

Swim England Hertfordshire Open Water

in association with **Herts Open Water**

2026 Open Water Race Day

Sunday 31 May 2026 – Denham Waterski Lake, Buckinghamshire UB9 5HE

1. General Conditions

1.1 The 2026 Open Water Race Day is open to Club Compete members of clubs affiliated to Swim England (ages 12–18 as at 31 December 2026). Unless previously agreed with Event Director.

1.2 The event will be conducted under Swim England Laws and Regulations, World Aquatics (WA) Open Water Technical Rules.

1.3 The event consists of two parts:

- Part 1 – Intro & Skills Session (land-based tips and in-water skills practice with qualified Swim England Open Water Coaches)
- Part 2 – Open Water Races (1 km, 2 km, 3 km)

1.4 The Female category is restricted to swimmers whose birth sex is female, in accordance with the Swim England Transgender and Non-Binary Competition Policy.

1.5 Swimmers should seek medical advice if they have any concerns about their health. By entering, swimmers confirm they are physically fit to participate and have not been advised against open water swimming.

2. Coaches and Team Managers

2.1 All swimmers under 18 must be supervised by a parent, Qualified Coach or Team Manager.

2.2 The Swim England Team Manager, Coach and Chaperone Policies always apply.

2.3 Coaches' passes are not required for this event.

3. Entry Process

3.1 All entries must be submitted via the designated online entry system (details will be published on hertsopenwater.org) and sent out via email to all who have subscribed. Submission confirms that the competitor has read and accepted all conditions.

3.2 Entries open on **8th May 2026** and close on the **29th May 2026**

3.3 Entry Fees (per person):

- Part 1 – Intro & Skills Session: £22
- Part 2 – Open Water Races (1 km, 2 km or 3 km): £22 per race

3.4 Swimmers may enter both Part 1 and Part 2.

3.5 The Promoter may limit entries. Matters not covered in these conditions will be determined by the Event Director.

3.6 Refunds will be issued only in the event of cancellation or significant schedule/venue change that prevents participation. Medical withdrawals will be considered on a case-by-case basis with supporting evidence.

4. Events and Eligibility

4.1 Events Offered:

- Part 1: Intro & Skills Session (11:30 – 12:45 pm)
- Part 2: Open Water Races – 1 km, 2 km, 3 km

4.2 Entry Rules:

- Open to swimmers aged 12 and up (age at end of year / as at 31 December 2026).
- Suitable for all club swimmers.
- We will accommodate Para and SOGB athletes where possible, subject to individual safety assessment (contact promoter in advance).

5. Venue Access and Schedule

5.1 Part 1 – Intro & Skills Session

- Registration: 11:00 am
- Session: 11:30 – 12:45 pm

5.2 Part 2 – Open Water Races

- Registration: 13:00 pm
- Briefing: 13:45 pm
- Race Start: 14:00 pm

5.3 Access to the swim area and coaching zones is restricted to competitors, qualified coaches/team managers, event staff, officials, and Herts Open Water invited guests.

5.4 Free parking, hot showers, food & drinks, and a large spectator area are available.

6. Time Limits and Minimum Ages

6.1 Minimum age:

- 1 km: 12 years (age at end of year)
- 2 km: 12 years (age at end of year)
- 3 km: 13 years (age at end of year)

6.2 Time limits

- 1 km: 30 minutes
- 2 km: 50 minutes
- 3 km: 1 hour 10 minutes

7. Equipment Requirements

7.1 All competitors must wear the numbered swim hat issued by the organiser (included in entry fee) and the timing chip wristband.

7.2 Swimwear and wetsuit rules follow Swim England / World Aquatics guidelines (textile swimsuits when water $\geq 18^{\circ}\text{C}$; wetsuits compulsory when water $< 18^{\circ}\text{C}$).

7.3 No devices that aid speed, endurance or buoyancy (except WA-approved items). No jewellery. Nails must be trimmed.

7.4 A limited number of Wetsuits are available for hire on site.

8. Safety, Briefings, and Conduct

8.1 All swimmers must attend the briefing for their session/race and answer roll call.

8.2 All races are swum as freestyle.

8.3 Open water lifeguards, kayak and SUP safety support will be provided.

8.4 The Event Director / Promoter is Jeremy Irvine - info@hertsopenwater.org.

8.5 Protests will be handled in accordance with Swim England Regulations.

8.6 Swimmers must be members of the club under which they enter.

9. Photography and Safeguarding

9.1 Parents/carers taking photographs must focus on their own child.

9.2 Swim England's Wavepower guidance on photography and social media applies.

9.3 Use of mobile devices in changing rooms is strictly forbidden.

9.4 Official event photographs may be used for publicity in accordance with Swim England policy. Please notify Staff at Registration if you do not wish your swimmer to appear in event photographs.

10. Awards and Age Groups

10.1 Age Groups

- 1 km: 11–12, 13–14, 15–16, 17–18
- 2 km: 12, 13, 14, 15–16, 17–18
- 3 km: 13, 14, 15, 16, 17–18

10.2 Medals will be awarded in Open/Male and Female categories in each age group for every race distance.

10.3 Chip Timed results will be provided – ideal practice for the Regional Open Water Championships.

11. Abandonment of Events

11.1 If an event is abandoned due to weather or safety concerns, a proportion of entry fees may be refunded once expenses are covered.

11.2 Results and medals will be awarded where possible.

12. Data Protection

12.1 Personal data is processed for event entry, management and results in accordance with the Data Protection Act 2018.

12.2 Submission of an entry constitutes consent to data processing. Where data is submitted by a club or third party, the club or third party is responsible for ensuring consent has been obtained.