

**SWIM
IRELAND**

2024

**IRISH OPEN
CHAMPIONSHIPS
& OLYMPIC TRIALS**



**SPORT IRELAND NATIONAL
AQUATIC CENTRE**

WEDNESDAY 22nd - SUNDAY 26th MAY

MEET CONDITIONS

VENUE INFORMATION

All training and competition will take place in the National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15

The National Aquatic Centre is a 10 lane 50m pool. The competition pool has anti-turbulence lane ropes, wedge starting blocks and backstroke ledges.

The warm up/swim down pool is a 25m pool consisting of 6 lanes.

QUALIFICATION CRITERIA AND INFORMATION

Consideration times may be achieved Long Course only in the Period 1st July 2023 – 14th April 2024
Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be used for entry into this meet.

Para-swimmers

Athletes who wish to enter a non-para event can only do so at the discretion of the Paralympics Ireland Performance Director. This will only be granted with clear performance rationale.

Athletes must have a National Classification with Paralympics Ireland to compete at National level competition. Please contact Paralympics Ireland directly for this information: [classification](#).

Qualification times for all athletes can be found further in this document.

ENTRIES

Entry Forms

Electronic Hy-tek entries are accepted via Hy-tek to the **Swim Ireland Office** at entries@swimireland.ie

Clubs who do not have hy-tek should email their entries to entries@swimireland.ie

ALL entries must be accompanied by a proof of times report produced by hy-tek or other recognised team manager software. If your club does not use hy-tek, you must provide proof of all entry times through links or screenshots

Entry Deadlines

Closing date for entries is **5.00pm Monday 22nd April 2024**.

Payment for ALL entries must be received by **5.00pm Friday 3rd May 2024**.

Entry Fees

Individual entries cost €12/£11 per event.

No entry will be processed until the appropriate fee has been received at the Swim Ireland Office. Payment options are detailed in the Entry Summary Sheet.

*Please note that entries are non-refundable once the final date for payment has passed AND accreditations will not be approved/issued until full payment of entries and any outstanding fees have been received.

Payment Options

Please reference all payments as "Irish Open Championships 2024" and include club details.

Bank Transfer:

EURO

Bank: AIB

Sort Code: 932515

Account Number: 59772048

IBAN: IE03 AIBK 9325 1559 7720 48

BIC: AIBKIE2D

Sterling

Bank: Danske Bank

Sort Code: 950111

Account Number: 51051490

IBAN: GB55 DABA 9501 1151 0514 90

BIC: DABAGB2B

Cheque/Postal Order:

Made payable to Swim Ireland

SWIMMING COMPETITION FORMAT

The competition will consist of a Full Olympic Programme plus 50m Form Strokes

The finals will consist of the following:

1. **Open 'A' Finals** – Fastest 10 athletes from the heats (all ages and a maximum of two non-Irish athletes)
2. **Open 'B' Finals** – Fastest 10 athletes from the heats (all ages and Irish-only athletes) that have not qualified for the Open 'A' Final
3. **Super Finals** – Fastest 10 athletes from the Open 'A' Finals and Open 'B' Finals
4. **Junior Finals** – Fastest 10 athletes from (in order of priority) the Open 'A' Finals, Open 'B' Finals and Heats (aged 18 years & under and a maximum of two non-Irish athletes) that have not qualified for the Super Final (where applicable)
5. **Para Finals** – The top ten eligible Para competitors (based on IPC points) from the heats shall be allocated places in the published Para Finals, plus two reserves.
Places in the final will be reserved for a minimum of two Para swimmers who are eligible to be considered for selection to represent Ireland in Paralympic international Championships in 2024.

Medals and Awards

Awards – Male & Female Open (Irish & Commemorative) and Male & Female Junior (18 years & under and Irish only)

- **Open Awards** – Will take into consideration times achieved in the following rounds in order of priority:
 - **Super Finals**
 - **Open 'A' Finals**
 - **Junior Finals**
- **Junior Awards** – Will take into consideration times achieved in the following rounds in order of priority:
 - **Super Finals**
 - **Junior Finals**
 - **Open 'A' Finals**

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Heats Ages

For qualification purposes only the ages will consist of the following:

1. **13-16 years** (competitors born 2008-2011)
2. **17/18 years** (competitors born 2006-2007)
3. **19 years & over** (competitors born 2005 or earlier)

Competition Rules

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the [SI website](#).

COMPETITION INFORMATION

Key Dates and timings

| Date | Time | Activity | Location |
|--------------------------------|---------------|-----------------------|-----------------------------|
| Monday 20 th May | 20.00 | Team Leader Meeting | Online |
| Tuesday 21 st May | 17.00 – 19.00 | Open Training Session | Competition Pool |
| Wednesday 22 nd May | 09.30 | Competition commences | Competition & Training Pool |
| Sunday 26 th May | 19.00 | Competition ends | Competition & Training Pool |

Open Training Session

There will be limited pool availability for an open training session on Tuesday 21st May from 17.00 – 19.00.

Team Leaders Meeting:

Technical briefing will take place on Monday 20th May @ 20.00 via Zoom. Attendance at this meeting is advisable. If a club is not represented at this briefing, you are agreeing to any decisions made at the meeting and agree to abide by them at the meet.

[Team Leaders Meeting Link](#)

Session Times

| Session | Date | Warm Up Times | Competition Start |
|---------------------|--------------------------------|---------------|-------------------|
| Session 1 – Heats | Wednesday 22 nd May | 08.00 – 09.15 | 09.30 |
| Session 2 – Finals | Wednesday 22 nd May | 15.30 – 16.45 | 17.00 |
| Session 3 – Heats | Thursday 23 rd May | 08.00 – 09.15 | 09.30 |
| Session 4 – Finals | Thursday 23 rd May | 15.30 – 16.45 | 17.00 |
| Session 5 – Heats | Friday 24 th May | 08.00 – 09.15 | 09.30 |
| Session 6 – Finals | Friday 24 th May | 15.30 – 16.45 | 17.00 |
| Session 7 – Heats | Saturday 25 th May | 08.00 – 09.15 | 09.30 |
| Session 8 – Finals | Saturday 25 th May | 15.30 – 16.45 | 17.00 |
| Session 9 – Heats | Sunday 26 th May | 08.00 – 09.15 | 09.30 |
| Session 10 – Finals | Sunday 26 th May | 15.30 – 16.45 | 17.00 |

Withdrawals

All withdrawals must be submitted via the [online form](#).

Withdrawals from day 1 must be submit via the [online form](#) by 3pm on Tuesday 21st May.

Withdrawals for days 2, 3, 4 & 5 can be submitted through the same [online form](#) or at the technical delegate desk, by 6pm the previous day, i.e. for day 2, withdrawals must be submitted by 6pm on day 1.

There will be a €50 fine if swimmers are not withdrawn within 30 minutes of the announcement of the results of an event for the final that evening or by 6pm for an event for the next day.

Swimsuits

It is not a requirement for swimmers to be wearing WA approved swimwear in this competition.

[World Aquatic Approved Swim Wear Policy](#)

Anti-Doping

It is a condition of attending a Swim Ireland event that athletes may be required to be tested for prohibited substances in accordance with the Sport Ireland/WADA/World Aquatics Anti-Doping rules.

Further information can be found here [Sport Ireland Anti-Doping](#).

Health and Safety

Please refer to the Health & Safety guidelines at the back of this document and also the [Swim Ireland Code of Practice for Safety \(Swimming\)](#).

Accreditation

Accreditation will be produced through the Go-Membership system. Club administrators will need to apply for accreditation for athletes, team managers & coaches. Please ensure that team managers & coaches meet all of the requirements for accreditations, otherwise they will not be awarded.

Further information on accreditation can be found on the [Swim Ireland website](#).

Accreditation lanyards & pouches can be picked up at the accreditation desk at the venue from the morning of Day 1. We would encourage swimmers and clubs to reuse lanyards and pouches from previous competitions.

Officials

Where we do not have the required number of licenced officials available for a session, clubs will be assigned roles based on the ratio of 4:1 (4 Athletes to 1 Official)

*Please note that this will be based on clubs' original entry list.

As per Swim Ireland's new officials' uniform, officials are asked to wear black bottoms, t-shirts will be provided.

Further information

Please direct all queries to entries@swimireland.ie

Competition Schedule

| Day 1 – Wed 22 nd May 2024 | Day 2 – Thu 23 rd May 2024 | Day 3 – Fri 24 th May 2024 | Day 4 – Sat 25 th May 2024 | Day 5 – Sun 26 th May 2024 |
|--|---|--|--|--|
| Session 1 Heats Mixed Warm Up 08.00 – 09.15 Start 09.00 | Session 3 Heats Mixed Warm Up 08.00 – 09.15 Start 09.00 | Session 5 Heats Mixed Warm Up 08.00 – 09.15 Start 09.00 | Session 7 Heats Mixed Warm Up 08.00 – 09.15 Start 09.00 | Session 9 Heats Mixed Warm Up 08.00 – 09.15 Start 09.00 |
| Female 100m Backstroke Male 100m Backstroke Female 1500m Freestyle Male 800m Freestyle Female 200m IM Male 200m Freestyle Female 200m Butterfly | Male 100m Breaststroke Female 100m Freestyle Male 100m Butterfly Female 100m Breaststroke Male 50m Freestyle | Male 200m Backstroke Female 200m Backstroke Male 400m Freestyle Female 400m Freestyle Male 200m IM Female 100m Butterfly | Male 1500m Freestyle Female 800m Freestyle Female 200m Breaststroke Male 200m Breaststroke Female 200m Freestyle Male 100m Freestyle Female 50m Freestyle Male 200m Butterfly | Male 50m Backstroke Female 50m Backstroke Male 400m IM Female 400m IM Male 50m Breaststroke Female 50m Breaststroke Male 50m Butterfly Female 50m Butterfly |
| | | | Irish Masters Relay Championships | Regional Programme Skills Academy Inter-Provincial Competition |
| Session 2 Finals Mixed Warm Up 15.30 – 16.45 Start 17.00 | Session 4 Finals Mixed Warm Up 15.30 – 16.45 Start 17.00 | Session 6 Finals Mixed Warm Up 15.30 – 16.45 Start 17.00 | Session 8 Finals Mixed Warm Up 15.30 – 16.45 Start 17.00 | Session 10 Finals Mixed Warm Up 15.30 – 16.45 Start 17.00 |
| Female 100m Backstroke Open 'B' Female 100m Backstroke Open 'A' Male 100m Backstroke Open 'B' Male 100m Backstroke Open 'A' Female 200m IM Open 'B' Female 200m IM Open 'A' Male 200m Freestyle Open 'B' Male 200m Freestyle Open 'A' Female 200m Butterfly 'B' Female 200m Butterfly 'A' | Male 100m Backstroke Junior Male 100m Backstroke Super Female 100m Backstroke Junior Female 100m Backstroke Super Male 50m Freestyle Open 'B' Male 50m Freestyle Open 'A' Female 1500m Freestyle Open 'A' Male 800m Freestyle Open 'A' Female 100m Breaststroke Open 'B' Female 100m Breaststroke Open 'A' Male 100m Breaststroke Open 'B' Male 100m Breaststroke Open 'A' | Male 200m Backstroke Open 'B' Male 200m Backstroke Open 'A' Female 200m Backstroke Open 'B' Female 200m Backstroke Open 'A' Male 50m Freestyle Junior Male 50m Freestyle Super Female 100m Freestyle Junior Female 100m Freestyle Super Male 400m Freestyle Junior Male 400m Freestyle Open 'A' Female 400m Freestyle Junior Female 400m Freestyle Open 'A' | Female 200m Backstroke Junior Female 200m Backstroke Super Male 200m Backstroke Junior Male 200m Backstroke Super Female 200m Breaststroke Open 'B' Female 200m Breaststroke Open 'A' Male 200m Breaststroke Open 'B' Male 200m Breaststroke Open 'A' Female 50m Freestyle Open 'B' Female 50m Freestyle Open 'A' Male 200m Butterfly Open 'B' Male 200m Butterfly Open 'A' | Male 50m Backstroke Open 'B' Male 50m Backstroke Open 'A' Female 50m Backstroke Open 'B' Female 50m Backstroke Open 'A' Male 1500m Freestyle Open 'A' Female 400m IM Junior Female 400m IM Open 'A' Male 200m Butterfly Junior Male 200m Butterfly Super Female 50m Freestyle Junior Female 50m Freestyle Super Male 200m Breaststroke Junior |

| | | | | |
|--|--|--|---|--|
| | <p>Female 100m Freestyle Open 'B' Female 100m Freestyle Open 'A' Male 100m Butterfly Open 'B' Male 100m Butterfly Open 'A' Female 200m Butterfly Junior Female 200m Butterfly Super Male 200m Freestyle Junior Male 200m Freestyle Super Female 200m IM Junior Female 200m IM Super</p> | <p>Male 100m Breaststroke Junior Male 100m Breaststroke Super Female 100m Breaststroke Junior Female 100m Breaststroke Super Male 100m Butterfly Junior Male 100m Butterfly Super Female 100m Butterfly Open 'B' Female 100m Butterfly Open 'A' Male 200m IM Open 'B' Male 200m IM Open 'A'</p> | <p>Female 100m Butterfly Junior Female 100m Butterfly Super Male 200m IM Junior Male 200m IM Super Female 200m Freestyle Open 'B' Female 200m Freestyle Open 'A' Male 100m Freestyle Open 'B' Male 100m Freestyle Open 'A'</p> | <p>Male 200m Breaststroke Super Female 200m Breaststroke Junior Female 200m Breaststroke Super Male 400m IM Junior Male 400m IM Open 'A' Female 200m Freestyle Junior Female 200m Freestyle Super Male 100m Freestyle Junior Male 100m Freestyle Super Female 800m Freestyle Open 'A' Male 50m Breaststroke Open 'B' Male 50m Breaststroke Open 'A' Female 50m Breaststroke Open 'B' Female 50m Breaststroke Open 'A' Male 50m Butterfly Open 'B' Male 50m Butterfly Open 'A' Female 50m Butterfly Open 'B' Female 50m Butterfly Open 'A'</p> |
|--|--|--|---|--|



2024 IRISH OPEN CHAMPIONSHIPS & OLYMPIC TRIALS (50M) CONSIDERATION STANDARDS

(Achieved Long Course Only in the Period 1st July 2023 – 14th April 2024)

| MALE | | | EVENT | FEMALE | | |
|---------------------|---------------------|------------------------|-------------------|------------------------|---------------------|---------------------|
| Born 2008 - 2011 | Born 2006 & 2007 | Born 2005 & Earlier | | Born 2005 & Earlier | Born 2006 & 2007 | Born 2008 - 2011 |
| 26.05 | 25.02 | 24.61 | 50m Freestyle | 27.76 | 28.25 | 28.62 |
| 56.27 | 55.07 | 53.57 | 100m Freestyle | 59.98 | 1:01.41 | 1:01.79 |
| 2:04.78 | 2:02.01 | 1:59.38 | 200m Freestyle | 2:12.27 | 2:13.60 | 2:14.24 |
| 4:24.13 | 4:23.93 | 4:17.69 | 400m Freestyle | 4:39.46 | 4:46.31 | 4:47.59 |
| 9:19.06 | 9:14.76 | 9:06.08 | 800m Freestyle | 9:38.04 | 9:55.55 | 9:57.94 |
| 17:57.73 | 17:41.12 | 17:29.37 | 1500m Freestyle | 18:51.96 | 19:02.35 | 19:11.64 |
| 30.55 | 29.05 | 28.65 | 50m Backstroke | 31.81 | 32.84 | 32.97 |
| 1:05.81 | 1:03.21 | 1:02.24 | 100m Backstroke | 1:07.99 | 1:08.89 | 1:09.68 |
| 2:23.24 | 2:21.07 | 2:19.30 | 200m Backstroke | 2:30.55 | 2:31.47 | 2:32.29 |
| 34.1 | 32.04 | 31.24 | 50m Breaststroke | 35.67 | 36.5 | 36.67 |
| 1:14.20 | 1:10.79 | 1:09.82 | 100m Breaststroke | 1:17.96 | 1:19.25 | 1:19.93 |
| 2:43.10 | 2:37.92 | 2:36.10 | 200m Breaststroke | 2:50.85 | 2:51.00 | 2:53.46 |
| 28.24 | 27.04 | 26.55 | 50m Butterfly | 29.82 | 30.18 | 30.84 |
| 1:03.66 | 1:00.31 | 59.51 | 100m Butterfly | 1:07.23 | 1:08.85 | 1:09.22 |
| 2:25.37 | 2:22.14 | 2:17.05 | 200m Butterfly | 2:31.37 | 2:38.64 | 2:42.11 |
| 2:23.07 | 2:20.43 | 2:17.58 | 200m IM | 2:29.37 | 2:32.44 | 2:33.63 |
| 5:08.68 | 5:05.76 | 5:02.09 | 400m IM | 5:22.92 | 5:24.33 | 5:31.30 |

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PARA SWIMMER QUALIFICATION STANDARDS

| Men | Event | Women | Men | Event | Women | Men | Event | Women |
|----------|-----------------------|----------|----------|------------------------|----------|----------|---------------------------|----------|
| 01:21.33 | 50 m Freestyle - S1 | 01:21.72 | 01:26.34 | 50 m Backstroke - S1 | 01:24.45 | 01:45.85 | 50 m Breaststroke - SB1 | 01:59.68 |
| 01:09.23 | 50 m Freestyle - S2 | 01:15.47 | 01:10.86 | 50 m Backstroke - S2 | 01:17.83 | 01:04.40 | 50 m Breaststroke - SB2 | 01:28.96 |
| 00:53.15 | 50 m Freestyle - S3 | 01:00.81 | 01:00.94 | 50 m Backstroke - S3 | 01:09.32 | 00:58.95 | 50 m Breaststroke - SB3 | 01:10.88 |
| 00:45.91 | 50 m Freestyle - S4 | 00:46.61 | 00:55.78 | 50 m Backstroke - S4 | 01:02.30 | 00:54.13 | 50 m Breaststroke - SB4 | 01:01.09 |
| 00:39.18 | 50 m Freestyle - S5 | 00:45.53 | 00:48.04 | 50 m Backstroke - S5 | 00:56.13 | 00:52.78 | 50 m Breaststroke - SB5 | 00:57.95 |
| 00:36.16 | 50 m Freestyle - S6 | 00:41.81 | 02:45.06 | 100 m Backstroke - S1 | 02:49.27 | 01:41.00 | 100 m Breaststroke - SB6 | 02:00.79 |
| 00:34.66 | 50 m Freestyle - S7 | 00:40.75 | 02:16.18 | 100 m Backstroke - S2 | 02:36.55 | 01:39.29 | 100 m Breaststroke - SB7 | 01:55.38 |
| 00:32.92 | 50 m Freestyle - S8 | 00:38.54 | 02:01.51 | 100 m Backstroke - S3 | 02:38.43 | 01:29.94 | 100 m Breaststroke - SB8 | 01:43.08 |
| 00:31.56 | 50 m Freestyle - S9 | 00:36.42 | 01:54.35 | 100 m Backstroke - S4 | 02:10.62 | 01:25.53 | 100 m Breaststroke - SB9 | 01:39.32 |
| 00:29.88 | 50 m Freestyle - S10 | 00:34.97 | 01:45.44 | 100 m Backstroke - S5 | 01:53.83 | 01:33.48 | 100 m Breaststroke - SB11 | 01:47.40 |
| 00:31.72 | 50 m Freestyle - S11 | 00:36.94 | 01:31.28 | 100 m Backstroke - S6 | 01:41.42 | 01:23.30 | 100 m Breaststroke - SB12 | 01:36.20 |
| 00:29.03 | 50 m Freestyle - S12 | 00:33.33 | 01:25.97 | 100 m Backstroke - S7 | 01:39.35 | 01:22.09 | 100 m Breaststroke - SB13 | 01:36.63 |
| 00:29.15 | 50 m Freestyle - S13 | 00:33.60 | 01:21.91 | 100 m Backstroke - S8 | 01:35.43 | 01:25.46 | 100 m Breaststroke - SB14 | 01:39.27 |
| 02:51.74 | 100 m Freestyle - S1 | 02:54.98 | 01:17.12 | 100 m Backstroke - S9 | 01:28.58 | 00:49.80 | 50 m Butterfly - S4 | 00:55.46 |
| 02:31.82 | 100 m Freestyle - S2 | 02:44.03 | 01:14.05 | 100 m Backstroke - S10 | 01:23.25 | 00:42.94 | 50 m Butterfly - S5 | 00:54.63 |
| 01:58.63 | 100 m Freestyle - S3 | 01:55.50 | 01:20.76 | 100 m Backstroke - S11 | 01:33.45 | 00:39.38 | 50 m Butterfly - S6 | 00:45.26 |
| 01:39.59 | 100 m Freestyle - S4 | 01:42.55 | 01:10.43 | 100 m Backstroke - S12 | 01:21.93 | 01:24.88 | 100 m Butterfly - S7 | 01:35.31 |
| 01:26.16 | 100 m Freestyle - S5 | 01:37.21 | 01:09.20 | 100 m Backstroke - S13 | 01:20.63 | 01:11.52 | 100 m Butterfly - S8 | 01:25.09 |
| 01:20.13 | 100 m Freestyle - S6 | 01:30.99 | 01:14.84 | 100 m Backstroke - S14 | 01:23.38 | 01:10.34 | 100 m Butterfly - S9 | 01:21.67 |
| 01:15.77 | 100 m Freestyle - S7 | 01:27.86 | | | | 01:07.58 | 100 m Butterfly - S10 | 01:19.44 |
| 01:11.22 | 100 m Freestyle - S8 | 01:23.20 | | | | 01:11.93 | 100 m Butterfly - S11 | 01:30.84 |
| 01:08.17 | 100 m Freestyle - S9 | 01:18.78 | | | | 01:05.79 | 100 m Butterfly - S12 | 01:17.50 |
| 01:04.96 | 100 m Freestyle - S10 | 01:15.06 | | | | 01:05.84 | 100 m Butterfly - S13 | 01:17.15 |
| 01:10.21 | 100 m Freestyle - S11 | 01:21.38 | | | | 01:08.51 | 100 m Butterfly - S14 | 01:21.56 |
| 01:03.28 | 100 m Freestyle - S12 | 01:11.96 | | | | 03:36.47 | 150 m IM - SM3 | 04:07.08 |
| 01:03.25 | 100 m Freestyle - S13 | 01:12.87 | | | | 03:07.20 | 150 m IM - SM4 | 03:42.79 |
| 05:54.88 | 200 m Freestyle - S1 | 05:59.72 | | | | 03:36.08 | 200 m IM - SM5 | 03:59.67 |
| 05:02.79 | 200 m Freestyle - S2 | 06:01.05 | | | | 03:13.09 | 200 m IM - SM6 | 03:33.73 |
| 04:01.00 | 200 m Freestyle - S3 | 04:23.80 | 06:01.16 | 400 m Freestyle - S6 | 06:21.38 | 03:02.34 | 200 m IM - SM7 | 03:30.72 |
| 03:35.93 | 200 m Freestyle - S4 | 03:38.53 | 05:37.90 | 400 m Freestyle - S7 | 06:09.49 | 02:50.74 | 200 m IM - SM8 | 03:16.00 |
| 03:09.87 | 200 m Freestyle - S5 | 03:28.14 | 05:17.92 | 400 m Freestyle - S8 | 05:49.26 | 02:43.07 | 200 m IM - SM9 | 03:05.52 |
| 02:24.02 | 200 m Freestyle - S14 | 02:42.48 | 05:04.45 | 400 m Freestyle - S9 | 05:38.12 | 02:36.81 | 200 m IM - SM10 | 02:56.53 |
| | | | 04:51.01 | 400 m Freestyle - S10 | 05:24.99 | 02:50.37 | 200 m IM - SM11 | 03:17.33 |
| | | | 05:25.01 | 400 m Freestyle - S11 | 05:58.67 | 02:32.63 | 200 m IM - SM12 | 02:55.49 |
| | | | 04:55.02 | 400 m Freestyle - S12 | 05:20.03 | 02:33.00 | 200 m IM - SM13 | 02:54.60 |
| | | | 04:48.36 | 400 m Freestyle - S13 | 05:17.10 | 02:37.60 | 200 m IM - SM14 | 02:57.70 |

HEALTH AND SAFETY

Swim Ireland Safety Statement - Issues

Safety is the responsibility of every individual involved in the sport.

Risks identified must be reported to either a Club or Meet Official and formally reported to the facility operator.

All accidents must be formally reported.

General

- By Law all facilities are required to have a Safety Statement in operation. Clubs and Meet Organisers should satisfy themselves that this is the case.
- Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- ALL volunteers who work/help at Swim Ireland events are advised to read the Swim Ireland Safety Statement which is available upon request from the Office.

Clubs

- All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
- It is recommended that clubs identify risks and formally report them in writing to the relevant personnel at the facility.

All Meets

(Club, Regional and National)

- Following a meet at which an incident/accident occurred, the Organiser and Race Referee must complete a Meet Accident Report Form and include their contact details.
- All who attend meets are urged to report any accidents to either the Meet Organiser who immediately reports to the Race Referee or to the Referee directly. Where an accident occurs, Swim Ireland must be informed as soon as possible with a full report presented.
- "Safety at Swim Meets" must be included in all Programmes for all Meets run under Swim Ireland rules. It must also be read out at the start of every session with emphasis placed on item 3 above.
- Officials should be advised by the Race Referee to report any concerns they have over possible risks at the facility and to ensure that reporting procedures are followed.
- Under FINA Law the Referee is in total control of all persons attending the meet and the Referee should take all reasonable steps to ensure their safety.

Safety at Swim Meets

All accidents, however minor must be reported, in writing, to Swim Ireland.

We would ask the co-operation of athletes, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

General

- Everyone attending Meets must familiarise themselves with the locations and operation of emergency exits.
- Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.
- All persons attending Meets must take all steps to ensure their own safety and the safety of others.
- All walkways must be kept clear of bags, equipment, etc.

Starting

- It is the responsibility of competitors, coaches and clubs to ensure that all athletes are sufficiently competent to dive start from competition starting blocks. Alternatively, athletes are reminded that they may start from the poolside.
- In the event of a false start, athletes should perform a safe entry and not fall into the water.

Warm-Up

- Athletes and coaches must ensure that they (and athletes in their charge) take no action that would endanger themselves or others.
- The instructions of those in authority must be obeyed immediately.
- Athletes are not permitted to dive or jump into lanes other than sprint lanes and then only when the area is sufficiently clear to make a safe entry.
- Do not start sprinting in a sprint lane until non-sprinting athletes have cleared it.
- On finishing a sprint immediately clear the way for the following athlete(s).

Around the Pool (e.g. spectator area, foyer area, etc.)

- Athletes are not permitted to enter dry areas without first having changed and put on footwear.
- Where there is a balcony or rail - athletes are not permitted to climb over it.
- Glass bottles are not permitted outside designated refreshment areas.

Thank you for your co-operation in making the Meets a safe experience for all.