



RULES, ETIQUETTE AND SAFETY

Please read carefully

- Please show general swim etiquette.
- No fins, paddles snorkels or floatation devices are permitted - unless approved by the Event Manager.
- Maximum of 20 swimmers per team - with the exception of the TEAM MS.
- Wet suits are permitted (in outdoor pools).
- Swimmers will be required to wear the official cap provided upon registration.
- Participants under 18 years of age must provide written consent from a parent or legal guardian.
- Only one team member is to swim at a time - with the exception of the TEAM MS.
- Any unsportsmanlike conduct will be grounds for instant disqualification.
- Qualified lifeguards will monitor the pool for the entire 24 hours. N.B. Medical assistance will be readily available on the pool deck.

As there may be more than yourself swimming in the lane please take note of the following swim etiquette:

- Stay as far to the left in the lane as possible.
- If stopping at the wall please make sure you are not in the middle as swimmers behind you may want to turn.
- If you are trying to pass a swimmer please do not constantly grab at their feet. Once should be enough.
- When entering the water on your part of the relay please be careful of other swimmers.
- If you are tired and feel you can't go on, please let your teammates know.
- During the night hours, please be wary of the fact that there may be people living near the pool. Try to keep noise to a minimum.
- No diving in the shallow end.
- Relay distances to be kept to a minimum of 200 metres.
- Have fun and enjoy the challenge!

NB: The MS Mighty Swim is strictly a smoke, drug and alcohol free event.

Seeking the cure. Providing the care.