



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.
 Wetsuits are compulsory for all juniors 8-12 years old and become optional for 12-16 year olds when water temperature permits.

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 our Go Swim venues on Event day will be:
 Loch Tay in August to be between 14° and 18°
 Loch Lomond in August to be between 16° and 19°
 Loch Morlich in September to be between 14° and 16°
 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.

<u>WATER TEMP</u> F C		<u>THICKNESS</u>	<u>NEOPRENE CAP</u>	<u>NEOPRENE GLOVES</u>	<u>NEOPRENE BOOTIES</u>
>72	>20	NO WETSUIT*	×	×	×
67.8	19.9	TRISUIT / WETSUIT	×	×	×
64.4	18	TRISUIT / WETSUIT	×	×	×
64.2	17.9	FULL WETSUIT	✓	×	×
60.8	16	FULL WETSUIT	✓	×	×
59.0	15	FULL WETSUIT	✓	×	×
57.2	14	FULL WETSUIT	✓	×	×
55.4	13	FULL WETSUIT	✓	×	×

CAN BE USED IN 250M/750M WAVES ONLY

*Can use Tri Suits/Speed Suits/Trunks/Jammers/Costume. Must have tow float

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@go-swim.uk 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@go-swim.uk. A medical note stating the reason must be submitted at Race Registration on the day of the event.

Neoprene booties & gloves are allowed in the 250m/750m events as these are considered introductory events. The longer events are considered competitive, therefore Scottish Swimming and FINA competition rules apply, meaning, the wearing of boots and gloves is prohibited due to the potential advantage they would give to competitors.