

## **Instructions for Printing the Observer Notebook (version 2017-1)**

The 2017 SLTMSF Observer Notebook content can be printed out as indicated below, and put into a 3 ring ½ inch binder.

- ~~Print out the Notebook Cover Sheet to slip into the front mylar cover of the Notebook.~~
- Print the Table of Contents to put in the first page of the notebook, before the first divider tab.
- Using 5 tabbed dividers, you can separate out the content as shown below.

### **1) Observer Logs**

- a) 3 copies of Page 1; 10 copies of additional pages

### **2) Swim Rules and Guiding Documents**

- a) 5 pages

### **3) Appendices**

- a) Observer Responsibilities Checklist (1 page)
- b) Suggested Observer equipment list (1 page)
- c) Celsius/Fahrenheit Conversion (1 page)

# **LTMSF Observer Notebook Table of Contents 2017**

- 1. Observer Logs**
  - A. Header Page**
  - B. Additional Pages**
  
- 2. Swim Rules**
  
- 3. Appendices**
  - A. Observer Responsibilities Checklist**
  - B. Equipment list for Observer**
  - C. Celsius / Fahrenheit Conversions**

**LAKE TAHOE MARATHON SWIM FEDERATION LOG—HEADER PAGE**

**SWIMMER INFORMATION**

Name:	Age:	Gender :	Resides in:
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**SWIM SUPPORT**

Crew Leader:

Boat Pilot:	Vessel:
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Crew Names and Roles:

**THE SWIM**

Swim Route Description:	Swim Direction:
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Start Date:	Finish Date:
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Start Time:	Finish Time:
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Swim Duration:	Swim Distance:
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**RULES AND CONDUCT**

Feedings (interval and substance):

Equipment, devices, swimwear and medicine:

**OBSERVER**

**Observer Statement:** *I witnessed this swim in its entirety, start to finish, and attest that it was conducted in strict accordance with the rules and spirit of traditional, unassisted marathon swimming, as articulated in the **Rules and Guiding Documents for the Lake Tahoe Marathon Swim Federation.***

Observer name and contact information:	Observer Signature:
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# RULES and GUIDING DOCUMENTS for the LAKE TAHOE MARATHON SWIM FEDERATION

[Prior to any Lake Tahoe Marathon swim, the observer will read aloud the **Swim Rules**. At the bottom of this document, **Definitions** and **Nonstandard Equipment** are available for review by the swimmer and the support crew.]

## The Spirit of Marathon Swimming

These Rules are guided by the traditions and spirit of unassisted marathon swimming.

Marathon swimmers embrace the challenge of crossing wild, open bodies of water with minimal assistance beyond their own physical strength and mental fortitude. There are ways to make the sport easier, but marathon swimmers consciously eschew them.

Marathon swimmers take pride that their achievements can be meaningfully compared to the achievements of previous generations, because the standard equipment of the sport has not changed significantly since 1875.

## “Golden Rules” of Marathon Swimming

### Transparency of Swim Conduct

The intended conduct of the swim - including Swim Rules and any nonstandard equipment to be used - must be communicated fully and clearly before the swim begins, to everyone involved in the swim attempt, and in all public promotion. The declared rules and equipment may not be changed once the swim has begun.

### Independent Observation

Independent and knowledgeable observers must document the facts of the swim and verify the swimmer’s adherence to the Swim Rules.

## Swim Rules

The declared Swim Rules must be read aloud by the observer in the presence of the swimmer and all support personnel before the swim begins.

## Start & Finish

The swim begins when the swimmer enters the water from a natural shore.

The swim finishes when the swimmer clears the water on a natural shore, beyond which there is no navigable water.

## Physical Contact

The swimmer may not make intentional supportive contact with any vessel, object, or support personnel at any time during the swim.

## Standard Equipment

The swimmer may wear a single textile swimsuit. For males the suit must not extend below the knee or above the waist. For females it must not extend below the knee, onto the neck, or beyond the shoulder.

Use of a single latex or silicone cap, goggles, ear plugs, and nose clips are allowed.

Grease and/or sunscreen may be applied to the body.

For any part of the swim that occurs after sunset or before sunrise, the swimmer must wear sufficient illumination (glow sticks or LED lights) to be visible from the boat.

Nutrition is allowed, as well as the equipment to transport it between the boat and swimmer. The swimmer may not be supported or towed by the feed equipment.

Simple timekeeping device.

Escort boat, pilot, and crew.

Paddler(s) and support swimmer(s).

The swimmer may not use any additional equipment that benefits speed, buoyancy, endurance, or heat retention.

***[Refer to "Nonstandard Equipment" at the bottom of this document.]***

## Drafting

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

### Support Swimmers

A support swimmer (or swimmers) may accompany the solo swimmer for a limited duration. Multiple support swims are allowed, but should not occur consecutively. Support swim recommendation: a maximum of one hour per support swim and a minimum of one hour between support swims.

The support swimmer may not intentionally touch the solo swimmer and must position him or herself at least slightly behind the solo swimmer.

### Authority on the Escort Vessel

The observer is responsible for documenting the facts of the swim, interpreting the swim rules, and keeping the official time.

The pilot of the escort vessel (or lead pilot, if there are multiple vessels) is the ultimate authority in all other matters. The pilot may cancel the swim at any time, for any reason, including, but not limited to, concerns for the safety of the swimmer or support personnel. The pilot is responsible for following all relevant local maritime regulations.

### Responsible Environmental Stewardship

Everyone involved in the swim attempt - swimmer, observer, support personnel, and escort boat personnel - must treat the environment respectfully and prevent avoidable harm to marine wildlife and ecosystems.

### Continuance of the Spirit of Marathon Swimming

If any issue regarding swim conduct arises that the Swim Rules do not clearly address, the swimmer should act - and the observer should judge - in accordance with the spirit of unassisted marathon swimming.

## **FOR REFERENCE:**

### Definitions

#### Marathon Swim

A nonstop open-water swim, undertaken according to standardized rules, and requiring at least several hours of sustained effort to complete. Ten kilometers without significant assistance from currents is the minimum distance considered to be a marathon swim.

#### Nonstop

Remaining in the water for the entire duration of the swim from start to finish without

intentional physical contact with escort vessels, support personnel, or other objects (fixed or floating).

### Unassisted

Without artificial assistance to performance, other than the [standard equipment](#) of the sport. Any swim that benefits from assistance - in the form of nonstandard performance-enhancing equipment, supportive contact with the swimmer, or other violation of the spirit of unassisted marathon swimming - is considered an Assisted Swim.

## Varieties of Nonstandard Equipment

Nonstandard equipment is anything not specifically included in the list of standard equipment. While it is impossible to exhaustively list all potential nonstandard equipment, we can categorize them as either (1) performance-enhancing, or (2) non-performance enhancing.

Regardless of the performance benefit, swimmers must always declare use of nonstandard equipment in their swim rules and documentation.

### Performance-Enhancing Equipment

Performance-enhancing equipment is defined as nonstandard equipment that benefits the swimmer's speed, buoyancy, heat retention, or endurance. Swims using such equipment cannot be considered [unassisted](#).

Examples of performance-enhancing equipment 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](#).

### Non-Performance-Enhancing Equipment

Non-performance-enhancing equipment provides no obvious benefit to performance, but nonetheless is not considered part of the standard equipment of marathon



swimming. Swims using such equipment may still qualify as unassisted, but the equipment must be specifically declared in the swim rules and documentation.

Examples of non-performance-enhancing equipment include:

- Swimwear with increased coverage - e.g., stinger suits, rash guards.
- Wildlife deterrents - e.g., shark shields, shark divers, jellyfish sweepers. Note: harming marine wildlife violates the spirit of marathon swimming.
- Wearable electronic devices that log data but do not transmit it to the swimmer.

**END**

**Summary of Observer Responsibilities**  
(version 2017-1)

**1. Pre-swim**

- a. Be familiar with the swim rules, the observer log, and (this) observer responsibilities list. Print out these documents, and put them in a 3 ring binder
- b. At least a month before the swim, make contact with the swimmer—be available to the swimmer and field any of the questions that the swimmer has.
- c. Let your swimmer know the link for his/her swim (to Live Tracking through the track.rs application). Tom Linthicum can provide the link to you and/or to the swimmer. The swimmer's name and route will be listed at the site for 48 hours before the scheduled swim start and for at least 48 hours after the swim end.
- d. Bring observer notebook to swim (swim logs, rules, checklist, and the suggested items to bring on the swim).

**2. At the start and on the boat**

- a. Read the rules aloud to swimmer and support crew
- b. Ensure the swimmer, support crew, and the pilot boat captain are in synch regarding approaches to the boat by swimmers and kayakers (typically for feedings or for replenishment of food for the kayak)
- c. Activate the SPOT device fifteen minutes prior to the swim start
- d. Capture the start time of the swim (hh:mm:sec)
- e. Document the swim regularly in the log sheets
- f. Document the swim duration down to hh:mm:sec

**3. Upon return to the dock**

- a. Be sure that all entries in the log are legible; ensure the first page of the header is filled out entirely; ensure you have signed the log
- b. Immediately notify Dave Van Mouwerik (805-550-7271, [davevm@att.net](mailto:davevm@att.net)) of the swim results, regardless of whether the swim was successful or not.
- c. Make a scanned copy of the log, and email it to Dave VM. Mail the original to Dave within three days of the swim finish
  - i. Dave Van Mouwerik
  - ii. 38 Chuparro Dr.
  - iii. San Luis Obispo, CA 93401

**END**

## **SUGGESTED CHECKLIST OF ITEMS FOR OBSERVERS TO BRING ALONG**

(2017-1)

Stopwatch (Maybe a second stop watch as well)

Regular watch

Warm clothing

Hat

Sunscreen

Swim suit and goggles

Observer notebook

Swim logs

Waiver forms for support persons

Clipboard

Pen or pencil

Food and water

Extra glow sticks

Safety pins

Sunglasses

Binoculars

Towel

Thermometer

Dramamine

Flashlight

Extra batteries

Carabiners

Nylon cord

Duct tape

# Temperature Conversion

(v. 2016-1)

Celsius / Fahrenheit Conversions:

Celsius	Fahrenheit
10	50.00
10.5	50.90
11	51.80
11.5	52.70
12	53.60
12.5	54.50
13	55.40
13.5	56.30
14	57.20
14.5	58.10
15	59.00
15.5	59.90
16	60.80
16.5	61.70
17	62.60
17.5	63.50
18	64.40
18.5	65.30
19	66.20
19.5	67.10
20	68.00