



Overtaking during the swim

We are aware that some peoples swim faster or slower than their submitted time so please follow the below advise about over taking.

- *Make sure it is safe before trying to overtake and no one is heading towards you.*
- *If you want to overtake, tap the swimmer's feet in front of you and they will move out of the way when it is safe to do so (usually at the end of the length).*
- *Over take on the left .*
- *If you are the one being tapped it is your responsibility to let the swimmer behind you through.*
- *Do not keep tapping – it may simply be that the person has not managed to find a space to let you pass safely.*



Important Notice:

Any children participating with swimming aids will be asked to remove them or be disqualified from the Aquathlon. The event is for all abilities but all children must be able to swim.