

NATATION en EAU LIBRE et GLACÉE

50 m - 100 m - 150 m - 250 m - 700 m - 1000 m en individuel
4 x 150 et 4 x 50 m en relais
initiations de baignade en eau froide

Défi⁺ du Lac Bleu

MORILLON - HAUTE-SAVOIE-74

16 - 17
MARS 2024

www.defilacbleu.fr

- entrée libre
- animations pour tous
- petite restauration

organisée par



THE COURSES

The Relay Race: Teams consist of four swimmers, and the teams are mixed. Each swimmer completes a lengthwise crossing of the lake. The distance covered is 150 meters per swimmer.

The Discovery Relay: Teams are made up of four swimmers. The teams are mixed. Each swimmer completes a pontoon-to-pontoon crossing of approximately 45 meters.

Individual Discovery Events:
50 meters and 100 meters.

La sportive:

Individual swimming event, which involves completing one lap of the lake, equivalent to 250 meters.

Le défi du lac bleu :

Individual swimming event, which involves completing 2 laps around the lake for a course of approximately 700 meters

L'extrême du lac bleu :

Individual swimming event, which involves completing 3 laps around the lake, equivalent to approximately 1000 meters.



Objectifs:

The present regulation aims primarily to establish the organizational conditions of the "Défi du lac Bleu" to be adhered to by organizers and participants in order to ensure the safety of participants and compliance with the regulations specific to Winter Swimming.

This regulation set minimum standards. It is the responsibility of the organizing committee to strengthen or add safety measures if deemed necessary considering local specifics, the participant audience, weather conditions, etc.

The essential rules of the competition and Winter Swimming races must be communicated clearly and in detail to all participants (swimmers and officials) before the start of the event through all available communication channels.

1. Conditions of participation

1.1. Age limit

The minimum age required to participate in the competition is 18 years old as of the event date, regardless of the race distance

1.2. Registration Fees :

The competition is open to swimmers with a valid FFN competition license, an FFN "Natation Pour Tous" license, or a promotional FFN open water license as of the competition date (which can be obtained during the registration process for a fee of €15).

50 m	21 €
100m	31 €
150m	31 €
La sportive 250 m	51 €
Le défi 700 m	51 €
L'extreme 1000 m	51 €
Relais	11 €

Registrations open on November 1, 2023, on the federal registration platforms and will close on the evening of Sunday, January 17, 2024.

Clubs will enter their licensed FFN competition swimmers on ExtraNat-natation course.

Swimmers holding an FFN promotional open water license or "Natation Pour Tous" license (or swimmers not yet licensed with FFN) will individually register on the ExtraNat-eau libre platform: <https://www.ffneaulibre.fr/>

The organizer must ensure that swimmers have signed a declaration on their honor certifying that they are aware of the risks associated with their participation in a Winter Swimming competition and that they have read and understood the competition regulations. Any failure to comply will result in a prohibition from participating in the competition.

This document, available on page 11, presented on-site before the start of the events.

1.3.MEDICAL FILE

1.3.1. FFN Medical For

During the registration process, each swimmer must provide a medical certificate dated within the last six months, confirming no contraindication to participating in Winter Swimming. This certificate should attest to a specific medical examination for the discipline conducted by a cardiologist or a sports physician. Failure to provide this certificate will result in a prohibition from participating in the competition.

This document, the template for which is available in the Appendix, must be presented on-site to the medical official before the start of the events.

1.3.2. Electrocardiogram (ECG)

In addition to the medical form mentioned in paragraph 1.3.1, swimmers must undergo a medical examination, including an electrocardiogram (ECG), within six months prior to the competition. The ECG results must be provided during the registration process. Failure to do so will result in a prohibition from participating in the event.

For endurance events (200m and longer), swimmers are required to undergo a medical check in front of the competition's medical official on the day of the race. The medical official will assess the swimmers' health status and ensure that all their medical information has been properly submitted to validate their participation definitively. Failure to comply will result in a prohibition from participating in the event.

2. Technical Regulations

2.1. Swimming Styles

The FINA rules concerning various swimming styles apply, with the exception of specific adaptations for Winter Swimming, as outlined in paragraph 4, "Conduct of the Competition," of this regulation..

2.2. Programmed Distances

2.2.1. Épreuves individuelles:

Le 50 m

Le 100 m

La grande traversée 150 m

La sportive 250 m

Le Défi du lac 700 m

L'extreme 1000 m

2.2.2. Relay Events:

Expert Relay: approximately 4 x 150 meters

Discovery Relay: approximately 4 x 50 meters

The relay events are mixed: each team must consist of at least one male and one female swimmer. Only club teams are eligible for podium placements. Teams composed of members from different clubs may compete but will be classified as "Out of Competition. »

2.2.3 Detailed Tentative Schedule

Friday: 6:00 PM to 8:00 PM - Mandatory medical check for swimmers.

Saturday:

8:00 AM - Doors open and mandatory medical check for registered swimmers.

9:15 AM - Technical meeting – mandatory for all participants at Saturday's meeting.

10:00 AM - Start of events

- 50 meters individual*
- 100 meters individual*
- Sportive 250 meters*

12:30 PM - Award ceremony for individual events

2:00 PM - Cold water swimming initiation

3:30 PM - Discovery Relay

5:30 PM - Award ceremony

Sunday:

8:00 AM - Doors open and mandatory medical check for registered swimmers in the "Défi du lac" and "Extrême du beau."

9:15 AM - Technical meeting – mandatory for all participants at Sunday morning's meeting.

10:00 AM - Start of events

- La grande traversée 150 m
- Le Défi du lac bleu 700 m
- L'extrême du lac Bleu 1000 m

12:30 PM - Award ceremony for individual events

2:00 PM - Cold water swimming initiation

3:30 PM - Sportive Relay

5:30 PM - Award ceremony

2.3. Sports Prerequisites:

To participate in an endurance event, each swimmer must be able to provide proof of their prior participation in a winter swimming race of a minimum distance. The qualifying event must have been completed in a previous winter swimming competition or in an event previously included in the program of the 2019 French Winter Swimming Championships.

For 3 laps around the lake: having completed a race of a minimum distance of 450 meters.

For 2 laps around the lake: having completed a race of a minimum distance of 200 meters.

For 1 lap around the lake: no specific conditions.

The Competition Directorate reserves the right to allow the registration of one or more participants with a documented past experience in winter swimming to ensure their physical integrity

2.4. Time Limits:

For safety reasons, endurance events have a time limit. Once this time has elapsed, any swimmer who has not completed the full distance of the event will be stopped at the discretion of the Chief Referee.

3 laps around the lake: 25 minutes

2 laps around the lake: 18 minutes

1 lap around the lake: 10 minutes

2.5. Water Temperature

2.5.1. A winter swimming competition must take place in water that is 10.0°C or less. If the water temperature is 5.0°C or less, the event is considered an ice swimming competition.

2.5.2. The water temperature must be measured steadily over a continuous period of 5 minutes, at a depth ranging from 10 cm to 30 cm below the water's surface.

2.5.3. The official water temperature for the competition must be established by calculating the average of three digital thermometers. The difference between the three measured temperatures must not exceed 1.0°C. The official temperature must be communicated with at least one decimal place.

2.5.4. To validate a water temperature of 10.0°C or less, all three thermometers must display a temperature of 10.0°C or less. To validate a water temperature of 5.0°C or less, all three thermometers must display a temperature of 5.0°C or less.

2.5.5. The thermometers used must be waterproof or connected to a probe. Laser or infrared thermometers are not allowed.

2.5.6. The official water temperature must be measured less than 30 minutes before the start of the first event of each session.

2.5.7. In the event that the temperature is measured close to 5.0°C, it is the responsibility of the race director to plan for regular temperature checks during the session, between or during events, to account for any potential fluctuations.

3. Swimmer's Equipment

3.1. The swimmer is allowed to wear:

One standard approved swimsuit that cannot extend below the knees. For women, the area covered by the swimsuit cannot extend beyond the shoulders, and it must not cover the arms or neck.

One pair of goggles. Mask goggles are allowed as long as they cover only the eyes.

One standard silicone or latex swim cap.

Earplugs and a nose clip.

3.2. Greasing is allowed solely to prevent shoulder chafing for women. However, it is strictly prohibited in the pool.

3.3. For individual and relay events, a safety belt (without buoyancy aids) must be provided by the organizer for safety reasons.

3.4. The use of connected (or non-connected) devices to measure distance covered or water temperature is not allowed.

4. Competition Conduct

4.1. The competition takes place in the Blue Lake.

4.1.1. The water quality must be suitable for swimming (certified by state authorities). Swimmers must be clearly visible and easily accessible during their race. In the case of thick fog and/or low visibility, a race cannot take place. Nighttime events must have lighting covering the entire pool and its surroundings to ensure the safety of participants and officials. The competition can also take place in a permanent pool. The pool water must be naturally cold; no external actions to lower the water temperature are allowed.

Entry into the Water

4.2.1. The swimmer should not be assisted from start to finish of their race, except for para-swimmers during entry and exit from the water, who may be accompanied by two individuals and/or use necessary equipment (crutches, wheelchairs, etc.). The Chief Referee must immediately disqualify any swimmer who violates this rule.

4.2.2. Diving into the water is not allowed in competition. For safety reasons, entry into the water must be done feet first, either by walking in or gradually immersing oneself using a ladder. It is the responsibility of the competition director to determine the safest method of entry into the water based on the pool's configuration and to instruct swimmers to adhere to it.

The Start

4.3.1. When swimmers are behind their starting line, the starter's commands are as follows:

"Remove your clothing"

"Enter the water" (5 seconds)

"Take your marks" (3 seconds)

4.3.2. When the swimmer enters the water, they must immediately assume the starting position. The competitor holds onto a ladder rung or the edge of the pontoon (in the absence of a ladder) with one hand and puts their shoulders in the water. The swimmer must be in this position at the moment of the "Take your marks" command.

Starting Position in the Presence of Ladders

4.3.3. Within 3 seconds following the "Take your marks" command, the starter initiates the race using a horn (semi-automatic timing) or a whistle.

4.3.4. False starts are not recalled. Any incorrect position or false start results in disqualification.

4.3.5. At the start, after pushing off the wall with their legs, the swimmer can have their head submerged for a maximum distance of 5 meters before beginning their swim. Failure to comply with this rule leads to disqualification.

Safety and Medical Procedures:

5.1. Safety Measures

5.1.1. Participants are required to adhere to all safety procedures, competition regulations, post-race warming-up protocols, and medical measures in place.

5.1.2. It is the responsibility of the designated medical official of the competition to ensure that all

swimmers are informed about potential symptoms related to hypothermia, the risks involved, and the warming-up and recovery protocol.

5.1.3. It is the organizer's responsibility to remind participants in the 200m and longer events that winter swimming is an extreme and dangerous sport that may require first aid, or even transfer to the emergency room.

5.2. Sportive, Défi, and Extrême Events

5.2.1. Each swimmer is required to be accompanied by a supporting person (or "chaperone") for assistance out of the water. Without a supporting person, the swimmer will not be allowed to start. The "chaperone" must be 18 years or older on the event date. The role of the "chaperone" is to monitor the swimmer from pre-race (locker rooms, call room), during the race, after exiting the water, and until the end of the warming-up protocol. The "chaperone" must be informed by the organizers about the expectations of their role and must be familiar with safety rules and specific protocols related to winter swimming.

5.2.2. The supporting person must be capable of: assessing the swimmer's ability to continue or stop their swim, assisting the swimmer upon exit from the water, responding to hypothermia, and remaining present until the swimmer has reached an ideal temperature allowing them to fully regain physical and mental capacities.

5.2.3. The recovery time after the 1000m event must be at least 6 hours. The swimmer must undergo a new medical examination by the medical official before being allowed to participate in their second race. The medical official can authorize the swimmer to compete in their second race only if their body temperature has returned to normal

3. Medical Official

5.3.1. The medical officer must be a physician informed about specific protocols for winter swimming. They should be aware of the risks associated with hypothermia and capable of handling emergency situations.

5.3.2. The medical official oversees the medical team responsible for monitoring swimmers during their race and accompanying them during the warming-up protocol.

5.3.3. They have the authority to decide on the evacuation of a swimmer to an emergency service.

5.4. Pool Access

5.4.1. Access to the competition pool area is strictly reserved for officials, rescue teams, and swimmers (as well as their "chaperone" for the 700m and 1000m events).

5.4.2. Media may be allowed access to the competition pool area for a limited time with the approval of the competition director.

**Medical examination form to be completed by a
Sports Physician or Cardiologist accompanied by an ECG**

Date of examination (valid for 6 months):

Personal Information of the Swimmer:

Last Name:
First Name:
Date of Birth:
Gender:
Nationality:
Address:
Phone:
Email:

Health Questionnaire (to be filled out by the swimmer):

- | | |
|---|----------|
| 1 - Medical history: | Yes / No |
| 2 - Surgical history: | Yes / No |
| 3 - Current medical treatment: | Yes / No |
| 4 - Allergies: | Yes / No |
| 5 - Cardiovascular history (e.g., blood pressure, arrhythmia, Raynaud's): | Yes / No |
| 6 - Family history of cardiovascular issues: | Yes / No |
| 7 - Respiratory history (e.g., asthma): | Yes / No |
| 8 - Neurological history (e.g., epilepsy): | Yes / No |
| 9 - Ear, nose, throat (ENT) issues: | Yes / No |
| 10 - Eye issues (vision problems, surgery): | Yes / No |
| 11 - Psychiatric history: | Yes / No |
| 12 - Hospitalization (within the past 5 years): | Yes / No |
| 13 - Experience with cold water swimming: | Yes / No |
| 14 - Problems with rewarming after cold water swimming (hypothermia, arrhythmia): | Yes / No |
| 15 - Experience with high-altitude sports: | Yes / No |
| 16 - Issues with adaptation to high altitude: | Yes / No |

Comments:

I hereby declare:

- ✓ To the best of my knowledge, my overall health is good.
- ✓ I have disclosed all relevant information within my knowledge for the evaluation of my health condition for the practice of Winter Swimming.
- ✓ I authorize the transmission of this information to the medical official of the 2022 French Winter Swimming Championships.
- ✓ I commit to informing the medical official of the 2022 French Winter Swimming Championships of any changes in my health condition between the date of this examination and the date of the competition.

Done at :
Date :
Signature :

To be completed by the examining physician (must be a sports medicine physician or a cardiologist) - following the recommendations in the appendix:

General Examination:

Weight:

Height:

BMI:

Cardiovascular Examination:

Heart rate:

Blood pressure:

Interpretation of the ECG (mandatory):

Respiratory Examination:

Respiratory rate:

Oxygen saturation:

Peak Flow measurement:

General comments:

ENT Examination:

Ears

Throat

Abdominal Examination:

Neurological Examination:

General comments:

After examination, I declare that I do not observe any medical contraindications that would prevent participation in Winter Swimming (or Ice Swimming) in competition for:

M. / Mme. _____

Done at : _____ Date : _____

Doctor's Name : _____ Specialty: _____

Address :

Mail : _____ phone : _____

Signature :

DEFI du Lac Bleu

Attestation sur l'honneur

I, the undersigned:

Last Name:

First Name:

Address:

Phone:

Email:

Hereby acknowledge and declare:

- I have read and become familiar with the rules of the "Défi du lac bleu" as stipulated and published by the FFN.
- I commit to fully comply with the mandatory rules of the "Défi du lac bleu" for my safety.
- I am aware of the risks and dangers associated with my participation in the "Défi du lac bleu" and have prepared myself accordingly.

These risks include those associated with or posed by:

- Sudden temperature changes causing a sensation of suffocation, increased breathlessness, and an accelerated heart rate.
- Heat loss due to a radical physiological change resulting in a slowing of muscular activity.
- Immersion in extremely cold water for prolonged periods with a chain reaction of physiological responses.
- Risk of hypothermia and exhaustion with effects on my personal physical and mental health.

For distances equal to or greater than 500m, I commit to being accompanied by a capable supporting person who can:

- Assess my ability to continue or stop swimming.
- Assist me upon exiting the water to the warming-up area.
- Respond in case of hypothermia.
- Stay with me until I have regained an ideal temperature, allowing me to fully recover my physical and mental abilities.
- This person shall be informed and familiar with the rules of the "Défi du lac bleu."

I acknowledge that participating in the "Défi du lac bleu" involves inherent dangers and risks associated with cold-water swimming. I accept all these dangers and risks.

Done at:

Date:

Signature:

=