



Go Swim operates all Events under the guidance and regulations of Scottish Swimming and FINA

Wetsuits & water temperatures

The water temperature shall be a minimum of 13°C to allow the Event to go ahead

Wetsuit use is optional for water temperatures of 18°C or above. However please note swimmers choosing not to wear a wetsuit MUST use an approved high visibility tow float. This only applies to swimmers aged over 16 years old. Swimmers aged under 16 will be required to wear a wetsuit.

Wetsuit Policy Summary:

Water temperature of 20° and above: No wetsuit.

Water temperature between 18° and 19.9° swimmer can choose to wear a wetsuit or not.

Water temperature between 13° and 17.9° wetsuits are compulsory.

Wetsuits are compulsory for all Juniors aged between 8 and 12 years *Please note that we expect the water temperature of Loch Lomond in August to be between 16° and 19°

The water temperature is checked during race week and published on the Go Swim Website. A Race day temperature will also be taken 2 hours before the start, and competitors notified verbally during their start line Race briefings

Our Swim Safety Officer will monitor temperature conditions periodically during the race.

Wetsuit definition:

Your wetsuit is made of material providing thermal insulation and shall completely cover torso, back, shoulders and knees. They shall not extend past neck, wrists and ankles.

They should be between 3mm and 5mm thickness but can be lower in some parts of the suit to allow free movement. This means the main purpose of the suit is to keep you warm and short or sleeveless wetsuits will not be allowed.

Competitors must not use or wear whilst competing:

- Artificial propulsion devices;
- Wetsuit bottoms only
- Wetsuits when they are forbidden
- Snorkels
- Headphone(s), headset(s) or technical earplug(s), which are inserted in or covering the ears, except ear protection plugs;
- Mobile phone(s) or any other electronic listening communication device;
- Personal video recording devices;
- Swim pace or tempo devices.

Where medical advice requires any other specific illegal item(s) to be worn during a race, an exception request must be applied for by emailing the event organiser at info@durtyevents.com A medical note stating the reason must be submitted at Race Registration on the day of the event.

Neoprene Gloves and Socks

Neoprene gloves and socks are permitted for use in the 250m and 750m waves.

In the 1500m waves and above gloves and socks are only permitted where medical advice requires these items to be worn during a race, an exception request must be applied for by emailing the event organiser at info@durtyevents.com . A medical note stating the reason must be submitted at Race Registration on the day of the event.