



Swim Around Keppel

The Rules

The Keppel Islands Swim Association (KISA) has set the following event rules for the Swim Around Keppel (SAK) event. All participants, including swimmers and supporting staff must comply with the rules. Failure to do so may result in disqualification from the swim for their and may also result in banning from any future swims, at the discretion of the KISA.

ALL SWIMMERS:

1. The minimum age for all swimmers participating, individuals and teams, at the date of the event is 14 years.
2. Swimmers must, at all times, wear their official swim cap and swim tow (both provided) while in the water during the swim.
3. All swimmers must have their race number written to the outside of their upper arms or shoulder.
4. A swimmer may: grease the body before a swim, wear goggles, wear a nose clip, wear earplugs, wear two caps* (official swim cap must be the outer one), wear two suits*, wear wet/neoprene suit*, wear a rash vest/stinger suit*, wear a watch*, wear earphones*. (Items with the * must not be used if the swim is a qualifying swim for the future open water events/swims).
5. Subject to obtaining an exemption from the KISA as set out below, no swimmer is permitted to use, or receive the benefit from, any form of artificial swimming aid or assistance during the swim, including but not limited to, the following:
 - a. Holding onto any boat or a craft, or a person; and
 - b. Drafting from any boat, craft or another swimmer.

If artificial aids or assistance are required for medical reasons, an application for exemption may be made by a prospective participant to the KISA during the registration. Should an assisted swim be approved, that individual / team will upon finishing the swim, be recorded as having finished, subject to the swim being assisted.

6. Individual swimmers / teams must withdraw from the swim/exit the water if they have not met the specified cut-off times:
 - a. All individual swimmers / teams must pass the designated checkpoint by the assigned time.
 - b. All individual swimmers / teams must finish the race by the assigned time. Exception: individual swimmer / team is swimming the last beach toward the finish point at The Spit.
7. In order the swim to be complete, start and finish of the swim must be executed from/to The Spit at the assigned time.



INDIVIDUAL SWIMMERS:

1. Swimmers must qualify in order to participate in the individual swim. To qualify, prospective individual swimmers must have:
 - a. Completed an official 10km open water swim event in less than 4 hours (screen shot of the event details and results are sufficient for a prove). Please see the list of official swims; or
 - b. Completed an alternative open water swim event that is of the same distance or greater than the distance around Great Keppel Island (20km or more). Screen shot of the event details and results are sufficient for a prove.

TEAMS:

1. To qualify for the team swims, swimmers must be able to swim unassisted for 30 min. It's recommended, but not enforced, that the speed of a swimmer should be over 3km/hr (2:00min per 100m pool speed).
2. For teams, swimmer changeovers must be carried out at least 5 metres from the team's support boat, and tagging must be above the water in a visible manner. It is acceptable to use any part of the body when tagging, subject to the tag being above the water, and therefore visible.

SUPPORT/RELAY BOAT:

1. Each relay team is required to have a support boat. You must organise your own boat. For safety, comfort and sun/weather protection, KISA recommends that the boat is no less than 6 metres. KISA will, however, allow any vessel with a length 4.5 metres or greater legally permitted to carry the whole team (including the swimmer(s), paddler(s), and support crew). The number of people permitted on board is determined by the information displayed on the Australian Builder's Plate. It's the responsibility of the skipper to make sure the boat is suitable and capable of making the trip. The skipper also needs to check thoroughly that the support boat isn't overloaded. Here is the link to the information that will help your skipper understand their rights, duties and responsibilities. <https://www.msq.qld.gov.au/Safety>.
2. Life jackets must be provided for each person on board, plus an extra one for each swimmer and paddler. It's recommended (but not compulsory) that a paddle craft be used to assist the swimmer/s and skipper on the day.
3. Each relay team must provide following information regarding the boat:
 - Name of boat
 - Boat registration number*
 - Boat length*
 - Boat make and model*
 - Engine type – inboard or outboard
 - Type of marine radio – VHF Only



- Boat skipper's name*
- Boat skipper's address
- Boat skipper's mobile number*
- Boat skipper's email address*
- Boat skipper's Licence # & state of issue*

* Compulsory information to complete your entry.

Information must be provided by the assigned date and doesn't need to be entered during team registration. If no boat information is provided by the above date, team will be suspended from the swim, and no refund will be given.

4. Support/relay boats must have an operating VHF Radio. On Event day, the radio must be turned on, tuned to VHF channel, and the volume audible. Skippers must then follow any instructions given by SAK Base. If support/relay boats have facility to do so, dual watch of VHF channels, and is encouraged.
5. Skippers must keep their mobile phones on and easily accessible during the swim.
6. When taking a swimmer on-board, whether during a swimmer changeover or otherwise:
 - a. The support/relay boat motor/s MUST be disengaged and in neutral.
 - b. The support/relay boats MUST NOT make way astern to pick up a swimmer.
 - c. When possible, the swimmer should be on the windward/weather-side of the support/relay Boat.
 - d. Support/relay boats using multiple outboard motors MUST place ALL motors in neutral before taking a swimmer on-board at the stern.
7. Support/relay boats MUST NOT make way astern. This means they must not move backwards. To avoid danger (to a vessel, a swimmer, a paddler, etc.) a skipper IS permitted to use astern (reverse) thrust – BUT ONLY TO STOP OR SLOW THE VESSEL'S FORWARD WAY. The vessel MUST NOT make way astern (i.e. move backwards) under any circumstances. If a skipper needs to stop or slow the vessel's forward way, he or she must ensure it is safe to do so (i.e. no swimmer or paddler immediately behind the Support/Relay Boat). This Event Rule applies at ALL times on the Swim Course regardless of the proximity of the other Support/Relay Boats.
8. Swimmers, support/relay boats and paddlers must give way to commercial shipping as there is no arrangement for commercial shipping to give way to swimmers, support/relay boats or paddlers.
9. No support boat or power craft shall exceed a speed of 6 knots anywhere or anytime on the Swim Course or near any swimmer, support boat or paddler. KISA and authorised vessels (e.g. rescue boats) will endeavour to stay off the Swim Course should they need to exceed this speed, except in the case of emergency. If, for mechanical reasons, a skipper is required to run the engine of a support boat or tender vessel at higher revs to clear the engine, this must be done well clear of the Swim Course and any swimmer, support boat or paddler.
10. Skippers are not permitted to consume alcohol while responsible for their swimmer(s) and paddler(s), and operating the support/relay boat.