CLUB NAUTIQUE
SCOUTS DE CLUSES

MORILLON
HAUTE-SAVOIE
4TH EDITION

DÉFI DU LAC BLEU

A COLD-WATER SWIMMING COMPETITION



50 M
100 M
150 M
250 M
500 M
700 M
1 000 M
RELAY
4 X 50 M
4 X 150 M
-
INTRODUCTION TO
COLD-WATER
SWIMMING

20 & 21 MARCH 2027

Lac bleu
Morillon - Haute-Savoie
DÉFI

WWW.DEFILACBLEU.FR

Village vacances de MORILLON activités sociales de l'énergie
Montagnes du Giffre
haute savoie le Département
FÉDÉRATION FRANÇAISE NATATION
HAUT-GIFFRE TOURISME
MAIRIE MORILLON
VERCHAIX HAUTE SAVOIE

THE COURSES

The Sports Relay: teams are made up of four swimmers, and teams are mixed. Each swimmer swims one crossing of the lake lengthwise. The distance covered is 150 m per swimmer.

The Discovery Relay: teams are made up of four swimmers. Teams are mixed. Each swimmer swims one pontoon-to-pontoon crossing of about 45 m.

Individual Discovery events:
50 m, 100 m and 150 m

La sportive:

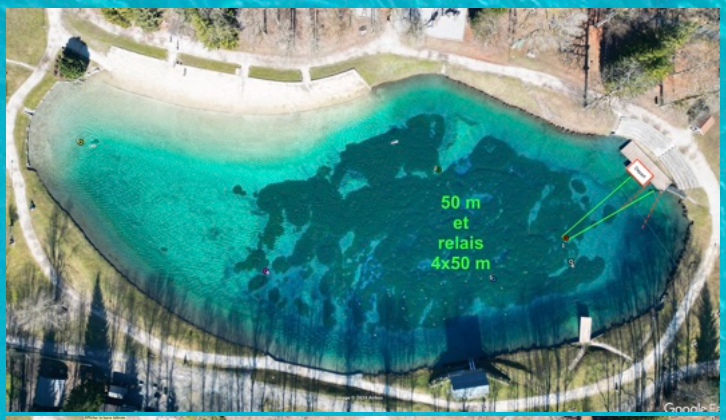
Individual swimming event that consists of a 250 m course.

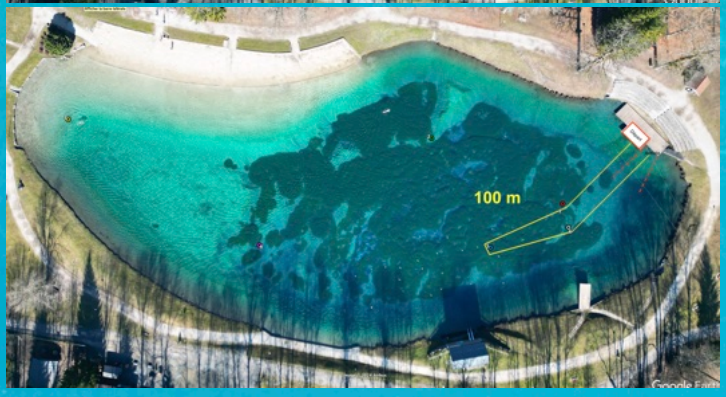
Le Challenge:
Individual swimming event that consists of a 500 m course (2x La Sportive).

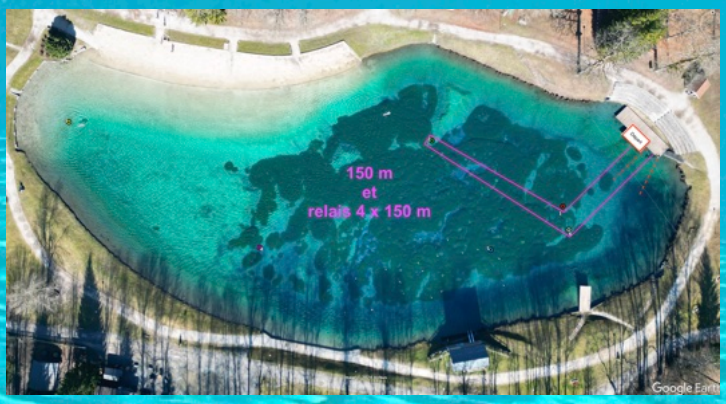
Le défi du lac bleu :

Individual swimming event that consists of 2 laps of the lake, a course of about 700 m.

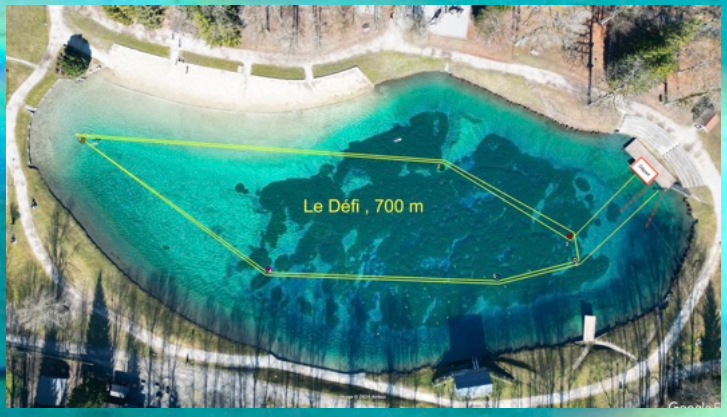
L'Extrême du Lac Bleu: Individual swimming event that consists of 3 laps of the lake, which corresponds to about 1000 m.











Objectives:

This regulation's main purpose is to set the conditions for organising the "Défi du Lac", to be observed by organisers and participants in order to guarantee the safety of participants and compliance with the rules specific to Winter Swimming.

This regulation sets minimum standards. It is the responsibility of the organising committee to strengthen these measures or add safety measures if this appears necessary given local specifics, the profile of the participants concerned, weather conditions, etc.

The essential rules of the competition and of 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 take part in the competition is 16 full years on the date of the event for distances of 500 m or less, and 18 full years on the date of the event for distances over 500 m. **Written authorisation from a legal representative is mandatory for minors.**

1.2. REGISTRATION

Entry fees:

The competition is open to swimmers holding an FFN competition licence, an FFN Natation Pour Tous licence or an FFN promotional open water licence valid on the date of the competition (this can be purchased during the registration procedure for €15).

50 m	30 €
100m	40 €
150m	40 €
La sportive 250 m	60 €
Le Challenge 500 m	60 €
Le défi 700 m	60 €
L'extreme 1000 m	60 €
Relay	10 €

Registration opens on 16 November 2026 on the federal registration platforms. It will close on the evening of 10 March 2027.

- Clubs will register their FFN competition-licensed swimmers at https://www.ffneaulibre.fr/
- Swimmers holding an FFN promotional open water licence or an FFN Natation Pour Tous licence (or swimmers not yet licensed by the FFN) will register individually on the ExtraNat-eau libre platform: https://www.ffneaulibre.fr/
- **The entry times must be entered at the following link: https://defilacbleu.fr/DLB/engagement.php**

Swimmers must sign a sworn statement certifying that they are aware of the risks involved in taking part in a Winter Swimming competition and that they have read the competition regulations. Any failure to do so will result in a ban from taking part in the competition.

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

1.3. MEDICAL FILE

1.3.1. FFN medical form

When registering, each swimmer must provide a medical certificate of no contraindication to winter swimming, dated less than six months ago, attesting to a medical examination specific to the discipline by a cardiologist or a doctor. **Any failure to do so will result in a ban from taking part in the competition.**
This document, a template of 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 the six months before the competition. Any failure to do so will result in a ban from taking part in the event concerned.
For so-called endurance events (200 m and over), a check with the competition's medical official on the day of the race is mandatory. The medical official will check the swimmers' state of health and make sure that all of their medical information has been passed on to them in order to definitively validate their participation. **Any failure to do so will result in a ban from taking part in the event concerned.**

2. Technical regulations

2.1. SWIMMING STYLES

FINA rules on the different swimming styles apply, with the exception of the specific arrangements for the practice of Winter Swimming set out in paragraph 4 "Conduct of the competition" of this regulation.

2.2. DISTANCES IN THE PROGRAMME

2.2.1. Individual events:
The 50 m
The 100 m
La grande traversée 150 m
La sportive 250 m
Le challenge 500 m
Le Défi du lac 700 m
L'extreme 1000 m

2.2.2. Mixed relay events:

Sports relay: approx. 4 x 150 m
Discovery relay: approx. 4 x 50 m

Relay events are mixed: each team must be made up of at least one man and one woman. Only club teams are eligible for a podium. Teams made up of licence holders from different clubs may compete but will be ranked "Hors Concours" (out of competition).

2.2.3. Provisional programme details

Please enter your entry times using this QR code



Saturday
07:45 – Doors open & mandatory medical check
09:15 – Technical meeting (mandatory for all Saturday swimmers)
10:00 – Start of the events:

• 250 m “La Sportive”
• 100 m individual
• 50 m individual

12:15 – Award ceremony for the morning events
14:00 – Events resume:

• 700 m “Le Défi du Lac Bleu”
• Relay 4x50 m (around 15:00)
• Club parade (50 m)

17:00 Award ceremony (Saturday)
18:00 Conference
19:30 Night session
20:30 Start of the evening

Sunday
07:45 – Doors open & mandatory medical check
09:15 – Technical meeting (mandatory for all Sunday swimmers)
10:00 – Start of the events:

• 1000 m “L’Extrême du Lac Bleu”
• 150 m “La Grande Traversée”
• 500 m “Le Challenge”
• Sports relay 4x150 m

16:00 – Closing ceremony and presentation of trophies for all categories

2.3. TIME LIMIT:
For safety reasons, endurance events are subject to a time limit. Once this time has elapsed, any swimmer who has not completed the full distance of the event will be stopped on the decision of the chief referee.
L’extreme 1000 m : 24 minutes
Le défi 700 m : 18 minutes
Le Challenge 500m : 14 minutes
La Sportive 250 m : 8 minutes

2.4. WATER TEMPERATURE

2.4.1. A winter swimming competition must be held in water at 10.0°C or below. If the water temperature is 5.0°C or below, the event is considered an ice swimming competition.

2.4.2. The water temperature must be measured steadily over a continuous period of 5 minutes, at a depth of between 10 cm and 30 cm below the water surface.

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

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

2.4.5. The thermometers used must be immersion-resistant or connected to a probe. Laser or infrared thermometers are not permitted.

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

2.4.7. If the temperature has been measured close to 5.0°C, it is the responsibility of the race director to arrange regular temperature readings during the session, between or during events, to account for any change.

3. Swimmer's equipment

3.1 THE SWIMMER IS ALLOWED TO WEAR:

• One standard approved swimsuit only, which may not extend below the knees. For women, the body surface covered by the swimsuit may not go beyond the shoulders; it must not cover the arms or the neck.

• One pair of goggles only. Goggle-masks are allowed provided they cover only the eyes.

• One standard silicone or latex swim cap only.

• Earplugs and a nose clip.

3.2. Greasing is only permitted to prevent chafing on the shoulders for women.

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

3.4. The use of connected devices (or not) to measure the distance swum or the water temperature is not permitted.

4. Conduct of the competition

4.1 THE COMPETITION TAKES PLACE IN THE LAC BLEU

4.1.1. Water quality must be suitable for swimming. (Certificate from the State services)

Swimmers must be clearly visible and easily accessible during their race. In heavy fog and/or poor light, a race cannot take place. Events held at night must have lighting over the whole pool area and its surroundings to ensure the complete safety of participants and the jury. The competition may take place in a conventional pool. The pool water must be naturally cold; no external human action to lower the water temperature is permitted.

4.2 ENTERING THE WATER

4.2.1. The swimmer must not be assisted from the start to the end of their race, except for para-swimmers (handisport) for entering and leaving the water, who may be accompanied by two people and/or use the necessary equipment (crutches, wheelchair, etc.). The chief referee must immediately disqualify any swimmer who breaks this rule.

4.2.2. Diving into the water is not permitted in competition. For safety reasons, entry into the water must be feet first, walking or by gradually immersing oneself using a ladder. It is for the competition director to determine the safest method of entering the water according to the layout of the pool, and to ask swimmers to comply with it.

4.3 THE START

4.3.1. When the swimmers are behind their starting line, the starter's commands are:
- "Take off your clothes"
- "Enter the water" (5 seconds)
- "Take your marks" (3 seconds)

4.3.2. When the swimmer enters the water, they must immediately get into position. The competitor holds on with one hand to the rung of the ladder or to the edge of the pontoon (if there is no ladder) and puts their shoulders in the water. The swimmer must be in this position at the time of the command: "Take your marks". Starting position when ladders are present

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

4.3.4. False starts are not recalled. Any incorrect position or false start is penalised by disqualification.
4.3.5. At the start, after pushing off the wall with the legs, the swimmer may only have their head submerged for a maximum distance of 5 m before beginning to swim. Failure to comply with this rule results in disqualification.

4.4. CONDUCT OF THE RACE

4.4.1. The race must be uninterrupted; no prolonged stop against a technical element (ladder, buoy, etc.) is permitted.
4.4.2. The swimmer is not allowed to touch the bottom of the lake with their feet once the start has been given.
4.4.3. The swimmer may push aside floating objects in their path, provided they do not use the manoeuvre to make their swimming more efficient.
4.4.4. No refreshments are permitted during the race.
4.4.5. No swimming assistance is permitted.

4.4.6. The chief referee, at their sole discretion, with immediate effect and without appeal, may end a swimmer's race early if a deterioration in their body language and/or swimming movements is observed. The swimmer must accept the official's decision to stop their race and must leave the water as soon as possible, with assistance if necessary.

4.5. THE FINISH

4.5.1. The event ends once the total distance has been covered, when the swimmer touches the finish banner with one hand.

4.5.2. Swimmers may leave the pool immediately after finishing without waiting for the other swimmers to finish, taking care not to hinder their progress.

4.6. RELAYS

4.6.1. Relay teams are made up of four team members.

4.6.2. Relay events are mixed: each team must be made up of one woman and one man in order to be ranked. Relays made up of at least one man and one woman may take part but will not be ranked.

4.6.3. Swimmers must compete in their order of entry.

4.6.4. The start, swimming and finish rules are the same as for individual events.

4.6.5. Each swimmer must touch the banner on finishing. Relay swimmers must enter the water a few moments before the previous swimmer arrives and get into the starting position (see art. 4.3 The start). They may only leave when the previous swimmer touches the banner. Failure to comply with this rule results in disqualification.

4.7. AWARDS

4.7.1. For individual events, a medal will be awarded to the first three women and the first three men per category: **18/30 years, 31/40 years, 41/50 years, 51/60 years, 60+ years**

4.7.3 A trophy will be awarded, all categories combined, for the 250 m, 500 m, 700 m and 1000 m events.

4.7.2. For mixed relays, a trophy will be awarded to the members of the first three teams.

5. Safety

5.1. TECHNICAL MEETING

5.1.2. It is the responsibility of the doctor appointed as the competition's medical official to ensure that all swimmers are informed of the potential symptoms of hypothermia, the risks involved, and the warm-up and recovery protocol.

5.1.3. It is the responsibility of the organiser to remind participants in events of 250 m and over that winter swimming is an extreme and dangerous sport, which may require first aid or even transfer to the emergency room.

5.2. EVENTS: LE CHALLENGE, LE DÉFI AND L'EXTREME.

5.2.1. From the 500 m events onwards, each swimmer must be assisted by an accompanying person (or "chaperone") for assistance out of the water, failing which they will not be allowed to start. The "chaperone" must be 18 or older on the date of the event. The role of the "chaperone" is to look after the swimmer from before the race (changing rooms, call room), then during the event and on leaving the water, until the end of the warm-up protocol. The chaperone must be informed by the organisers of what is expected in their role and be familiar with the safety rules and the specific protocols of winter swimming.

5.2.2. The accompanying person must be able to: know the swimmer's ability to continue or stop swimming; take charge of the swimmer on leaving the water; react in case of

hypothermia; remain present until the swimmer has regained an ideal temperature allowing them to fully recover their physical and mental capacities.

5.2.3. The recovery time after the 1000 m event must be at least 6 hours. The swimmer must undergo a new medical examination by the medical official before being able to take part in their second race. The medical official may authorise the swimmer to compete in their second race only if the swimmer's body temperature has returned to normal.

5.3. MEDICAL OFFICIAL

5.3.1. The medical official must be a doctor who has been informed of the specific protocols of winter swimming. They must be aware of the risks linked to hypothermia and capable of handling emergency situations.

5.3.2. They supervise the medical team responsible for observing swimmers during their race and accompanying them during the warm-up protocol.

5.3.3. They may decide to evacuate a swimmer to an emergency department.

5.4. Pool access

5.4.1. Access to the competition start area is strictly reserved for officials, rescue teams, personnel authorised by the organiser and swimmers (as well as their "chaperone" for the 500 m and 1000 m events).

5.4.2. The media may be allowed access to the competition pool area for a limited time, by exemption granted by the competition director.

Medical examination form
to be completed by a Doctor or a Cardiologist, accompanied by an ECG

Date of examination (valid for 6 months): _____

Swimmer's personal information:
Last name:
First name:
Date of birth:

Gender:
Nationality:
Address:
Phone:
Email:

Health questionnaire (to be completed by the swimmer):
Circle Yes or No; if Yes, please give details.

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 cardiovascular history Yes / No
_____
7 – Respiratory history (e.g. asthma) Yes / No
_____
8 – Neurological history (e.g. epilepsy) Yes / No
_____
9 – ENT (ears, nose, throat) Yes / No
_____
10 – Eyes (vision problems, surgery) Yes / No
_____
11 – Psychiatric history Yes / No
_____
12 – Hospitalisation (in the past 5 years) Yes / No
_____
13 – Ice-water swimming experience Yes / No
_____
14 – Problems warming up after ice-water swimming (hypothermia, arrhythmia) Yes / No
_____
15 – Experience of sports practice at altitude Yes / No
_____
16 – Problems adapting to altitude Yes / No
_____
Comments:
_____

I hereby declare:

- That, to the best of my knowledge, my general state of health is good;
- That I have declared all relevant information in my possession for the assessment of my state of health with a view to practising Winter Swimming;

Done at:
Date :
Signature :

Section to be completed by the examining physician (must be a doctor or a cardiologist) – according to the recommendations in the appendix:

General examination:

- Weight:
- Height:
- BMI:

Cardiovascular examination:

- Heart rate:
- Blood pressure:
- ECG interpretation (mandatory):

Respiratory examination:

- Respiratory rate:
- Oxygen saturation:
- Peak Flow measurement:
- General comment:

ENT examination:

- Eardrums
- Pharynx

Abdominal examination:
Neurological examination:

General comment:

After examination, I declare that I have found no medical contraindication that could prevent the practice of Winter Swimming (or Ice Swimming) in competition for

Mr / Ms _____

Done at: _____ Date: _____

Doctor's name: Specialty:
Address:
Email: Phone:
Signature :

Défi du Lac Bleu
Sworn statement

I, the undersigned:

SURNAME: First name:

Address:

Phone: Email:

I hereby acknowledge:

- Having read and familiarised myself with the regulations of the Défi du Lac Bleu as stipulated and published by the FFN.
- Undertaking to fully comply with the rules of the Défi du Lac Bleu that are mandatory for my safety.
- Having read the risks and dangers involved in my participation in the Défi du Lac Bleu and having prepared myself for them.

These risks include those associated with or posed by:

- A sudden change in temperature causing a feeling of suffocation, increased breathlessness and an accelerated heart rate.
- The struggle against heat loss, with radical physiological changes leading to a slowing of muscle activity.
- Immersion in extremely cold water for prolonged periods, with a chain of accelerating physiological reactions.
- A risk of hypothermia and exhaustion with effects on my personal physical and mental health.

For distances of 500 m or more, I undertake to be assisted, without exception, by an accompanying person able to:

- Know my ability to continue or stop swimming.
- Take charge of me on leaving the water up to the warm-up room.
- React in the event of the swimmer's hypothermia.
- Remain present until I have regained an ideal temperature allowing me to fully recover my physical and mental capacities.
- This person must be informed of and familiar with the regulations of the Défi du Lac Bleu.

I acknowledge that I am taking part in the Défi du Lac Bleu in the knowledge that cold-water swimming is in itself dangerous. I accept all these dangers and risks.

IMAGE RIGHTS and ACCEPTANCE OF THE REGULATIONS

By taking part in any of the events, each competitor expressly authorises the organisation (or its successors in title) to use or have used, and to reproduce or have reproduced, his or her name, image, voice and sporting performance in connection with the Défi du Lac Bleu, with a view to any direct exploitation, or exploitation in derivative form, of the event, on any medium, worldwide, by any means known or unknown to date, and for the entire duration of protection currently granted to such direct or derivative exploitation by legislative or regulatory provisions, court and/or arbitral decisions of any country and by current or future international conventions, including any extensions that may be made to that duration. Registration and/or participation in any of the events of the Défi du Lac implies the express and unreserved acceptance by each participant, or by their legal representative if a minor, of these regulations and of the course of the event for which they are registered.

Done at:

Date :

Signature :