to which the Australian Consumer Law (Commonwealth) applies:

5. By signing this form, you agree that the liability of Swimming Australia in relation to recreational services (as that term is defined in the Competition and Consumer Act 2010 (Cth) and the Australian Consumer Law) for any:

- a. death;

- b. *physical or mental injury (including the aggravation, acceleration or recurrence of such an injury);*
- c. *the contraction, aggravation or acceleration of a disease;*
- d. *the coming into existence, the aggravation, acceleration or recurrence of any other condition, circumstance, occurrence, activity, form of behaviour, course of conduct or state of affairs:*
  - i. *that is or may be harmful or disadvantageous to you or the community;*
  - ii. *that may result in harm or disadvantage to you or the community, that may be suffered by you (or a person for whom or on whose behalf you are acquiring the services) resulting from the supply of recreational services or recreational activities;*

*is excluded and the application of any express or implied term that any services will be provided with due care and skill is hereby excluded.*

For recreational services to which the Australian Consumer Law (South Australia) applies:

6. **Your rights:** Under sections 60 and 61 of the Australian Consumer Law (SA), if a person in trade or commerce supplies you with services including recreational services), there is:

- a. *statutory guarantee that those services will be rendered with due care and skill; and*
- b. *statutory guarantee that those services, and any product resulting from those services, will be reasonably fit for the purpose for which the services are being acquired (as long as that purpose is made known to the supplier); and*
- c. *a statutory guarantee that those services, and any product resulting from those services, will be of such a nature, and quality, state or condition, that they might reasonably be expected to achieve the result that the consumer wishes to achieve (as long as that wish is made known to the supplier or a person with whom negotiations have been conducted in relation to the acquisition of the services).*

**Excluding, restricting or modifying your rights:** Under section 42 of the *Fair Trading Act 1987 (SA)*, the supplier of recreational services is entitled to ask you to agree to exclude, restrict or modify his or her liability for any personal injury suffered by you or another person for whom or on whose behalf you are acquiring the services (a third party consumer). If you sign this form, you will be agreeing to exclude, restrict or modify the supplier's liability with the result that compensation may not be payable if you or the third party consumer suffer personal injury.

**Important:** You do not have to agree to exclude, restrict or modify your rights by signing this form. The supplier may refuse to provide you with the services if you do not agree to exclude, restrict or modify your rights by signing this form. Even if you sign this form, you may still have further legal rights against the supplier. A child under the age of 18 cannot legally agree to exclude, restrict or modify his or her rights. A parent or guardian of a child who acquires recreational services for the child cannot legally agree to exclude, restrict or modify the child's rights.

Agreement to exclude, restrict or modify your rights: I agree that the liability of Swimming Australia for any personal injury that may result from the supply of the recreational services that may be suffered by me (or a person for whom or on whose behalf I am acquiring the services) is excluded.

Definitions:

- a. *Recreational services are services that consist of participation in - • sporting activity or similar leisure-time pursuit; or • any other activity that involves a significant degree of physical exertion or risk and is undertaken for the purposes of recreation, enjoyment or leisure.*
- b. *Personal injury is bodily injury and includes mental and nervous shock and death.*

Further information: Further information about your rights can be found at [www.ocba.sa.gov.au](http://www.ocba.sa.gov.au)

Release and indemnity

7. In consideration of my participation in the Event, to the extent permitted by law, I:

- a. *release and will release Swimming Australia from all Claims that I may have or may have had but for this release arising from or in connection with my participation in the Event; and*
- b. *release and indemnify Swimming Australia against any Claim which may be made by me or on me behalf for or in respect of or arising out of my death whether caused by the negligence or breach of contract by Swimming Australia or in any other manner whatsoever; and*

- c. *indemnify and will keep indemnified Swimming Australia to the extent permitted by law in respect of any Claim by any person either arising as a result of or in connection with my participation in the Event or against Swimming Australia in respect of any injury, loss or damage arising out of or in connection with my failure to comply with Swimming Australia's rules and/or directions,*

save that the above releases and indemnities shall not apply to the extent that the loss, damage or injury that is the subject of the Claim is caused or contributed to by the grossly negligent act or omission of Swimming Australia.

Insurance, disclosure of medical conditions and fitness to participate, medical treatment, image consents

8. It is strongly recommended that I have an annual physical examination (and prior to the Event) and that I maintain personal health and accident insurance, which takes into account my own circumstances, to cover me for any loss, damage or injury that I may suffer during my participation in the Event.
9. I warrant that prior to participating in the Event I am and must continue to be medically and physically fit and able to undertake and participate in the Event and am not a danger to myself or to the health and safety of others. Further, I am not presently receiving treatment for any condition, illness, disorder or injury which would render it unsafe for me to take part in participating in the Event. I acknowledge that I must, and I agree that I will, disclose any pre-existing medical or other condition that may affect the risk that either I or any other person will suffer injury, loss or damage. I acknowledge that Swimming Australia relies on information provided by me regarding my health and that all such information is accurate and complete. I will report any accidents, injuries, loss or damage I suffer during the Event to Event officials before I leave any relevant venue or race area.
10. If I suffer any injury or illness, I agree that Swimming Australia may provide evacuation, first aid and/or medical treatment at my expense and that my acceptance of these terms and conditions constitutes my consent to such evacuation, first aid and/or medical treatment. I agree to reimburse Swimming Australia for any costs or expenses incurred in providing me with medical treatment.
11. I give my consent to Swimming Australia (and any person authorised by Swimming Australia) to copy or reproduce images of me participating in the Event (whether by photo, film or other electronic or printed media) as Swimming Australia may determine in its sole and absolute discretion and without acknowledgement of myself and without my entitlement to any remuneration or compensation now or in the future.

I have carefully read and reviewed this document. I understand the terms fully, including the risk warning, exclusion of implied terms and release and indemnity and I execute it freely and voluntarily, without inducement or coercion.

**EXECUTED this** \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

\_\_\_\_\_  
Participant signature

\_\_\_\_\_  
Phone

Address \_\_\_\_\_

DOB \_\_\_\_\_ Email \_\_\_\_\_

This form is available via from the 018 Australia Open Water Swimming Championship event page on the [www.swimming.org.au](http://www.swimming.org.au). The form must be completed and returned to [events@swimming.org.au](mailto:events@swimming.org.au) by **Monday 14 January 2019**.



#### 4.5. Appendix E – Under 18 Race Feeder Participant Declaration Form

Swimming Australia Ltd

2019 Open Water Championships – Under 18 Race Feeder Participant Declaration Form

I, \_\_\_\_\_, the participant, affirm that I am participating voluntarily as a Race Feeder in the 2019 Open Water Championships (**Event**). As a condition of my participation in the Event, I represent covenant and agree, for myself and on behalf of my heirs, assigns, and any other person claiming, under, or through me, as follows:

Definitions

12. In this Participant Declaration:

**"Claim"** means and includes any action, suit, proceeding, claim, demand, damage, penalty, cost or expense however arising including but not limited to negligence, but does not include a claim against Swimming Australia by any person expressly entitled to make a claim under a Swimming Australia insurance policy.

**"Swimming Australia"** means Swimming Australia Limited ACN 109 333 628 and includes any other person involved in the organisation, conduct or staging of the Event, whether on behalf of Swimming Australia or otherwise and where the context so permits, their respective directors, officers, members, servants or agents.

Rules of Participation

13. The Event rules, this declaration and any other terms and conditions of entry regarding the Event comprise a contract between me and Swimming Australia which is necessary and reasonable for promoting and conducting the Event. I agree to follow any rules and/or directions set by Swimming Australia in connection with the Event, including wearing a life jacket if directed, and understand that if I fail to comply with any such rules or directions I will not be permitted to participate or to continue to participate in the Event. I acknowledge that access to the floating Race Feeder's pontoon may require transport by an inflatable rescue boat (IRB) and/or access by ladder from a pier or other fixed structure.

Risk Warning

14. I acknowledge that participating in the Event involves certain risks (some of which I may not fully appreciate) and that injuries, death, property damage or other harm could occur to me or others. There are risks specifically associated with participation in the Event and accidents can and often do happen, including but not limited to falling into the water, ingestion of water, falling over, losing balance due to the movable pontoon, exposure to the natural marine environment including weather conditions or ocean predators which may result in injury, death or property damage. I understand that these may result from my own actions or inactions, as well as the actions or inactions of others, the rules of competition, the condition of the facilities and equipment and immersion in water. Prior to my participation in the Event I should ensure I am aware of all the risk involved, including those risks associated with any health condition I may have. I acknowledge, agree and understand that participation in the Event may involve risk and I agree and undertake any such risk voluntarily. I acknowledge that the assumption of risk and warning above constitutes a "risk warning" in accordance with relevant legislation.

Waiver

15. It is possible for a supplier of recreational services or recreational activities to ask me to agree that statutory guarantees under the Australian Consumer Law (which is Schedule 2 to the Competition and Consumer Act 2010 (Cth)) do not apply to me (or a person for whom or on whose behalf I am acquiring the services or activities). By agreeing to these terms and conditions, I will be agreeing that my rights (or the rights of a person for whom or on whose behalf I am acquiring the services) to sue the supplier in relation to recreational services or recreational activities that you undertake because the services or recreational activities provided were not in accordance with the guarantees are excluded, restricted or modified as set out below

For recreational services to which the Australian Consumer Law (Commonwealth) applies:

16. By signing this form, you agree that the liability of Swimming Australia in relation to recreational services (as that term is defined in the Competition and Consumer Act 2010 (Cth) and the Australian Consumer Law) for any:

e. death;

- f. *physical or mental injury (including the aggravation, acceleration or recurrence of such an injury);*
- g. *the contraction, aggravation or acceleration of a disease;*
- h. *the coming into existence, the aggravation, acceleration or recurrence of any other condition, circumstance, occurrence, activity, form of behaviour, course of conduct or state of affairs:*
  - i. *that is or may be harmful or disadvantageous to you or the community;*
  - ii. *that may result in harm or disadvantage to you or the community, that may be suffered by you (or a person for whom or on whose behalf you are acquiring the services) resulting from the supply of recreational services or recreational activities;*

*is excluded and the application of any express or implied term that any services will be provided with due care and skill is hereby excluded.*

For recreational services to which the Australian Consumer Law (South Australia) applies:

17. **Your rights:** Under sections 60 and 61 of the Australian Consumer Law (SA), if a person in trade or commerce supplies you with services including recreational services), there is:

- d. *statutory guarantee that those services will be rendered with due care and skill; and*
- e. *statutory guarantee that those services, and any product resulting from those services, will be reasonably fit for the purpose for which the services are being acquired (as long as that purpose is made known to the supplier); and*
- f. *a statutory guarantee that those services, and any product resulting from those services, will be of such a nature, and quality, state or condition, that they might reasonably be expected to achieve the result that the consumer wishes to achieve (as long as that wish is made known to the supplier or a person with whom negotiations have been conducted in relation to the acquisition of the services).*

**Excluding, restricting or modifying your rights:** Under section 42 of the *Fair Trading Act 1987 (SA)*, the supplier of recreational services is entitled to ask you to agree to exclude, restrict or modify his or her liability for any personal injury suffered by you or another person for whom or on whose behalf you are acquiring the services (a third party consumer). If you sign this form, you will be agreeing to exclude, restrict or modify the supplier's liability with the result that compensation may not be payable if you or the third party consumer suffer personal injury.

**Important:** You do not have to agree to exclude, restrict or modify your rights by signing this form. The supplier may refuse to provide you with the services if you do not agree to exclude, restrict or modify your rights by signing this form. Even if you sign this form, you may still have further legal rights against the supplier. A child under the age of 18 cannot legally agree to exclude, restrict or modify his or her rights. A parent or guardian of a child who acquires recreational services for the child cannot legally agree to exclude, restrict or modify the child's rights.

Agreement to exclude, restrict or modify your rights: I agree that the liability of Swimming Australia for any personal injury that may result from the supply of the recreational services that may be suffered by me (or a person for whom or on whose behalf I am acquiring the services) is excluded.

Definitions:

- c. *Recreational services are services that consist of participation in - • sporting activity or similar leisure-time pursuit; or • any other activity that involves a significant degree of physical exertion or risk and is undertaken for the purposes of recreation, enjoyment or leisure.*
- d. *Personal injury is bodily injury and includes mental and nervous shock and death.*

Further information: Further information about your rights can be found at [www.ocba.sa.gov.au](http://www.ocba.sa.gov.au)

Release and indemnity

18. In consideration of my participation in the Event, to the extent permitted by law, I:

- d. *release and will release Swimming Australia from all Claims that I may have or may have had but for this release arising from or in connection with my participation in the Event; and*
- e. *release and indemnify Swimming Australia against any Claim which may be made by me or on me behalf for or in respect of or arising out of my death whether caused by the negligence or breach of contract by Swimming Australia or in any other manner whatsoever; and*
- f. *indemnify and will keep indemnified Swimming Australia to the extent permitted by law in respect of any Claim by any person either arising as a result of or in connection with my participation in*

*the Event or against Swimming Australia in respect of any injury, loss or damage arising out of or in connection with my failure to comply with Swimming Australia's rules and/or directions,*

save that the above releases and indemnities shall not apply to the extent that the loss, damage or injury that is the subject of the Claim is caused or contributed to by the grossly negligent act or omission of Swimming Australia.

Insurance, disclosure of medical conditions and fitness to participate, medical treatment, image consents

19. It is strongly recommended that I have an annual physical examination (and prior to the Event) and that I maintain personal health and accident insurance, which takes into account my own circumstances, to cover me for any loss, damage or injury that I may suffer during my participation in the Event.

20. I warrant that prior to participating in the Event I am and must continue to be medically and physically fit and able to undertake and participate in the Event and am not a danger to myself or to the health and safety of others. Further, I am not presently receiving treatment for any condition, illness, disorder or injury which would render it unsafe for me to take part in participating in the Event. I acknowledge that I must, and I agree that I will, disclose any pre-existing medical or other condition that may affect the risk that either I or any other person will suffer injury, loss or damage. I acknowledge that Swimming Australia relies on information provided by me regarding my health and that all such information is accurate and complete. I will report any accidents, injuries, loss or damage I suffer during the Event to Event officials before I leave any relevant venue or race area.

21. If I suffer any injury or illness, I agree that Swimming Australia may provide evacuation, first aid and/or medical treatment at my expense and that my acceptance of these terms and conditions constitutes my consent to such evacuation, first aid and/or medical treatment. I agree to reimburse Swimming Australia for any costs or expenses incurred in providing me with medical treatment.

22. I give my consent to Swimming Australia (and any person authorised by Swimming Australia) to copy or reproduce images of me participating in the Event (whether by photo, film or other electronic or printed media) as Swimming Australia may determine in its sole and absolute discretion and without acknowledgement of myself and without my entitlement to any remuneration or compensation now or in the future.

*In consideration of allowing my child to participate in the Activity the undersigned parent/guardian, themselves and on behalf of the above listed child, acknowledge and agree to the above terms and conditions. I have carefully read and reviewed this document. I understand the terms fully, including the risk warning, exclusion of implied terms and release and indemnity and I execute it freely and voluntarily, without inducement or coercion.*

**EXECUTED this** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_  
Parent signature

Address \_\_\_\_\_

\_\_\_\_\_  
Email

\_\_\_\_\_  
Phone

This form is available via from the 2019 Australian Open Water Swimming Championship event page on the [www.swimming.org.au](http://www.swimming.org.au). The form must be completed and returned to [events@swimming.org.au](mailto:events@swimming.org.au) by **Monday 14 January 2019**

## 4.6. Appendix F – ASADA Guidelines

The Australian Sports Anti-Doping Authority (ASADA) has been notified of the event and may conduct testing during the 2019 Australian Open Water Swimming Championships.

If in attendance, ASADA will operate from the Brighton Surf Life Saving Clubrooms.

To ensure that you are adequately informed on testing procedures, please read the ASADA guidelines, provided separately. **Please note that blood samples may be required along with standard urine samples.** If blood is collected you may need to wait up to two hours after competing.

### GENERAL GUIDELINES

The Australian Sports Anti-Doping Authority (ASADA) is the Australian national anti-doping organisation. It is responsible for developing a sporting culture free from doping.

Athletes can be selected for testing by ASADA anywhere, any time, and are subject to both random and targeted selection methods. Sample collection can be either in-competition (at an event) or out-of-competition (such as a training venue or home). The majority of testing is carried out with no-advance-notice. Tests can involve the collection of urine, blood, or both.

Athletes may be selected at this event for testing. For in-competition testing at this event, athletes can be notified during heats, finals or any other time during the event.

All ASADA officials wear uniform and identification badges.

### THE TESTING PROCESS

If you are notified for a test, the following steps are what to expect:

1. Once notified of selection for testing, you must remain in direct observation of the Doping Control Officer (DCO) or Chaperone until the DCO is satisfied that the sample collection procedure is complete.
2. For no-advance-notice testing, including in-competition testing, you are required to report to the doping control station immediately unless you request a delay in reporting for valid reasons. You are permitted to complete a warm-down, participate in medal presentations, compete in further events or fulfil media commitments if required. At all times you must be accompanied by the chaperone.
3. You will be given a choice of individually sealed collection vessels, and you will select one. You will verify that the equipment is intact and has not been tampered with, and you will maintain control of the collection vessel at all times.
4. Providing the sample
  - Urine: The Chaperone will directly witness the urine sample leaving your body and going into the beaker. Only a Chaperone of the same gender is permitted in the area of privacy when you provide the sample.
  - Blood: You will be asked to select blood collection equipment and check that it is intact and has not been tampered with. A blood collection official will collect the sample in the presence of a DCO, Chaperone and, if applicable, the athlete representative.

5. You will select an individually sealed sample collection kit that is intact and has not been tampered with.
6. Splitting the sample
  - Urine: you will pour a measured amount of the urine into each of the 'A' and 'B' labelled bottles, and then secure the kits. You will be asked to leave a small amount of urine in the collection vessel so the DCO can measure the specific gravity.
  - You will place and secure the blood samples in the relevant labelled containers and secure the kits.
7. The DCO will check the specific gravity of the residual urine left in the collection vessel, and will record the value on the Doping Control Test Form. You should avoid over hydrating; this can happen if you drink too much fluid. If your sample is too diluted and does not meet the required specific gravity you will be required to provide additional urine samples until the DCO is satisfied.
8. Final paperwork - Your personal information is recorded on the doping Control Test Form, including contact details. You will be asked to provide information on prescription and non-prescription medications, vitamins, herbal products, food supplements, and any other substances you have used within the last seven days. These are recorded on the Doping Control Test Form.
9. The secure sample(s) and the laboratory copy of the Doping Control Test Form are sent to the laboratory for analysis. There is a strict chain of custody regarding transportation, storage and opening of the sample.

Note: You should not consume any unsealed drinks. You will be provided with sealed drinks when you report to the Doping Control Station. You should open them yourself and once opened, be responsible for them. Any food or drink you consume is consumed at your own risk and is not grounds for challenging a test result.

## **ATHLETE RIGHTS**

Athletes have the right to:

- have a representative present during testing (e.g. your coach or manager)
- have an interpreter, if available
- ask for additional information about the testing process
- request modifications for athletes with disabilities
- request a delay in reporting to the doping control station for valid reasons (provided they remain in sight of the Chaperone at all times):

for in-competition testing:

- performing a warm down
- competing in further competitions
- fulfilling media commitments
- participating in a victory ceremony
- obtaining necessary medical treatment
- obtaining photo identification
- locating a representative and/or interpreter
- any other exceptional circumstances as approved by the DCO

## **ATHLETE RESPONSIBILITIES**

Athletes have the responsibility to:

- remain within direct observation of the DCO or Chaperone at all times from the point of notification by the DCO or Chaperone until the completion of the sample collection procedure
- produce appropriate identification
- comply with sample collection procedures
- report immediately for a test, unless there is a valid reason for a delay.

## **SWIMMERS SUBJECT TO TESTING**

All Australian Swimming Team members and other swimmers identified by SAL as competing at an elite level are subject to ASADA's national out-of-competition testing program. Some state level swimmers are subject to state testing programs as determined by ASADA.

## **CHECK YOUR SUBSTANCES**

Athletes can't just take any drug or medication, or even use any training method. Some drugs, medications and substances are banned in sport, as are some methods.

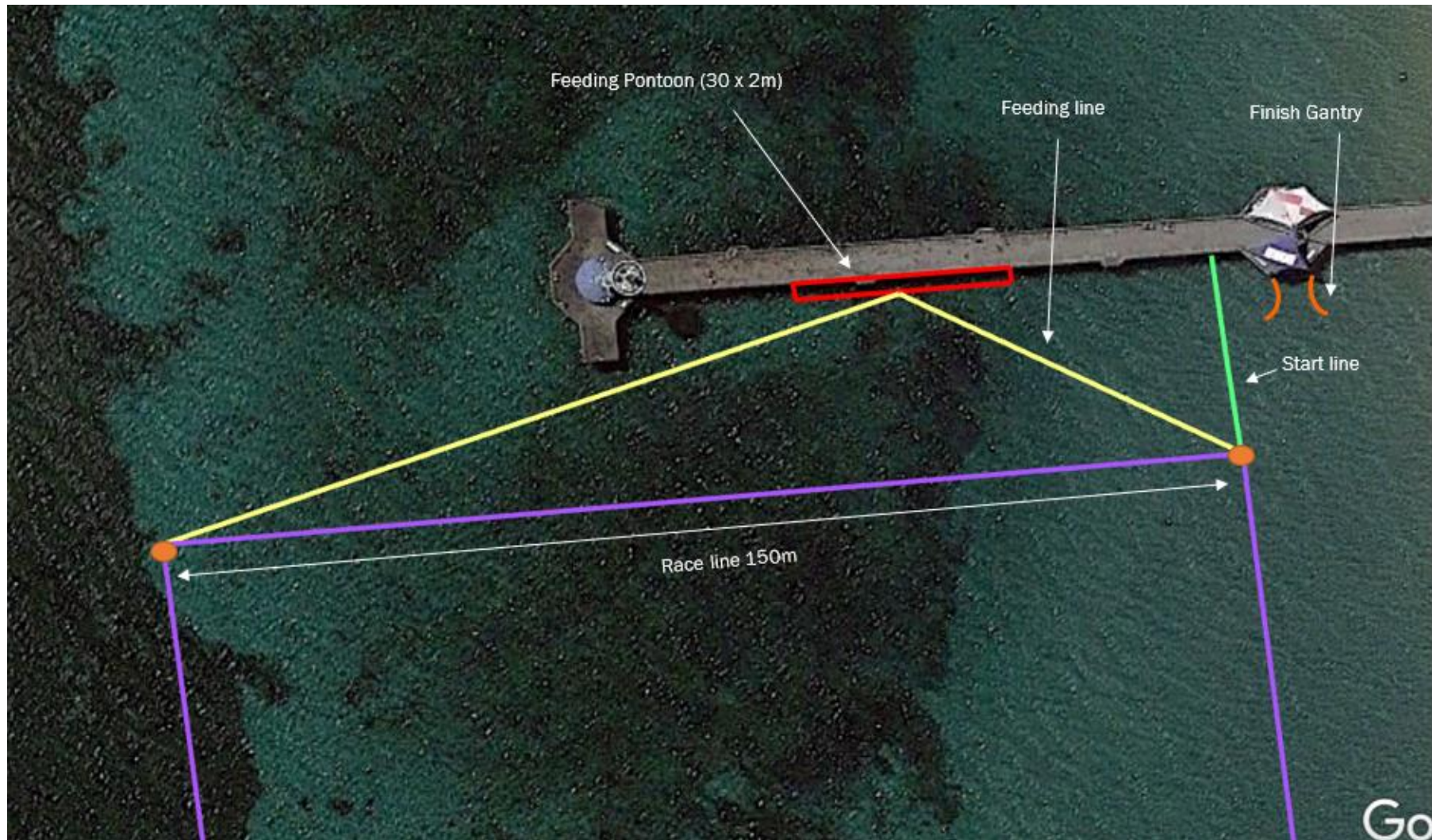
Check your substance on Global Dro <https://globaldro.com/Home>

For questions about prohibited substances, please contact the ASADA Hotline on 1800 020 506

## **MORE INFORMATION**

For more information about anti-doping, visit [www.asada.gov.au](http://www.asada.gov.au)

#### 4.7. Appendix G – Course Map







#### 4.8. Appendix H – Adelaide, South Australia – Destination Information

If you're coming to Adelaide for the Open Water Championships, here's how you can play, stay, and #SeeSouthAustralia.

With the Open Water Championships diving into the waters off Brighton from Saturday 26 to Monday 28 January 2019, we've found the best experiences South Australia can offer you and your family while you're in town.

#### **Get the diary out and start filling in the gaps between races with all the things to do while in South Australia.**

Kick-start the day and fuel your body with a good coffee and delicious late breakfast in the upbeat, beachside café culture of [Glenelg](#). There's an abundance of contemporary cafes around Moseley Square and along the marina so you won't have to travel far. If you are looking to stretch your legs then a stroll down Jetty Road will satisfy your shopping cravings, or take on The Esplanade for ocean vistas and a sea breeze.

South Australia is full of [family-friendly activities](#). Whizz down waterslides in Adelaide or splash out at holiday parks in our beautiful coastal regions. Get up-close to wildlife at the Adelaide Zoo just a 15 minute walk from the heart of the city, go strawberry picking in the Adelaide Hills, or head to [The Beachouse](#) at Glenelg and spend the day on wild waterslides, an indoor playground maze, a mini train, dodgem cars, bumper boats and arcade games.

See a different side of Adelaide on a [tour, charter or cruise](#). Sail out to sea on a giant catamaran or tour the city in the comfort of a coach. Experience our beautiful landscapes from the sky on a hot air balloon flight, or on a riverboat along the gorgeous Murray River. Explore South Australia's best regions on a group tour, find out about our fascinating range of Aboriginal experiences or head to [Temptation Sailing](#) at Glenelg who offer private cruises and dolphin swimming expeditions along South Australia's stunning coastline, just a 30 minute tram ride away from the city.

Are you a thrill seeker? Or just want to explore the best [tourist attractions](#) Adelaide has to offer? Just 15 minutes' drive from the championships you'll run into [Mega Adventure's aerial park](#) where you can let your inner ninja warrior explore high-rise monkey bars that will have your heart pounding. For those wanting to keep their feet on something more solid catch a concert spectacular in the parklands, explore [Commonwealth Bank RoofClimb Adelaide Oval](#) or head out and explore the expansive, rugged outback.

Adelaide is the perfect place to [fill your shopping bags](#). Treat yourself to a pre-game splurge at Rundle Mall – over 700 retailers in one convenient pedestrian-friendly strip. Discover boutiques selling local designs and higher-end clothing stores on Rundle Street.

For the over-18s, take a night off to explore [Adelaide's small bar scene](#). Steeped in history and drenched in class, Adelaide's East End bars are some of the finest you'll find in South Australia. At day's end, head to Adelaide and indulge one last time at one of the [city's favourite restaurants](#) – Africola, Shobosho, Peel St, Golden Boy, Osteria Oggi... there's a delicious morsel around every corner. There's also a thriving [late-night dessert culture](#), think luxurious dessert kitchens, intimate sweet cafés, decadent delis, and contemporary ice cream parlours.

Why not arrive a few days early to check out our [events in January](#) including the Brighton Jetty Sculptures, or dance with thousands at concerts from Mumford & Sons, Phil Collins, or The Prodigy, or indulge in our stunning food and wine at Tunarama Festival in Eyre Peninsula, or Crush Festival in the Adelaide Hills.

**Stay a little longer and explore the best of South Australia.**