



## ILDSA MARATHON SWIM RULES AND RATIFICATION PROCESS

Non North Channel swims

v1.1 May 2024

The ILDSA has set out in its charter to act as a promoter for open water long distance swimming in Ireland by ratifying and recording marathon distance 10K+ and notable swims that occur in and around the island of Ireland.

Our objective is to reward and recognise achievements in open water swimming, whilst also capturing the rich history of swims in Ireland to inspire our future generations.

ILDSA endeavours to respect the challenges associated with undertaking a solo marathon swim.

### ILDSA will accept for Ratification process

1. Skins Solo swims of 10 Kilometres or more unassisted.  
Starts on your own, finishes on your own, your own boat, your own observer.
2. Skins Relay swims of 20 Kilometres or more unassisted with a maximum of 6 swimmers per team.

### Swim routes:

1. A - B:  
Fixed land | Permanent point - to - Fixed land | Permanent point.  
2 way swims included here i.e: A - B - A  
A - B must be 10 Kilometres or more.
2. Circumnavigation:  
Fixed land | Permanent point - to - Fixed land | Permanent point  
Eg: Around an island.  
1 Circumnavigation must be 10 Kilometres or more.

### Age Categories

Solo: Age 18+

Relay: Age 16+

Any younger age groups wanting to complete a marathon swim for ratification by ILDSA. Please contact ILDSA [recorder@ildsa.info](mailto:recorder@ildsa.info), prior to swimming for approval.



## Irish Triple Crown

### The ILDSA are the ratifying body for the IRISH TRIPLE CROWN

Galway Bay	Solo swims only.
North Channel	Solo swims only.
Fastnet	Solo swims only.

## Original Triple Crown

### The ILDSA are the ratifying body for the ORIGINAL TRIPLE CROWN

North Channel	Solo swims only.
English Channel	Solo swims only.
Bristol Channel	Route specific to OTC only Solo and tandems will be accepted for Original Triple Crown ratification. This swim is ratified by Bristol Channel Swimming Association.

## ILDSA Historical Swims

ILDSA accepts submissions for historical swims for recording / ratifying.

If there is a historical swim you would like to be considered for submission for ratification or record please contact ILDSA.

The ILDSA board will process this swim according to the information available and will decide on ratification or recording.

## ILDSA Recorded Swims

Swims to be submitted for consideration by ILDSA:

A Recorded swim should follow the ratification process with ILDSA Observers report and images / video footage. Examples of these are swims 10 Kilometres + and are assisted by e.g. fins, wetsuits, tech suits or other aids.

## Tandem Swims

ILDSA does not ratify tandem swims.

A Tandem swim constitutes anything other than a solo swim.

Eg: 2+ Swimmers with one boat.

ILDSA endeavours to respect the challenges associated with undertaking a solo marathon swim.

Tandem swims cannot be counted towards the Irish Triple Crown

*Historical submissions to ILDSA: ratifications will be honoured by ILDSA - 2023 or prior.*

Tandem swims can be submitted through the ILDSA recording process.

A Certificate will be awarded at the ILDSA Annual Awards.



## Mass Swim Starts

ILDSA does not ratify or record mass starts.

A mass start is classed as an officially organised event when 2 or more swimmers begin at the same time.

eg: Frances Thornton Galway Bay | Galley Head Swim | Lough Gill

ILDSA endeavours to respect the challenges associated with undertaking a solo marathon swim.

## Process for application for an ILDSA swim ratification

### Before the swim

The Observer should download and print

1. ILDSA Observers report
2. ILDSA Observers guidance document

### It is the responsibility of all to ensure that the ILDSA rules are followed

The ILDSA Observer will complete an Official ILDSA Observers Report, which details weather conditions, incidents, times, food breaks including feed contents and medication taken.

A copy of this ILDSA Observers log will be available to swimmers once the swim has been ratified.

Water temperature should be taken on a thermometer that is calibrated. The thermometer reading from an inbuilt system on board a vessel is not acceptable.

### 1. Swimmers Attire

1. The swimmer is permitted to grease the body before a swim.
2. Goggles, nose clips and earplugs are permitted.
3. No watches or GPS wearable devices are permitted.
4. The use of MP3 players or other electrical audio / communication devices are not permitted.
5. Any kind of tape on the body is not permitted.
6. All swimsuits must be made from textile materials, and must be in one or two pieces. Swimwear must not extend past the shoulder or below the knee. Tech suits are not permitted.
7. One single layer swimming cap is permitted, and must be made from silicone or latex. Caps may not be made from neoprene or other heat-retaining materials.
8. The Observer must approve all swim apparel prior to the attempt.

**A ratification will be refused if these 'swimmers attire' rules are not followed.**



## **2. Contact with the swimmer**

No physical contact with the swimmer is allowed.

## **3. Support Crew**

Swimmers must provide their own support crew who are responsible for your wellbeing, but may not interfere with the decisions of the Pilot.

It is permissible for crew and observer to be the one person.

## **4. Starting Position**

Swimmers must enter the water from the shore, or from the Pilot boat and swim to beach or rocks with no running seawater behind. The swim starts from there. For health and safety reasons the pilot may direct you to start from a standing position with the water level more than waist height. This must be agreed with the Observer prior to the start of your swim and documented in the ILDSA Observers report.

## **5. Finish position**

Swimmers must finish on fixed dry land or permanent point e.g.: beach or rocks with no running seawater behind them or by touching cliffs; a lighthouse; fixed navigation - cardinal mark.

## **6. Turning on two way swims**

Landing of the first way: you may stand on land or float in the water for 10 minutes. You may not be touched by any person, but can have grease, food, medical supplies or swim apparel handed to you. This stop time is added to your overall time.

## **7. Support swimmers**

Solo swimmers may have a support swimmer after the first period of 3 hours has elapsed and for a period of 1 hour.

The support swimmer may not re-enter the water until a period of two hours has elapsed.

The support swimmer may swim alongside, not in front of, the swimmer.

The Pilot may request, at their discretion, the support swimmer to join the swimmer outside these times for safety reasons. This must not be for an extended period of time, and the first consideration should always be if it is safe to continue the swim.

Relay swimmers are not permitted to have support swimmers or pacers.

## **8. Relay swimmers**

1. Minimum 2 Maximum 6
2. Must swim for at least 1 hour each, in the same order each time.



3. At change over, swimmers shall enter the water from behind the current swimmer and swim past. The swimmer in the water shall exit as soon as possible, with change taking no more than 5 minutes. The order of swimmers, length of each swim) for the relay team members must be agreed in advance with the ILDSA Observer.

## 9. Adaptations

Any adaptations to these rules required for swimmers with additional physical needs, must be agreed in advance with the ILDSA. This may result in a swim being processed by the ratification team as a Recorded swim as opposed to a ratified swim.

### After the swim

1. Ensure all the details and signatures on the ILDSA Observers report are populated.
2. Complete the ILDSA Online ratification application including:
  - i. Upload a scanned copy of the ILDSA Observers report.
  - ii. Upload other information such as photos, videos (max 10 - 15 seconds long), tracker urls and other supplementary materials to be published to the ILDSA website as part of the documentation of your swim.
3. The ILDSA Ratification team will review all documentation for the purpose of ratifying the swim.
4. Once the swim is ratified, you will be notified via email. This can take up a number of weeks and can be longer during peak swim season times.
5. Your swim will be published to the ILDSA website, social media pages and will be added to the list for recognition at the ILDSA Annual awards.

### Submission of documentation for the ILDSA Ratification process

ILDSA Ratification online ratification portal will be open from **1st June to 31st October** of each year and will be celebrated in the relevant years awards.

### ILDSA Awards

International swims by Irish swimmers abroad up to 31st October will be eligible for nomination for ILDSA Award categories for that year.

Only ILDSA Ratified swims will be eligible for nomination for ILDSA Award categories.



**Contact us****Swims outside of these rules may be considered by Application to the ILDSA**

Contact the ILDSA by email at [recorder@ildsa.info](mailto:recorder@ildsa.info) at least 1 month before your swim.

**If you have any questions around the rules or ratification process:** please contact the ILDSA by email at [recorder@ildsa.info](mailto:recorder@ildsa.info) at least 1 month before your swim.

Date of issue: May 2024: remains a working document and open to edits at the discretion of the ILDSA Board.

