



A. UltraSwim 33.3 Competition Rules 2026

These 'Competition Rules' apply to all swimmers and are applicable for all formats & stages of UltraSwim 33.3 events. They will be communicated in part or entirely to all swimmers by email via the comprehensive Swimmers 'Roadbook' and 'Waterbook' produced per event, and via the pre-event on-site swimmers' brief. A copy is also available via the event website, ordinarily found within the Swimmers Bubble. It is the responsibility of all entrants to raise any questions or areas for clarification with the race organisers *before* the start of the event.

The physical strength and mental fortitude required to complete an UltraSwim 33.3 ensures that everyone taking part can rightfully take pride in their achievements. Our 'Competition Rules' provide the standards by which those achievements can be measured and therefore we ask that you read them carefully, consider their underlying principles, and swim/compete in a way that respects their intent.

UltraSwim 33.3 aims to be as inclusive and accessible as possible to swimmers of all profiles, whilst also embracing some of the traditions and spirit of unassisted marathon swimming. We recognise that the use of a wetsuit* enables many swimmers to complete extended swims and distances that may otherwise be much more difficult—or even impossible—for them whilst others prefer the challenge of swimming without such assistance. We do not consider one or other to be superior or inferior - they are simply different categories, with the wetsuit* category without a doubt being a catalyst for the growth of our sport. We also recognise that many swimmers take part just to complete the challenge, without placing much importance about their ranking - but that equally there are swimmers who have entered to achieve certain performance objectives versus themselves or their peers. We fully embrace all these different aims, so irrespective of your own motivations, please take note of the rules so you can act within them and respect the swimmers around you, and their own personal goals at all times.

To be clear; whilst we respect the importance of sporting integrity and the establishment of a podium, we do not consider the fastest swimmers aiming to win to be any more important than the slower swimmers simply aiming to finish.

*See wetsuit guidance in '3' below.

Format and Categories

1. The following official competitive sporting formats will be used:

- **33.3 'CLASSIC'**: The full 33.3km over 4 days, spread over 6 or 7 swims of between 1km - 10km or more.
 - *To be classified as a '33.3 Finisher', and to have an overall ranking you must complete all the official stages set, which subject to conditions will be a minimum total of 33.3km.*
 - *Not all sections or swims must be timed to be considered as a mandatory or an official stage.*
 - *Only those completing all official stages, whether they are timed or not, shall be given an official ranking (and hence be eligible for the podium or prizes).*
- **16.65 'COMPACT'**: A 'Half Channel' 2 day compact format, usually comprising of 2 swims of between 6 and 10km..
 - *To be classified as a 'Half Channel Finisher', and to have an overall ranking you must complete all the official stages set, which subject to conditions will be a minimum total of 16.65km.*
 - *Not all sections or swims must be timed to be considered as a mandatory or an official stage.*
 - *Only those completing all official stages, whether they are timed or not, shall be given an official ranking (and hence be eligible for the podium or prizes).*

In addition, at some events, and with spaces limited in number, a non-competitive format is available; designed for those wishing to 'dip a toe' into UltraSwim 33.3:

- **33.3/2 'BUILD 'Half Channel' distance, comprising of** a number of solo swim segments, each swim usually no more than 5km, undertaken within the full daily stages of an UltraSwim 33.3 event, and with a total combined distance of approximately 15-18km (half of the 33.3 'CLASSIC' distance).

- In this shorter distance format, swimmers will be treated as competitors for the purpose of safety (and will have an official race number and be tracked) and where practical will be timed and ranked accordingly (not all swims will be ranked, and there may not be a final podium).. Swimmers will be eligible for Participation awards, but not 33.3 Finisher medals.
- Sometimes the BUILD swimmers will start with the CLASSIC swimmers but finish at an earlier point or boat. At other times the swimmers will start from a boat later than the CLASSIC start, but finish at the same Finish line. Logistical constraints shall dictate.
- It should not be considered as a fully competitive format, and rankings and timings may not always be possible - it of course remains a great challenge to take on, and the accomplishment will not be less than the full event.

Also, we offer in some locations and for an additional fee, either as part of the 33.3 'CLASSIC' distance, or as a stand-alone swim:

- **ULTIMATE 33.3** A straight non-stop swim of approximately 33.3km, using part/all of the full event course, taking place between sunrise and sunset.
- **ULTIMATE 22.2** A straight non-stop swim of approximately 22.2km, using part of the full event course, taking place between sunrise and sunset.
- **ULTIMATE XXX.** Other potential ultra-marathon long distance non-stop courses or distances as advertised.

For **ULTIMATE XXX, 33.3** and **22.2** distances ['ULTIMATE']

- Swimmers entered into the full UltraSwim 33.3 'CLASSIC' event will swap one of the days (decided by the organisers according to weather and other venue constraints, but normally Day 2 or 3) for an 'ULTIMATE' distance swim. Depending on the package they choose, they can also opt to swim in whichever of the other swims they wish.
- Pre-event medical certification, dated not more than 3 months from the event, of your fitness to swim is required, and must be submitted to the organisers no later than 7 days prior to the start of the #edition in which the ULTIMATE swim takes place. Swimmers will be provided with access to the event's required medical form for this purpose. (Note: for indemnity reasons, medical self-certification will not be accepted).
- Swimmers must supply their own support crew comprising at least one experienced person to manage nutritional feeds and overall well-being. This support crew can be provided at cost if necessary by the Event, but minimum 2 months notice is required to arrange this.
- A minimum average swim pace of 2.3km/h (33.3km distance) and 2.0km/h (22.2km distance) is required throughout.
- During the non-ULTIMATE swims on other days, swimmers will be treated as competitors for the purposes of safety (including provision of a boat, skipper, general medical support and tracking). Swimmers completing the ULTIMATE distance and all non-ULTIMATE swims on other event days will be eligible for Participation awards and 33.3 Finisher medals in addition to awards made for their ULTIMATE swim success.

2. All results will be categorised as Male/Female.

3. Further subdivision of 'CLASSIC', 'COMPACT' and 'ULTIMATE' formats will be based on swimwear choice:

- **Skins** - Using textile swimwear only (no neoprene).

- *Competitors must wear only one swimsuit in one or two pieces.*
- *Textile swimsuits (for men and women) shall not cover the neck, nor extend past the wrists or ankles.*
- *For the avoidance of doubt, rash vests, open water swim-skins, speed suits and triathlon suits using textile only construction are permitted in the Skins category.*
- *Zippers or other fastening systems are allowed without specific limitations. They must be functional.*

- **Wetsuits** - The use of neoprene within the suit construction, whether full or partial (including e.g. buoyancy shorts/jammers).

- *Wetsuits (for both men and women) should ordinarily not extend beyond the neck, wrists and ankles; however, gloves or wetsuit boots may be worn.*
- *Zippers or other fastening systems are allowed without specific limitations. They must be functional.*
- *Neck guards (textile, silicone, or similar) may be worn.*

Please note: Other forms of ranking list, such as by age groups, may be provided for the purposes of information only, however these will merely be illustrative and for the interest of participants.

Where age-group based results *are* provided, and uniquely for the CLASSIC and COMPACT category, they will be in the following subcategories:

- <30, 30-39, 40-49, 50-59, 60+ (age as of 31st December of year of the event)

4. Untimed stages/legs/swims will not impact rankings or categorised results. As such, the restrictions set out in the 'Standard Equipment' section of this document will not apply to untimed sections. E.g., a 'skins' swimmer may therefore use a wetsuit during an untimed section without it resulting in a category change. Untimed stage results will have the same nominal time applied to all swimmers completing them. Swimmers who do not complete them will be marked as DNF for the entire event and will no longer feature in a ranking list.

5. Some stages may be held at night, in which case additional equipment may be required to be carried by the swimmers (e.g. lights inside tow floats).

6. The Marathon swim of at least 10km, usually on the 3rd day, may be ratified by the Marathon Swimmers Federation (MSF) as a marathon distance swim event (not as an individual swim) within the MSF LongSwims Database. Separate UltraSwim 33.3 'Captain Webb' Rules apply to swimmers seeking MSF LongSwimsDB ratification. Please see [Appendix A](#) for full details. Ratification cannot be guaranteed, and the event does not include this option as a contractual deliverable but will make its best endeavours to achieve it on behalf of the swimmers wishing to achieve MSF LongSwimsDB ratification.

General Sporting Principles

All swimmers participating in UltraSwim 33.3 must do so in a sporting manner, noting that:

- Swimmers must adopt a 'handprints only' approach to avoid causing any damage to the environment in which the event takes place.
 - No single-use plastic shall be taken or used on any of the swimmer transfer boats used during the event. All swimmers are provided an aluminium re-usable bottle.
- Each swimmer will be solely responsible for any errors made via the incorrect interpretation of the course.
- Swimmers must not take course shortcuts or perform any other manoeuvre aimed at gaining a deliberate

and unfair advantage over others.

- Swimmers should let those who are faster pass without hindrance or obstruction.
- Where relevant, swimmers must not obstruct the passage of others in their own category, or those of another category, in order to assist another swimmer gain a competitive advantage.
- Swimmers must respect and act upon the opinions and/or decisions of medical professionals in the event of unplanned incidents or medical emergencies.
- It is mandatory to use the event's official tow float which will be provided to you (it has your race number on it). You must swim with it at all times and carry an official tracker inside if they are provided for your event. Wilful participation without the official tow float or tracker may result in disqualification from the relevant swim stage and/or the event as a whole.

Swimming Style and cut-off times

- Participants may swim using a stroke of their choice, however their average open water swim speed must be a minimum of:

- 2.0 km per hour for 33.3 'CLASSIC', 16.65 'COMPACT' and 22.2 'ULTIMATE' swimmers
- 2.3 km per hour for 'ULTIMATE' XXX and 33.3 swimmers

Prior to entering, it is incumbent on all swimmers to ensure that these minimum average speeds are personally achievable for extended distances, when swimming continuously in open water (See: Participant Responsibilities).

Average swim speeds are actively monitored by the organisers during each swim and associated cut-off times will be applied by default.. Cut-off times may be varied day-by-day according to prevailing conditions (e.g., an adverse current, or sunset in the case of ULTIMATE distance swims), but only if logistical constraints permit and solely at the discretion of the Race Director.

- Drafting is permitted (except for swimmers competing under UltraSwim 33.3 'Captain Webb' Rules on the Marathon swim day)
- If swimmers are requested to leave the water by event staff, for whatever reason, they are required to do so promptly. Swimmers may not continue swimming on their own even if they consider themselves outside of the event at that point.
- Running/walking along the bottom is only permitted at the start and finish of the stage for the purposes of entry and exit.
- It is prohibited to use course buoys and/or other route markers as resting points, nor to use kayaks or other boats as aids to propulsion.

Feedstations and nutrition (excluding ULTIMATE format)

- Participants are encouraged to carry their own nutrition supplies in their tow floats or costumes, and to be autonomous in this regard.
- No private or pre-organised supplies other than from the race organisation can be made available to the swimmer.
- Support personnel may not hold personalised supplies for individual swimmers on any part of the course including at feed stations. If for medical reasons some kind of emergency medical supplies must be held at feed-stations, the swimmer must make a prior written request.
- Safety kayakers carry emergency supplies to support swimmers in the safe completion of the swim, however they must not be used in any pre-planned way to gain competitive advantage.
- Feed stations will exist where possible at a maximum of every 5km (between start, end or another feed station). Participants may touch and hold the feed station boats and kayaks at any time* or exit the water at

feed stations and rest for up to 15 minutes* should the need arise to complete the swim. Please note that Stage cut-off times will not be extended to account for rest periods taken (*except if observing UltraSwim 33.3 'Captain Webb' Rules during the marathon stage. See Appendix A).

Standard Equipment

UltraSwim 33.3 is not aligned with World Aquatics (previously FINA) guidelines, but the following edited principles are applied to ensure a common approach for all swimmers:

- Swimmers must wear swimwear appropriate to the 'Skins' and 'Wetsuits' categories identified in the 'Format and Categories' section above.
- Although not compulsory, it is recommended that swim goggles are worn at all times.
- Wetsuits are OPTIONAL, however the wearing of a wetsuit (or swimwear containing neoprene as an element of construction, or gloves or boots) in any *timed* UltraSwim 33.3 stage will result in a swimmer being placed into the wetsuit category for the *entire* event (irrespective of whether the wetsuit/swimwear is worn again).
- The use of technology and automated data collection (e.g., GPS tracking, bio-medical sensors or devices that record blood pressure, body temperature, stroke rate, breathing rate etc.) is permitted on the following basis:

Relevant devices shall not be utilised to transmit data, sounds, or signals back to the swimmer *except* visually via a wrist worn watch, goggles or attached/inside the tow float.

Specific examples include, but are not restricted to:

- Permitted:
 - GPS watches, including vibration alerts
 - Heart rate monitors
 - FORM goggles, or similar.
- NOT Permitted:
 - Marlin device
 - Tempo trainer

We strongly advise against the use of radio/MP3 players (from a safety perspective these reduce the ability of the swimmer to hear instructions from safety kayaks or staff on other vessels).

- No swimmer shall be permitted to use or wear any device that may aid his/her speed, buoyancy or endurance during a competition (such as pull buoys, hand paddles, webbed gloves, flippers, fins, power bands, or adhesive substances, etc.).
- As a consequence of injury, it is permissible to tape not more than one or two fingers or toes together.
- For purposes of identification and classification, swimmers are required to wear the official event swimming hat visibly on their heads (on the outside if wearing two) and numbered tow-float provided.
- The tow-float shall be connected to the swimmer continually during racing and must always be fully inflated.
- The tow-float may have an attached safety whistle which must be maintained and accessible on the outside of the tow float at all times.
- A tracker device, registered to the swimmer and identified with the Race Number may be provided. The swimmer should verify that it is turned on and placed with **lights facing upwards** (ie lights not directly visible from the outside bottom surface of the tow float), inside and at the far end of the tow float prior to each swim. The provided tow float and tracker must be used when provided. Wilful participation without either item may result in disqualification from the relevant swim stage and/or the event as a whole.

Course Design (Racemark Guidance)

- The courses will be marked by a combination of various shaped race marks (pink spheres, pyramids of two sizes, cubes, and a finish archway), navigational marks, kayaks, boats, and natural elements such as headlands, lighthouses, cliffs as necessary.
- Navigational responsibility rests with the swimmer who must attend all official briefings and study the course maps provided (along with noting any amendments announced). Depths along the 33.3 courses are often too deep to permit positioning marks at every turn, therefore race marks will often be an aid to navigation but may not (for example) always act as turning point marks. Some marks may not be in place even if briefed, due to the difficulty of attaching them.
- The Waterbook provided for each event will determine the precise use of each type of mark.

Start & Finish

- Start points will either be the physical shore, a marina jetty, or an in-water 'start line' between two points or boats. Whilst it is intended that all swimmers will start together, entry numbers may require the use of 'waves' (more likely on longer stages to keep the spread of swimmers down to a safe distance to support effective safety management). Final procedures will be confirmed at daily pre-swim briefings.
- Stages will often require swimmers to be transported to the start location by provided event transfer boats, with transfers sometimes taking up to an hour or more. Swimmers missing the departure of a transfer boat will be deemed 'Did Not Start' (DNS).
- Any unplanned changes to the swim course and other pertinent final information will be given immediately prior to the start of each stage by either the Race Director or boat-based event staff.
- Swimmers will be called to their marks shortly before the stage begins. Swimmers must form up at the designated start line promptly and as directed.
- Swimmers will be brought to attention and the race start signalled via a blast of the horn (or blow of a whistle) and/or the dropping of a flag from the Race Director's boat (unless otherwise indicated).
- Race timing will start with the Race Director's starting signal (e.g., the 'gun time').
- The stage distance will be calculated using the distance between predetermined start and finish points, as indicated in the Swimmers' Waterbook, and based on electronic charts. Swimmers will be notified of any distance changes at the earliest opportunity, but should not expect exact matches between planned, actual, and distances measured by various devices including their own watches, nor for race marks to be in the exact position indicated.
- Swimmers' race times will be recorded as they cross the finish line, which will be normally through a clearly marked finish arch in the water.

Authority on the Water

The Race Director is the ultimate authority in all other matters. The Event or Race Director may cancel, postpone or abandon the swim at any time, for any reason, including, but not limited to, concerns for the safety of the swimmer(s), safety, or support vessels/personnel.

The Event and Race Directors are jointly responsible for ensuring all relevant local maritime regulations are followed.

Observers are responsible for documenting the facts of the swim, interpreting the swim rules, and keeping the official time. For the purposes of UltraSwim 33.3 the observers will be designated event staff located on the vessels accompanying each stage.

Sustainability Charter

- As part of our ongoing commitment to responsible and environmentally conscious events, we ask all swimmers to review and agree to our [Sustainability Charter](#) before participating. Please take a moment to read the charter [here](#). Your cooperation helps us ensure that UltraSwim 33.3 remains a positive force for communities and environments where we swim. We measure all aspects of our carbon footprint and what in the end we cannot reduce any further, we offset with a mangrove planting project by [Sea Trees](#). We would strongly recommend that you offset your flights to an UltraSwim 33.3 event with our partner [Sea Trees](#).
- You will be asked to sign at the end of this document the overall declaration that confirms you have read and agreed our Swimmer's Sustainability Charter.

Appeals, Complaints & Sanctions

- Penalties for non-compliance of these rules, including those of the sustainability charter, will be issued by the Race Director. These will range from a limited reprimand (e.g., a time penalty) to a disqualification from the stage and/or event.
- Participants wishing to make appeals, or complaints about other competitors, may do so until 30 minutes after they have finished a stage, directly verbally to the Race Director in person **and** confirmed in writing by email or printed letter within 2 hours to help@ultraswim333.com. The complaint should be accompanied by a deposit of 100 Euros, which will be refunded in the event of a favourable decision, and given to an official event charity if not. The decisions of the Race Director shall be final and binding.
- No appeals or complaints will be accepted from non-competitors of UltraSwim 33.3.
- Complaints or appeals regarding event management decisions (e.g. race cancellations, course changes on the grounds of weather or overall conditions for example) will not be accepted.



B. UltraSwim 33.3 Conditions of Entry 2026

- Swimmers are not required to be affiliated to any specific club, federation or governing body.
- Participation in UltraSwim 33.3 is open to all swimmers aged 14 years or older on Day 1 of the event.
- In order to participate, the relevant entry fee, and any other related costs must have been paid in full.

Participant Responsibilities

- The swimmer (and their parents/guardians for those swimmers under the age of 18) takes sole responsibility for their own participation.
- Each UltraSwim 33.3 stage is a significant test of open water swimming ability. Through the act of entering and participating, the swimmer is declaring that they are fit and medically able to take part, and able to swim a minimum distance of 4km in open-water conditions, swimming for at least 2 hours non-stop. For those taking part in 'skins', they also declare they are appropriately acclimated to swim in the prevailing local open water sea temperatures.
- Medical certification is not mandatory for standard 'CLASSIC', 'COMPACT' or 'BUILD' distances; however, we strongly advise that swimmers request this (or equivalent) from an appropriate physician, using the digital medical form link provided by the race organiser.
- UltraSwim 33.3 'ULTIMATE' Pre-event medical certification of your fitness to swim, produced less than 3 months before the event, is required, and must be submitted to the organisers no later than 7 days prior to the start of the #edition in which the ULTIMATE swim takes place. A link to the required form will be provided by the race organiser. (Note: for indemnity reasons, medical self-certification will not be accepted).
- Whether medically certificated or not, each swimmer also self-assesses their ability to take part and participates through choice, the organisers bear no civil or criminal liability for personal injury/death arising from general participation or relating to the statements clauses listed herein.
- At all times it is the responsibility of the swimmer to consider whether they should start, continue and finish each swim stage.
- The swimmer assumes responsibility for any physical or mental harm that may result from the completion of the race, whether as a result of falls, physical contact with other participants, excessive or low temperatures, acts of God, force majeure or other circumstances arising from the nature of the race. However, the organisers may withdraw swimmers at any time for their own safety where any aspect of psychological and/or physical health appears to be at risk, or is judged to be compromised.
- The swimmer agrees to properly use any/all safety systems specified by the organisers in order to reduce and/or avoid any reasonably identifiable risk to themselves or others.
- The swimmer agrees not to abuse verbally, physically or otherwise any other participant, official, sponsor or other individual/group associated with UltraSwim 33.3. The right of complaint and/or appeal must be exercised reasonably, justifiably and in moderation at all times.
- The swimmer relieves the organisation, its sponsors and collaborators from any claim resulting from damage to equipment, materials and properties, including (but not limited to) loss, theft, breakage etc.
- The swimmer agrees to accept full liability for any personal injury, injury to other participants, or damage to the environment where the event takes place, as a result of any transgression of the obligations assumed here - whether as a result of negligence, fault or intent. In doing so, the swimmer agrees to indemnify the organisation and its employees/representatives for damages arising as a result of the above or of other violations that are related to the nature of the event.
- The swimmer agrees not to deliberately hinder the objectives of the event, the organisation, and/or the development of UltraSwim 33.3.
- The swimmer has agreed the Terms and Booking Conditions in force at the time of their entry reservation

Organiser's Responsibilities

- The organisers will endeavour to provide the UltraSwim 33.3 event stages and services as advertised and described in advance across a variety of media (website, social media, Roadbook, Waterbook etc). If changes are required (e.g., due to lack of availability, provider illness etc.), a suitable alternative will be offered/ provided where possible and advance notification provided to participants.
- The organisers will ensure that all the reasonably practicable and appropriate safety measures and items of equipment are in place, including but not limited to; risk assessments, 'normal' and 'emergency' operating procedures and action plans, course markers, safety teams, powered and unpowered safety craft, qualified medical personnel, first aid facilities etc.
- The organisers assume no responsibility for accidents taking place along the swimming course due to the natural conditions of the sea, coastline or other environmental factors (currents, temperature, pollutants, sea-life, rocks, UVA/UVB etc). However, advice on known hazards & risks will be offered to participants at all pre-event briefing(s).
- The organisers assume no responsibility for infringements to any unknown/unforeseen national, regional and/or local water and beach regulations made by swimmers or their companions. Known restrictions will be communicated to participants in advance via pre-event briefing(s).
- The organisers, its sponsors and collaborators assume no responsibility for the actions of swimmers and their companions that may lead to claims/lawsuits by third parties.

Pre-Event Protocols

Registration:

- All outstanding invoices or registration fees must have been paid in full before the first day of the event or entire entry will be cancelled.
- A Swimmer Information Form (emailed to all participants approximately 3 months prior to the event) is required to be completed at least 15 days before arrival at the event.
- On arrival and after checking in to your hotel please proceed to the Event Office (see **Roadbook** for location) for registration.
- You are required to sign the declaration, disclaimer, health and image rights document contained herein, and the sustainability charter before arrival on site, and at the very latest at the time of registration.

Pre-event / Pre-race Briefings:

- A Swimmers' **Roadbook**, and a **Waterbook** detailing the on-water protocols and expected course information will be sent to all swimmers in advance. These will provide comprehensive information relating to UltraSwim 33.3 logistical arrangements and the daily individual stages. It is recommended that all swimmers familiarise themselves with its contents prior to arrival so that questions arising can be dealt with quickly and efficiently at the on-site briefings.
- An initial event briefing will take place via 'Zoom' immediately before the event, 3 or 4 days before arrival, (to reduce briefing times at the actual venue). It is very strongly recommended to attend, or as a minimum to view the recording.
- A daily briefing (primarily about the next day's swim) will be held each evening at the venue, which should be attended by all swimmers.

UltraSwim 33.3 Course Info

- A course map for each stage will be provided in the Swimmer's **Waterbook** distributed approximately one week before the event, and described at the pre-race briefing(s)
- Each course will be clearly marked through the use of buoys/race marks however (in general) the course follows the coastline, also accessing a number of bays/features.
- Type, colour and purpose of buoys/race marks will be described at the pre-race briefing(s). Also see 'Course Design (Marker Buoy Guidance)' section above.
- Swimmers will be accompanied throughout by support craft and safety team personnel who will provide course guidance as required and provide support/rescue assistance where necessary.
- Swimmers **MUST** use the official waterproof bag provided, with their individual race number attached, to transfer their personal items to the finish of each stage. The provided official water bottle should be filled by yourself with water prior to the start of each stage. Hotel tap water in our venues is usually very drinkable and safe (but check with hotel staff). Single use plastic water bottles cannot be used at any time during the event, and cannot be transported on official boats.

Communications

- There will be two WhatsApp channels. a) a BROADCAST only channel where we will share key event information with all participants - you will not be able to reply on this channel, and b) a more general WhatsApp SWIMMER CHAT channel for all swimmers and the event where questions may be asked, and info shared between competitors. It is not mandatory to follow the chat, but the Broadcast channel is the primary comms channel to you during the event. There in some cases will be a COACHING channel also.
- You are strongly recommended to have in place data access for your mobile device and WhatsApp number since key information during the event will use primarily this channel of communication..
- The most important information may also be shared on email.
- An iCal/google calendar feed will be shared with you in advance and will act as a primary diary system to keep you informed of daily timings and changes.
- Google earth maps will be provided to give you background information on both land and water side - but cannot be guaranteed to be up to date with any last-minute course changes, for example.

Health and Wellbeing

- Qualified medical assistance will be available before, during and after each race should it be required. All swimmers are required to inform the Race Director of any new illnesses or problems when they arise.
- Official coach(es) and physiotherapy may also be available for swimmers, potentially at their cost, at UltraSwim 33.3 events (see specific package details).
- Post-event sport massages will be available at the conclusion of each day's stage(s) for the first 3 days of the event, primarily back at the event hotels, but sometimes at the finish lines, and according to the service package you have booked. Subject to weather conditions forcing course or programme changes that lead to a change of schedule or availability.

Stage/Event Cancellation

Any stage of the race may be cancelled, postponed, or modified, if the following conditions prevail (and subject also to the Terms and Booking Conditions document in existence at the time of your reservation:

- Where a red flag is flying on a start and/or finish beach.
- Water temperature consistently along the racecourse below 16°C.
- Where the wind exceeds Force 4 on the Beaufort scale.

- Where the swell exceeds 2 metres
- Where visibility is less than 2000m.

The organisers of UltraSwim 33.3 reserve the right to respond to 'force majeure' by cancelling one, more, or all UltraSwim 33.3 stages if:

- There has been an occurrence that could reasonably be considered to be 'force majeure' (e.g., health pandemic, war/conflict, extreme weather event, terrorist threat), and,
- For any reason arising from 'force majeure' where the organisers of UltraSwim 33.3 have been prevented, hindered or delayed in delivering any/all UltraSwim 33.3 stages, and,
- The organisers of UltraSwim 33.3 have met any/all procedural requirements set out elsewhere in the 'rules and general conditions', and where reasonably practicable, have taken steps to mitigate the impact of 'force majeure' and given adequate notice to the entrants affected by any cancellation(s).

In the event of a cancellation due to 'force majeure', no refunds will be paid and there is no obligation to offer a replacement. Force majeure includes but is not limited to pandemics, government shutdowns and travel restrictions.

Insurance

UltraSwim 33.3 organisation undertakes to have in place appropriate third party liability insurance coverage only, such insurance not extending to personal injuries or accidents caused by participants' negligent actions or conditions such as force majeure.

Participants are solely responsible for obtaining their own personal insurance cover, including comprehensive medical cover for the activity being undertaken, compensation for travel delays, repatriation for medical reasons, cancellation (full trip) and personal liability

Standard equipment and technology use

No legal claims can be made for any equipment malfunctions, including issues with race-provided tracking devices, timing, results or other communication devices.



CONSENT1: PHOTOGRAPHY, DATA & FILMING

Your signature confirms that you have read, understood and thoroughly considered the following:

Our UltraSwim33.3 team may take, record and gather, data, images and video, for the sole use in promotional material, social media, and general event communications of UltraSwim 33.3 during and after the event, by the organisers and its event partners and sponsors. The participant waives any rights to compensation for the use of their image or data.

No above the line advertising, that shows clearly the identity up close of a swimmer, will use personal image rights of the swimmer without express written permission.

We will take all steps to ensure these images are used solely for the purposes they are intended. If you become aware that these images are being used inappropriately you should inform the UltraSwim 33.3 team immediately.

We will share with you, rights free, data, photo and video content for you to make use of in any personal capacity you wish.

Signature, name and date



CONSENT2: PRE-EXERCISE SELF-ASSESSMENT

Your signature confirms that you have read, understood and thoroughly considered the following:

Medical certification to participate is mandatory for 'ULTIMATE' event entrants only. Whilst certification is not mandatory for other distances, we strongly advise that swimmers obtain a medical certificate from an appropriate physician, and that this is shared with the organisers prior to the event (either upload to your Swimmer Information Form online or use our e-form [here](#)).

The questions below are designed to enable you to 'self-assess' your ability to undertake physical activity, including open water swimming.

Has your doctor ever said you have a heart condition (such as coronary heart disease, congenital heart disease or valvular heart disease)?

Do you feel pain in your chest, shortness of breath or dizziness when you undertake physical activity?

In the past month have you had chest pain when you are not doing physical activity?

Do you lose your balance because of dizziness, or do you ever lose consciousness?

Is your doctor currently prescribing drugs for blood pressure or a heart condition or take any medication that may affect you when taking part in physical exertion?

Do you suffer from epilepsy?

Do you know of any other reason which may affect your ability to take part in physical activity?

Are you pregnant?

If you answered YES to one or more questions, you must inform the race organiser via the Swimmer Information Form (Under Medical Conditions) that you will have been sent, at least 30 days before the event starts.

Signature, name and date



DECLARATION AND DISCLAIMER

Your signature confirms that you have read, understood and agree to all of the following:

“I have read and agree to the Competition Rules, Conditions of Entry and [Sustainability Charter](#)”

I hereby give my explicit consent for any medical data declared on my personal Swimmer Information form to be shared with the event's third party provider of medical services to the event.

I understand and accept the risks involved in open water swimming, including but not limited to, the risk of injury, illness, drowning or death arising from participation in the event. This waiver includes, but is not limited to, risks arising from negligence by the organisers, their employees, volunteers or third-party service providers engaged by Inspire Through Sport sarl, including but not limited to safety personnel, medical staff and transportation providers.

By participating in UltraSwim 33.3, I acknowledge and accept the risks inherent in open-water swimming, including but not limited to changing weather conditions, strong currents and sea states, exposure to cold temperatures, the difficulty of recognising a swimmer in difficulty, the physical strain, and the risk of injury or death. I voluntarily assume all such risks, whether or not they are foreseeable.

In the case of a legal dispute, I accept the jurisdiction of the courts in Switzerland. Having read and understood the UltraSwim 33.3 Rules and Conditions, I accept all the terms and conditions set forth herein, separating the Event and Race Directors and UltraSwim organisation (Inspire Through Sport sarl) from any liability whatsoever resulting from the transgression of the clauses stipulated for this event, as well as other written or verbal regulations meant to protect the personal safety of participants and the correct running of the event.”

Signature, name and date

In addition, for the case of a swimmer of less than 18 years of age at the time of the competition, the accompanying guardian/parent/coach must print and sign this page separately and send it to us by email, to acknowledge their duty of care.

Signature, name and date

Appendix A: UltraSwim 33.3 'Captain Webb' Rules

The general 'Competition Rules' apply to swimmers for all formats and stages of UltraSwim 33.3.

However, for those to whom ratification of the marathon swim by the MSF for inclusion in their LongSwims Database is important, some adaptations are required for what is usually the 3rd day swim.

The 'Captain Webb' Rules are a 'back to basics' approach to marathon swimming that offers swimmers planning a significant solo swim or challenge (e.g. an English Channel crossing) an opportunity to gain valuable experience under more restrictive rules.

Whilst not strictly adhering to the full MSF Rules for an individually recognised marathon swim (e.g. the MSF don't permit the use of tow floats, which we consider indispensable for safety, and give no advantage only a bit of extra negative drag), our 'Captain Webb' Rules do enable an MSF LongSwims DB application to be made under their 'events' category, such application being made by us as organisers.

The 'Captain Webb' Rules are drawn from the Marathon Swimmers Federation (MSF) Rules of Marathon Swimming, but are adapted and applied as follows:

Standard Equipment

- **A full list of MSF approved 'standard equipment' can be found [HERE](#).** Anything outside of this list is considered Non-Standard.
- **Non-Standard 'Performance Enhancing' equipment is not permitted.** Performance-enhancing equipment is defined as non-standard equipment that benefits the swimmer's speed, buoyancy, heat retention, or endurance. Examples include:
 - Equipment that may retain or increase warmth – e.g., wetsuits, neoprene caps, booties, gloves.
 - Equipment that may increase speed – e.g., flippers, paddles, shark cages.
 - Equipment that may increase buoyancy - e.g., pull buoys, wetsuits.
 - Auditory pacing aids - e.g., music players, metronomes.
 - Wearable electronic devices that transmit information to the swimmer beyond the time of day and elapsed time.
 - Underwater streamers.
 - Performance-enhancing drugs on the [World Anti-Doping Agency List of Prohibited Substances](#)
- **Some Non-Standard 'Non-Performance Enhancing' equipment is permitted.** Non-performance-enhancing equipment provides no obvious benefit to performance. The use of such equipment must be specifically declared in the event swimming rules and documentation. In the context of UltraSwim 33.3, acceptable non-performance-enhancing equipment includes:
 - Swimwear with increased coverage - e.g., textile swimsuits (men and women) shall not cover the neck, nor extend past the shoulder, nor extend below the ankle.
 - Wearable electronic devices that log data but do not transmit it to the swimmer.
- **In summary:** the swimmer may wear a single textile swimsuit with coverage as described above, one latex or silicone cap, goggles, ear plugs, nose clips, and may grease the body. The swimmer may not use any 'performance enhancing' equipment that benefits speed, buoyancy, endurance, or heat retention.
- Although an UltraSwim 33.3 tow-float (swim buoy) is required to be used at all times, this must not be used as a buoyancy or resting aid at any time during the marathon swim. This will be monitored by event observers/staff and any non-compliance recorded. Failure to observe this rule will violate the spirit of unassisted marathon swimming, invalidate the marathon swim and prevent inclusion in the MSF LongSwims DB application.

Start & Finish

MSF rules state that the “swim begins when the swimmer enters the water from a natural shore”, and furthermore that “If geographic obstacles (e.g., cliffs) prevent the swimmer from clearing the water at the start, the swimmer may begin the swim by touching and releasing from part of the natural shore (e.g., cliff face)”.

The MSF also states that the “swim finishes when the swimmer clears the water on a natural shore, beyond which there is no navigable water”, and that “if geographic obstacles prevent the swimmer from clearing the water at the finish, the swimmer may finish by touching part of the natural shore”.

For logistical reasons UltraSwim 33.3 does not meet the stipulations above and therefore the start and finish procedures have been adapted for local event needs. In our view, this does not violate the [spirit](#) of unassisted marathon swimming, and is therefore acceptable under ‘Captain Webb’ Rules.

Other Adaptations

The following additional areas will be monitored by event observers/staff and non-compliance recorded. Failure to observe these restrictions will invalidate the marathon swim and prevent inclusion in the MSF LongSwims DB application:

Physical Contact

The swimmer may not make intentional supportive contact with any vessel, object, or support personnel at any time during the swim. This includes any location designated as a feed stop.

Drafting

The swimmer may not intentionally draft behind any escort vessel, support craft, *or other swimmer*.

The swimmer may swim alongside an escort vessel/support craft but may not intentionally position him or herself inside the vessel/craft’s bow and displacement waves, except while feeding.

Support Swimmers

UltraSwim 33.3 is an event comprising a diverse but limited group of swimmers, therefore some pack swimming is anticipated. However, the drafting guidance given above should be observed, the spirit of an unassisted swim maintained, and the following considered applicable:

- A support swimmer (or swimmers) may accompany the solo swimmer for a limited duration. Multiple support swims are allowed but should not occur consecutively.
- The support swimmer may not intentionally touch the solo swimmer and must position him or herself at least slightly behind the solo swimmer.

Continuance of the Spirit of Marathon Swimming

If any issue regarding swim conduct arises that the event rules do not clearly address, the swimmer should act - and the Event/Race Director(s) should judge – fairly and equitably, and as far as reasonably practicable in accordance with the spirit of marathon swimming. Where necessary the unabridged MSF [‘Rules of Marathon Swimming’](#) will provide an underpin to decision making.

UltraSwim 33.3 is a registered trademark of Inspire Through Sport sarl, the organising authority of the event. Inspire Through Sport is a Swiss registered company, CHE159553874, of Chemin du Miroir 47, 1090 La Croix sur Lutry, Switzerland.