



SPORT IMPACT STANDARDS SWIMMING

Special Olympics





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1. INTRODUCTION

Sports Impact Standards is an optimum athlete experience driven by unprecedented highest standards of quality across three essential fundamentals: athlete divisioning, sport operations and an enhanced athlete experience.

As the Special Olympics (SO) turned the corner on its 50th anniversary Special Olympics athletes, are ready to show off rather than just show up. As expressed in the recent athlete satisfaction survey, athletes are demanding high quality sport training and competition opportunities that enable all to exceed expectations on the playing field and achieve higher levels of personal physical, social and emotional well-being.

They want the story of their effort and courage to be told through statistical performance milestones of personal bests like any other well-trained athletes. They want to be recognized as inspirational because of their dedication not because of a medal. SO Sport Competition Excellence will set new standards for training, deliver an optimum environment for performance and in depth recognition of their achievements allowing sport heroes to emerge. Moving the conversation past acceptance, SO Sport Competition Excellence will enable Special Olympics earn respect and beg the world to ask why exclusion ever existed.

Special Olympics athletes train their whole lives for the opportunity to compete on a large stage. It is critical that athletes are afforded a protocol that not only keeps health and safety a priority, but also enhances their preparation and recovery so they can perform at their best throughout the competition. A main component of Sports Impact Standards is embedding elements of health and fitness during training and competition. This will reduce injuries and support performance.

In the past, every competition has differed. For example, football competition at the Unified Cup in 2018 in Chicago, Illinois, was different from football competition at the 2019 World Games in Abu Dhabi, UAE. Sports Impact Standards will allow SOI Sport and Competition to define what a competition for each sport should look like for Special Olympics, creating a more professional sport environment.

It will improve the athlete experience for all competitors, guarantee a fair competition, and give each athlete the opportunity to perform their best.

What are the goals?

1. Build a quality standard for competition.
2. Improve the quality of experience for Special Olympics athletes.
3. Create a more professional environment for competition.

2. HISTORY OF SWIMMING WITHIN SPECIAL OLYMPICS

Swimming has been a staple of the Olympic Games since 1896. The first Olympic events were freestyle (crawl) and breaststroke. Backstroke was added in 1904. Swimming was part of the first Special Olympic Games hosted in Chicago in 1968 has been part of all the Summer World Games. The largest attended single sport competition for swimming was the



Special Olympics Invitational Global Swimming Event in San Juan, Puerto Rico in 2012. There were 33 SO Accredited Programs across all 7 SO Regions.

Not only is swimming one of the most popular sports in the world but it is also a vital life skill. Initially taught to ensure safety and then further honed for competitive purposes. This guide will assist in teaching skills and strategy to the Special Olympics athletes on their way to becoming successful swimmers and competitors.

As a sport, swimming offers countless benefits including socialization, new skill development, and health improvements. Training and competing under the Special Olympic Swimming umbrella affords athletes the ability to swim in numerous events, while also allowing them to cultivate new skills. Coaches should always be mindful to tailor the aspects of the sport to each athlete according to the individual's needs.

By The Numbers:

- In 2018, there were 193 Special Olympic Accredited Programs in 144 countries that participated in Swimming events
- Special Olympics is working very close with the Michael Phelps Foundation, to create different swimming programs for kids that also incorporates healthy living, water safety and competition readiness.

3. GOVERNING RULES

The Official Special Olympics Sports Rules for Swimming shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Swimming Federation (FINA) rules for swimming found at <http://www.fina.org/>. FINA or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Swimming or Article I. In such cases, the Official Special Olympics Sports Rules for Swimming shall apply.

An athlete with Down syndrome who has been diagnosed with Atlanto-Axial Instability may not participate in Butterfly events, Individual Medley events, diving starts or diving. Please refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/Sports-RulesArticle-1.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

4. SPECIAL OLYMPICS & SWIMMING

A significant difference between Special Olympics Swimming and other competitions is that all athletes go to a final. Special Olympics mandates all athletes always give their best effort. In order to provide additional opportunities for its athletes of different ability levels, Special Olympics modifies or adds some events that do not exist within FINA competitions.



5. OFFICIAL EVENTS

1. FUNDAMENTAL EVENTS

- 15M Walk
- 15M Flotation
- 15M Kick Board
- 25M Flotation
- 15M Assisted Swim
- 15M Unassisted Swim
- 25M Assisted Swim

2. INDIVIDUAL EVENTS

- 25M Freestyle
- 50M Freestyle
- 100M Freestyle
- 200M Freestyle
- 400M Freestyle
- 800M Freestyle
- 1500M Freestyle
- 25M Backstroke
- 50M Backstroke
- 100M Backstroke
- 200M Backstroke
- 25M Breaststroke
- 50M Breaststroke
- 100M Breaststroke
- 200M Breaststroke
- 25M Butterfly
- 50M Butterfly
- 100M Butterfly
- 200M Butterfly
- 100M Individual Medley
- 200M Individual Medley
- 400M Individual Medley

3. RELAY EVENTS

- 4 x 25M Freestyle Relay
- 4 x 50M Freestyle Relay
- 4 x 100M Freestyle Relay
- 4 x 200M Freestyle Relay
- 4 x 25M Medley Relay
- 4 x 50M Medley Relay
- 4 x 100M Medley Relay
- 4 x 25M Freestyle Unified Sports Relay
- 4 x 50M Freestyle Unified Sports Relay
- 4 x 100M Freestyle Unified Sports Relay
- 4 x 200M Freestyle Unified Sports Relay
- 4 x 25M Medley Unified Sports Relay



- 4 x 50M Medley Unified Sports Relay
- 4 x 100M Medley Unified Sports Relay Field Events

4. OPEN WATER EVENTS

- 500 meters
- 1 kilometer
- 1.5 kilometers
- Unified Sports

6. COACH EDUCATION PROCESS & MINIMUM REQUIREMENTS

Per the rules, for competition activities, the coach to player ratio is required to be 1:4. In applying this rule there must be at least one certified sport-specific coach for each sport, and the remaining quota may be determined between coach roles. Additionally, this ratio should be applied so that each women athlete accommodation has a women coach available on premise and each men athlete accommodation has a men coach on premise. In the event of a delegation having a single team participating, there must be at least one staff member per gender represented on the team.

Head coaches are required to complete concussion awareness training, available at [CDC Concussion Training](#) and submit the certificate of completion to their state Program. All coaches – head coaches and team managers are required to hold valid certifications from following courses, most of which are available on the [Special Olympics Online Learning Portal](#).

Special Olympics Learning Portal provides a single place to access variety of coach education courses in English, Spanish, French, Chinese, Russian, Arabic, Japanese or Greek.

- To gain access to a range of courses, please create a free account at <https://learn.specialolympics.org>
- For further information on how to create an account and learn more about the range of courses available, please click here or visit <https://resources.specialolympics.org/online-learning-portal>

LEARNING PORTAL ACCESSIBILITY CHART

Course	Head Coach	Coach
	* = Available + = Recommended	* = Available + = Recommended
World Games Coach Preparation	*	*
Level 1 Sport Assistant	*	*
Level 2 Coaching Assistant	*	*



Unified Sports Coaching	*	*
Heads Up Concussion in Youth Sports	*	*
Level 3 Coach (Online Module)	*	
National Sport Governing Body/Federation Coach Certification**	*	
Fitness for the Sport Coach (available in English and Spanish)	+	+

Note: The chaperone will not have any coaching duties assigned

Special Olympics aims to provide all coaches with access to high quality instruction to coaching athletes with and without intellectual disabilities. We aim to provide coaches of all levels, across all sports, with the skills, knowledge and confidence to provide their athletes with the best possible opportunities to experience the joy, challenge and growth opportunities that sport can provide.

The implementation of a Global Coach Education System began in 2018. The Special Olympics online learning portal provides coaches around the world with a single place to go to access their Special Olympics Coach Education. It is expected that all Head Coaches attending the event hold valid and current coaching certification from FINA / International Swimming Federation.

Head Coaches and Coaches should be knowledgeable about and familiar with Special Olympics General Rules, Sports Rules Article 1 as well as the Official Special Olympics Sports Rules and FINA rules.

7. QUALIFICATION PROCESS CRITERIA

Following the Special Olympics Fundamental Principle, athletes of all ability levels have an equal opportunity to advance to the next highest level of competition provided the sport and event are offered. For a team to participate and progress to the World Games, the ensuing criteria for advancement must be followed:

- Eligibility for Advancement: An athlete is eligible to advance to the next competition provided she or he has –
 - Participated in the previous level of competition (e.g., an athlete must compete in Program level Games before advancing to the World Games), with the following exception:
 - An athlete or team for which there has been no competition opportunity at a Tournament or Games shall be eligible to advance to the next level of competition if one or more of the following criteria apply
 - There is low enrollment of athletes/teams within the Program structure;
 - The opportunity to provide equitable competition within the Program structure is low or non-existent;



- It is cost prohibitive for the Program to conduct the event/competition within its Program structure; or
 - The athletes/teams have been training or competing in mainstream competition.
- Training and competition must be in the same sport the athlete will participate in at the next level of competition.
- If additional events within that sport are available at the next level of competition, athletes must receive proper training.
- Procedure for Athlete, Team and Coach Selection Programs must publish the process and criteria in advance.
 - The Accredited Program, working with the LOC, determines the number of athletes or teams that will be allowed to participate at the competition in question by sport and/or event. This is the quota to be filled.
 - The Accredited Program identifies the number of athletes or teams eligible for advancement within the sport/event based on participation in competition at the lower level.
 - If the number of eligible athletes or teams does not exceed the quota, all athletes and teams shall advance.
- If the number of eligible athletes or teams exceeds the quota, athletes or teams that advance shall be selected as follows:
 - Priority is given to first place finishers from all divisions of the sport/event. If the number of first place finishers exceeds the quota, select athletes or teams to advance by random draw.
 - If there are not enough first place finishers to fill the quota, all first place finishers shall advance. The remaining quota shall be filled by a random draw of second place finishers from all divisions of the sport/event.
 - If the quota is large enough for all second place finishers to advance, the remaining quota shall be filled by a random draw of third place finishers from all divisions of the sport/event.
 - Repeat this process, adding each place of finish as necessary, until the quota is filled.
 - These procedures apply to both individual and team sports, including Unified Sports.
- Adherence
 - The criterion for athlete advancement is an essential component of the Special Olympics movement. Under extraordinary circumstances when the criteria cannot be met, authority to deviate from established procedures may be requested, provided the alternate
 - Selection procedures do not conflict with the Fundamental Principle of athlete advancement.
 - Accredited Programs may request authorization to add additional criteria for advancement based on behavior, medical or judicial considerations and/or to deviate from these advancement procedures due to the size or nature of their Program.



- Requests to deviate from the established procedures must be submitted in writing as follows:
 - For advancement to Multi-National, Regional and World Games: SO- World Games Department will consider and approve/ disapprove all requests.
 - For advancement to Competitions at or below the Program Level: The Accredited Program will consider and approve/disapprove all requests. SOI shall have the right to review approved deviations.

8. QUOTA SIZES

The World Games quota size consists of 800 athletes and partners. The official events for World Games in Swimming are:

Category 1	Category 2	Category 3
25m Freestyle 25m Backstroke 25m Breaststroke 50m Butterfly 50m Breaststroke 50m Freestyle 50m Backstroke	100m Freestyle 100m Backstroke 100m Butterfly 100m Breaststroke 100m Individual Medley 200m Freestyle 200m Breaststroke 400m Freestyle	800m freestyle 1500m freestyle 1500m Open Water Swim 1500m Unified Sports Open Water Swim
4x25m Freestyle Relay, 4x50m Freestyle Relay, 4x50m Medley Relay		

Gender	Region	Number of Athletes
Male	SOEE	90
	SOLA	34
	SOAP	29
	SOEA	12
	SOA	20
	SONA	33
	MENA	28
	Host Country	12
Female	SOEE	90
	SOLA	34
	SOAP	29
	SOEA	12
	SOA	20
	SONA	33
	MENA	28
	Host Country	12



REGULATIONS BY EVENT

Maximum & Minimum number of athletes required by region, gender and event are below:

QUOTA Category 1								
Gender	Region	Minimum #		Maximum #				
		25 BS	50 BF	25 FS	25 BK	50 FS	50 BK	50 BS
Male	SOA	1	1	4	4	4	4	2
	SOAP	2	2	6	6	6	4	4
	SOEA	1	-	2	2	2	4	4
	SOEE	6	6	14	14	14	10	13
	SOLA	2	2	6	6	6	4	4
	MENA	1	1	4	4	4	2	2
	SONA	2	2	8	8	8	2	2
	Host Country	1	2	4	4	4	2	1
Female	SOA	1	1	4	4	4	4	2
	SOAP	2	2	6	6	6	4	4
	SOEA	1	-	2	2	2	4	4
	SOEE	6	6	14	14	14	10	13
	SOLA	2	2	6	6	6	4	4
	MENA	1	1	4	4	4	2	2
	SONA	2	2	8	8	8	2	2
	Host Country	1	2	4	4	4	2	1

QUOTA Category 2									
Gender	Region	Minimum #				Maximum #			
		100 BF	100 MD	200 BS	400 FS	100 FS	100 BK	100 BS	200 FS
Male	SOA	1	1	1	1	4	2	2	2
	SOAP	2	2	2	2	6	2	2	6
	SOEA	1	1	-	-	2	2	2	2
	SOEE	6	6	6	6	14	9	9	9
	SOLA	2	2	3	2	6	2	2	2
	MENA	1	1	1	1	4	2	2	6
	SONA	2	2	2	2	8	4	4	4
	Host Country	1	1	1	2	4	1	1	1
Female	SOA	1	1	1	1	4	2	2	2
	SOAP	2	2	2	2	6	2	2	6



	SOEA	1	1	-	-	2	2	2	2
	SOEE	6	6	6	6	14	9	9	9
	SOLA	2	2	3	2	6	2	2	2
	MENA	1	1	1	1	4	2	2	6
	SONA	2	2	2	2	8	4	4	4
	Host Country	1	1	1	2	4	1	1	1

QUOTA Category 3						
Gender	Region	Minimum #				Maximum #
		1500 FS	1500 OW	1500 OW At.	1500 OW Par.	800 FS
Male	SOA	1	-	1	1	1
	SOAP	2	1	1	1	2
	SOEA	-	-	1	1	-
	SOEE	6	4	2	2	14
	SOLA	2	4	2	2	4
	MENA	2	2	2	2	4
	SONA	2	2	2	2	6
	Host Country	1	1	1	1	1
Female	SOA	1	-	-	-	1
	SOAP	2	1	1	1	2
	SOEA	-	-	1	1	-
	SOEE	6	4	2	2	14
	SOLA	2	4	3	3	4
	MENA	2	2	2	2	4
	SONA	2	2	2	2	6
	Host Country	1	1	1	1	1

POINTS OF EMPHASIS

- Regions shall keep the 50% of participation ratio by gender in all the events. If a region did not meet the entire quota in one of the genders, the quota for the other gender will be reduced by SOI to keep the 50% ratio.
- If any region does not meet the quota established in this document, SOI must relocate the remaining quota to other regions. The criteria for the relocation



process will be established by SOI.

- Regions will receive a proposed target number of team slots to fulfill.
- It is expected that all athletes be well trained in order to achieve consistent results between their registration information and final competition. Poor training or preparation will not be considered an acceptable excuse for variations in performance. The integrity of the Divisioning process can be adversely affected by both poor athlete training and lack of honest effort and if we do not do our best to uphold the integrity of the Divisioning process those athletes that abide by the rules and train properly are unfairly penalized.
- Age requirement: An athlete / partner is eligible to attend this event if he/she is 15 years old by the opening ceremony of the games

9. COMPETITION FORMAT

There will be three (3) different formats of competition for swimming:

LEVELS OF PERFORMANCE

- Athletes will compete under the new performance model.
- 2 levels of performance will take place per event.
- Levels will be determined by a range of times.
- Mixed gender relays are allowed and will be composed by 2 male and female athletes. For Berlin 2023, mix gender relays with a ratio different than 2M & 2F will be allowed, but they will compete in the Male category. If enough 2M & 2F composition relays are registered, the Technical Delegate will create a separate division.
- Athletes from different delegations cannot compete together on the same relay team.
- Athletes must only compete against their own gender.
- Athletes are not divisioned by age.
- The coach is responsible for registering athletes in the level that most appropriately corresponds to the athletes' abilities. Neither SOI nor the LOC will move any athlete from the level that he/she has been registered. Improvements over the limit of the next level will be considered as a DQ by "over level DQ".
- After a delegation has registered the athletes' level, coaches will have up to one month prior to competition to update this.
- The following should be taken into consideration that: "Should an athlete perform at the maximum limit of the upper level with room for improvement between the registration process and actual games, the coach must decide if it is in the athlete's best interest to register the athlete at the ensuing higher level."
- The athlete level is by event. For example, an athlete can be Level A in the 100mts backstroke and Level B 100mts freestyle.
- The best level in each event is Level A, and so on.
- The best division by level will be called "Final Plus". Then, the next best one will be called Division 2, and so on.



LEVELS BY EVENTS

Gender	Event	Level	Maximum Time	Minimum Time
Male	25 FS	A	23.50	-
		B	-	23.60
Female	25 FS	A	29.00	-
		B	-	29.10

Gender	Event	Level	Maximum Time	Minimum Time
Male	25 BK	A	29.00	-
		B	-	29.10
Female	25 BK	A	33.00	-
		B	-	33.10

Gender	Event	Level	Maximum Time	Minimum Time
Male	25 BS	A	25.00	-
		B	-	25.10
Female	25 BS	A	35.00	-
		B	-	35.10

Gender	Event	Level	Maximum Time	Minimum Time
Male	50 FS	A	45.00	-
		B	-	45.10
Female	50 FS	A	57.00	-
		B	-	57.10



Gender	Event	Level	Maximum Time	Minimum Time	
Male	50 BK	A	51.00	-	-
		B	-	51.10	-
Female	50 BK	A	1:05.00	-	-
		B	-	1:05.10	-
Gender	Event	Level	Maximum Time	Minimum Time	
Male	50 BS	A	49.00	-	-
		B	-	49.10	-
Female	50 BS	A	1:01.00	-	-
		B	-	1:01.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
Male	50 BF	A	44.00	-	-
		B	-	44.10	-
Female	50 BF	A	54.00	-	-
		B	-	54.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
Male	100 FS	A	1:15.00	-	-
		B	-	1:15.10	-
Female	100 FS	A	1:56.00	-	-
		B	-	1:56.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
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Male	100 BK	A	1:46.00	-	-
		B	-	1:46.10	-
Female	100 BK	A	2:10.00	-	-
		B	-	2:10.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
Male	100 BS	A	1:45.00	-	-
		B	-	1:45.10	-
Female	100 BS	A	2:02.00	-	-
		B	-	2:02.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
Male	100 BF	A	1:21.00	-	-
		B	-	1:21.10	-
Female	100 BF	A	2:10.00	-	-
		B	-	2:10.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
Male	100 MD	A	1:15.00	-	-
		B	-	1:15.10	-
Female	100 MD	A	1:50.00	-	-
		B	-	1:50.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
Male	200 FS	A	3:10.00	-	-
		B	-	3:10.10	-



Female	200 FS	A	3:28.00	-	-
		B	-	3:28.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
Male	200 BS	A	3:58.00	-	-
		B	-	3:58.10	-
Female	200 BS	A	4:05.00	-	-
		B	-	4:05.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
Male	400 FS	A	5:50.00	-	-
		B	-	5:50.10	-
Female	400 FS	A	7:15.00	-	-
		B	-	7:15.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
Male	800 FS	A	12:40.00	-	-
		B	-	12:40.10	-
Female	800 FS	A	17:25.00	-	-
		B	-	17:25.10	-

Gender	Event	Level	Maximum Time	Minimum Time	
Male	1500 FS	A	24:00.00	-	-
		B	-	24:00.10	-
Female	1500 FS	A	27:50.00	-	-
		B	-	27:50.10	-



- 1. Format 1 (Quarterfinal) should be utilized for the following events (*25m Freestyle, 25m Backstroke, 25m Breaststroke, 50m Butterfly, 50m Breaststroke, 50m Freestyle, 50m Backstroke, 100m Freestyle, 200m Freestyle*) and apply the below criteria:**
 - Athletes will compete under the new performance model.
 - Athletes will be placed in the quarterfinals in the level submitted by the coach.
 - Athletes will compete in heats of 8 athletes. A minimum of 6 athletes is required except the last heat where the number of athletes could be less than 6 but not less than 3. This applies to any stage of the competition.
 - After all heats have finished, the athletes will be placed in the appropriate corresponding division for the semifinals.
 - Once all semifinals are complete the top 8 athletes will go to the “Final Plus” of the level. The other 8 will go to Division 2 – to Division 3, 4 until the number of divisions needed to accommodate all the athletes on the event.
- 2. Format 2 (Semifinal) should be utilized for the following events (*100m Backstroke, 100m Butterfly, 100m Breaststroke, 100m Individual Medley, 200m Breaststroke, 400m Freestyle, 4x25FS, 4x50FS, 4x50 Medley*) and apply the below criteria:**
 - Athletes will compete under the new level of performance model.
 - For the semifinal, athletes will be grouped together according to their levels submitted by their respective coaches.
 - Athletes will compete in heats with a maximum of 8 athletes and a minimum of 6, except the last heat where the total number could be lower than 6 but never less than 3. This applies to all stages of competition. Should there be less than 3 athletes in the final division, the athletes will be placed in the division prior.
 - Once all semifinals are complete the top 8 athletes will go to the “Final Plus” of the level. The other 8 will go to Division 2 – to Division 3, 4 until the number of divisions needed to accommodate all the athletes on the event.
- 3. Format 3 (Direct Final) should be utilized for the following events (*800m freestyle, 1500m freestyle, 1500m Open Water Swim, 1500m Unified Sports Open Water Swim*) and apply the below criteria:**
 - Athletes will compete under the new performance model.
 - In ***Open Water***, all the athletes will swim together in the same heat.
 - Final positions will be established by level.
 - For the 800 meters and 1500 meters, the heat will be based on level.
 - Athletes will compete in heats of 8 athletes. A minimum of 6 athletes is required except the last heat where the number of athletes could be less than 6 but not less than 3 This applies to any stage of the competition.
 - Once all semifinals are complete the top 8 athletes will go to the “Final Plus” of the level. The other 8 will go to Division 2 – to Division 3, 4 until the number of divisions needed to accommodate all the athletes on the event.

POINTS OF EMPHASIS

Accredited Programs are allowed to register a minimum of 2 athletes (1 male & 1 female), and a maximum of 12.



- All athletes registered may enter a maximum of two (2) individual events and one (1) relay.
- Athletes are restricted to participate within one category as outlined above.
- The relay team is made of 4 athletes.
- Mixed gender relays are allowed.
- The relay team can be made up of athletes from Category 1, Category 2 and Category 3.
- Open water swimming athletes can participate in 1 additional pool event listed in Category 3, and in a relay.
- Athletes participating in the 1500m Open Water Swimming event cannot participate in the 1500m Unified Open Water Swimming event. Open Water swimming athletes can only participate in 1 open water sport event
- Performance Standards:
 - Entry time standard for the 1500m open water swimming event and the 1500m unified open water swimming event is 45 minutes.
- Athletes will not compete against a different gender (with the exception of Relays).
- Divisioning will not be done by age.
- The coach is responsible for registering athletes in the level that most appropriately corresponds to the athletes' abilities. Neither SOI nor the LOC will move any athlete from the level that he has been registered. Improvements over the limit of the next level at any stage will be considered as a DQ by "over level DQ".
- After a delegation has registered the athlete's level, coaches will not be able to modify the level of the athlete. If an athlete has a performance very close from the maximum limit of the upper level, and there is a chance of improving (between the registration process and the actual games) - the coach needs to make the decision to keep the athlete in the level that currently corresponds. Otherwise, they will need to register the athlete in the next level.
- Each athlete level is assigned by event. For example, an athlete can be Level A in the 25meter Free Style and Level B in 50meter Free Style.
- The best level in each event will be Level A, and so on.
- The best division by level will be called "Final Plus" with the next best one called Division 2, and so on.

10. OFFICIAL ROSTERS – WORLD GAMES

The minimum number of athletes per accredited program is two (2). 1 must be male and 1 must be female. Each delegation is allowed to register a maximum of 12 athletes for the World Games. The Host Country is allowed to register a maximum of 24.

ROSTER SIZE BREAKDOWN

Delegation Size	Athletes	Coaches
2 to 3	1 Female 1 Male	1 Male Coach 1 Female Coach



4	2 Female 2 Male	1 Male Coach 1 Female Coach
5	2 Female 2 Male	1 Male Coach 1 Female Coach
6	3 Female 3 Male	3 Coaches (at least – 1 Male Coach 1 Female Coach
7	3 Female 3 Male	3 Coaches (at least – 1 Male Coach 1 Female Coach
8 or More	Half of the athletes must be Female.	3 Coaches (at least – 1 Male Coach 1 Female Coach Every 4 athletes over 8 will allow for an additional coach

11. SCHEDULE OF COMPETITION

This is for reference purposes only – The Technical Delegate prior to the start of the registration process, will determine the final schedule.

Day 1	Day 2 *	Day 3**	Day 4
Training Day and Performance Stations Coaches' Meeting	25FS QF 25BK QF 50BS QF 100FS QF 100BF SF	800FS F 25BK SF 50 FS QF 100 BK SF 10 BF F 25FS SF 50BS SF 200BS SF 200FS QF	25BS QF 50BF QF 100BS SF 200FS SF 100BK F 25BK F 4x50FS SF 4x25FS SF
Day 5	Day 6	Day 7	Day 8
1500FS F 50BK QF 25FS F 100FS SF 100BS F 50BF SF 4x50MI SF	25BS SF 50BF F 100IM SF 200FS F 50BK SF 50FS SF 4x25FS F	50BS F 50FS F 100MS F 400FS SF 25BS F 4x50MI F 4x50FS F	OW F UOW F 100FS F 400FS F 50BK F 200 BS F

*Before Opening Ceremony



****Day after Opening Ceremony**

- On the day of Opening Ceremony, training is only allowed in the morning, and only under LOC approval.
- On the day after Opening Ceremony, no event should be scheduled prior to noon.
- No events will be offered on the day of Closing Ceremony, except for any event that must be rescheduled. Any event that has been rescheduled to the day of Closing Ceremony must be completed before 12:00pm, local time.

12. TRAINING DAY AND PERFORMANCE STATIONS

A training day will be offered prior to the start of competition for all delegations in the official venue. Performance Stations support athletes competing in the World Games the areas of fitness. Stations are strategically placed in the flow of the competition from beginning to end, providing a unique experience that directly impacts performance, prevents on-site injuries and illness, and promotes healthy lifestyle choices.

Athletes will first experience the stations during the training day, when more time can be spent visiting each station. Volunteers will not only provide the support outlined above but will be able to dedicate time to educate athletes about the importance their station holds to performance and what to expect at each station throughout the competition. Volunteers will also encourage athletes to visit their respective station each time they compete while at the World Games and provide tips and suggestions on how they can continue what they have learned at home.

On competition days, station participation will be much more succinct in order to flow seamlessly with the tight schedule of each day. The focus of the stations will be on providing the services and support related to each station (i.e., warm-up activities, snack, water), rather than educating the athletes. This will ensure athletes stay focused on their competition.

For more information and ideas for offering onsite education, please reference the Technical Manual for Fitness and Performance Stations.

13. TECHNICAL REQUIREMENTS – VENUE SPECIFICATIONS

MINIMUM STANDARD POOLS

A Special Olympics Swimming event must be held in pools that comply with all minimum standards per FINA rules and standards.

In order to protect the health and safety of persons using swimming facilities for the purposes of recreation, training and competition, owners of public pools or pools restricted only training and competition must comply with the requirements established by law and the health authorities in the country where the pool is situated.

SWIMMING POOL LENGTH -

- World Games Swimming pool length must be at least 25 meters
 - When Automatic Officiating Equipment touch panels are used at either the



- starting or turning end, the pool length between the two panels must be 25 meters. **See *Swimming Diagram SW 6, SW 7***
- The admissible tolerance in 25.00 m swimming pools will be +0.010, -0.000

Maximum Swimming Pool Dimension Tolerances

- The admissible tolerance allowed for a 50-meter pool will be +0.010, -0.000
- The tolerance will be measured as follows:
 - Wall to Wall: Minimum 50.020 / Maximum 50.030
 - Tolerance must be 0.300 mm above to 0.800 meter below the surface of the water.
- The measurements must be certified by a qualified technical official or approved by a swimming official (from the National Federation).
 - **See *Swimming Diagram SW 1***

TOLERANCE MEASUREMENTS -

- **Wall-to-Wall:** Minimum 25.020 / Maximum 25.030 Tolerances must be consistent 0.300 mm above to 0.800 meters below the surface of the water meter. A surveyor should certify these measurements or other qualified official, appointed or approved by the Member in the country in which the pool is situated. **See *Swimming Diagram SW 6, SW 7***

SWIMMING POOL DEPTH -

- A minimum depth of 1.35 meters, extending from 1.0 meters meter to at least 6.0 meters meter from the end wall is required for pools with starting blocks. A minimum depth of 1.0 meters is required elsewhere.

SWIMMING POOL WALLS -

- End walls shall be vertical, parallel and form 90-degree right angles to the swimming lanes and to the surface of the water.
- They shall be constructed of solid material, with a non-slip surface extending 0.8 meters below the water surface, to enable the competitor to touch and push off in turning without hazard.
- Rest ledges along the pool walls are permitted; they must be not less than 1.2 meters below the water surface and may be 0.1 meters to 0.15 meters wide. Both internal and external ledges are acceptable, however internal ledges are preferred.
- Gutters may be placed on all four walls of the pool. If end wall gutters are installed, they must allow for attachment of touch panels to the required 0.3 meters above the water surface. They must be covered with a suitable grill or screen.

SWIMMING POOL LANES -

- **Lanes** shall be at least 2.5 meters wide, with two spaces of at least 0.2 meters outside of the first and last lanes.

SWIMMING LANE ROPES -

- In an 8-lane pool, lane ropes shall extend the full length of the course, secured at each end wall to anchor brackets recessed into the end walls. The anchor shall be positioned so that the floats at each end wall of the pool shall be on the surface of the water. Each lane rope will consist of floats placed end-to-end having a minimum diameter of 0.10 meter to a maximum of 0.15 meter.



SWIMMING LANE ROPE COLORS -

- Two (2) GREEN ropes for lanes 1 and 8
- Four (4) BLUE ropes for lanes 2, 3, 6 and 7
- Three (3) YELLOW ropes for lanes 4 and 5

The floats extending for 5.0 meters from each end of the pool shall be of RED color. There shall not be more than one lane rope between each lane. The lane ropes shall be firmly stretched. **See Swimming Diagram SW 1, SW 6, SW 7**

At the 15-meter mark from each end wall of the pool the floats shall be distinct in color from the surrounding floats.

SWIMMING POOL FLOATS -

In 50-meter pools the floats shall be distinct to mark 25 meters. Lane numbers of soft material may be placed on the lane ropes at the start and turning end of the pool.

SWIMMING POOL LANE MEASUREMENTS -

- Lane marking measurements please read in conjunction with Pool Diagrams SW 1, SW 6, SW 7.

SWIMMING POOL DIAGRAMS -

- **See Swimming Diagram SW 6, SW 7, 25m Swimming Pool FR**

SWIMMING POOL STARTING PLATFORMS -

- Starting Platforms shall be firm and give no springing effect. The height of the platform above the water surface shall be from 0.5 meters to 0.75 meters. The surface area shall be at least 0.5 meters x 0.5 meters and covered with a non-slip material.
- Maximum slope shall not be more than 10 degrees. The starting platform may have an adjustable setting back plate. The platform shall be constructed so as to permit the gripping of the platform by the swimmer in the forward start at the front and the sides; it is recommended that, if the thickness of the starting platform exceeds 0.04 meters, grips of at least 0.1-meter width on each side and 0.4 meter width in the front be cut out to 0.03 meter from the surface of the platform.
- Handgrips for the forward start may be installed on the sides of the starting platforms. Handgrips for backstroke starts shall be placed within 0.3 meter to 0.6 meters above the water surface both horizontally and vertically. They shall be parallel to the surface of the end wall and must not protrude beyond the end wall.
- The water depth from a distance of 0.1 meters to 0.6 meters from the end wall must be 1.35 meters where starting platforms are installed. Electronic read-out boards may be installed under the blocks. Flashing is not allowed. Figures must not move during a backstroke start. **See Swimming Diagrams SW 1, SW 6, SW 7**

SWIMMING POOL STARTING BLOCK NUMBERING -

- Each starting block must be distinctly numbered on all four sides, clearly visible.
- It is recommended that lane number 0 shall be on the right-hand side when facing the course from the starting end with exception of 50m events, which may start from the opposite end. Touch panels may be numbered on the top part.



BACKSTROKE TURN INDICATORS -

- Flagged ropes shall be suspended across the pool, 1.8 meters above the water surface, from fixed standards placed 5.0 meters from each end wall. Distinctive marks must be placed on both sides of the pool, and where possible on each lane rope, 15.0 meters from each end wall.

BACKSTROKE LEDGE -

- A backstroke ledge may be used:
 - The ledge may be adjustable to 4 cm above or 4 cm below the water level.
 - The ledge is a minimum of 65 cm in length.
 - The ledge must be 8 cm in height, 2 cm at the width with 10 degrees of slope

FALSE START ROPE -

- May be suspended across the pool not less than 1.2 meters above the water level from fixed standards placed 15.0 meters in front of the starting end. It shall be attached to the standards by a quick release mechanism. The rope must effectively cover all lanes when activated.
- **See Pool Diagrams in FR 2.6.6.**
- **See Swimming Diagrams SW 1, SW 6, SW 7.**

POOL WATER TEMPERATURE AND MOVEMENT -

- Water temperature shall be 25° to 28°.
- During competition, the water in the pool must be at a constant level, with no appreciable movement. In order to keep the water level, preserve the transparency of water and take into consideration the health regulations in force in most countries, inflow and outflow has to be regulated as follows:
 - 220 to 250 m³/h for 50.00 m pools
 - 150 to 180 m³/h for 33.33 m pools
 - 120 to 150 m³/h for 25.00 m pools
- At these turnover rates, the water distribution must be that no appreciable current or turbulence is created. "Appreciable current" is defined as water movement that can move a floating basketball (filled with 6 liters of water to obtain the right buoyancy) in one direction for more than 1,25m in 60 seconds.
- The practical way to test this is to install two floating lines crosswise in a swim lane (to obtain a square with 2.5m size, ref. Image 1) and then to leave the basketball in the central point of the square. If the ball does not touch any of the four lane ropes within 60 seconds, the turbulence test is successful.
- Test should be repeated in lanes 1,3,6,8 on two sides, at 5m from each headwall.

POOL LIGHTING -

- Light intensity over starting platforms and turning ends shall not be less than 600 lux.

POOL LANE MARKINGS -

- Pool shall be of a dark contrasting color, placed on the floor of the pool in the center of each lane.
- **Width:** minimum 0.2 meter, maximum 0.3 meter.



- **Length:** 46.0 meters for 50-meter long pools; 21.0 meters for 25-meter long pools.
- Each lane line shall end 2.0 meters from the end wall of the pool with a distinctive cross line 1.0 meter long and of the same width as the lane line. Target lines shall be placed on the end walls or on the touch panels, in the center of each lane, of the same width as the lane lines.
- They shall extend without interruption from the deck edge (curb), to the floor of the pool to a maximum of 3 meters. A cross line 0.5 meter long shall be placed 0.3 meter below the water surface, measured to the center point of the cross line.
- For 50m pools constructed after 1 January 2006, cross lines 0.5 meter long shall be placed at the 15-meter mark from each end of the pool. After October 2013 this shall be measured from the end wall to the center point of the cross line.
- *See Swimming Diagrams SW 1, SW 6, SW 7*

BULKHEADS -

- When a bulkhead serves as an end wall, it must extend the full width of the course and present a solid smooth, non-slippery stable vertical surface on which touch pads may be mounted extending not less than 0.8m below and 0.3m above the surface of the water and must be free of hazardous openings above or below the waterline which may be penetrated by a swimmer's hands, feet, toes or fingers. A bulkhead must be of a design that provides for the free movement of officials along its length without such movement creating any appreciable current or water turbulence.

NUMBER OF SWIM LANES -

- Eight (8) lanes for Special Olympics World Games

ESSENTIAL ACCESSORIES FOR AUTOMATIC EQUIPMENT INSTALLATION -

The following accessories are essential for a minimum installation of Automatic Equipment:

- All results can be reprinted during the following race
- Printout of all information, which can be regenerated during a succeeding race
- Spectator readout board
- Relay takeoff judging to 1/100 of a second. Overhead cameras may be used to supplement the automatic system's judgment of relay takeoff. For the differential in relay takeoff the manufacturer of the device shall be consulted.
- Automatic lap counter
- Readout of splits
- Computer summaries
- Correction of erroneous touch
- Automatic rechargeable battery operation possibility

DIVING FACILITIES

SPRINGBOARD DIVING -

General requirements: Dimensions in meters for all diving facilities as detailed in *Diving Diagram, Annex 1.1 & Annex 1.2*, shall be observed.

- The springboards (must be FINA approved) shall be at least 4.8 meters long and 0.5 meter wide. The springboard, which must have a slip-resistant surface at all sanctioned events.
- The springboards shall have movable fulcrums that can be easily adjusted by the diver.



SPRINGBOARD FACILITIES MODIFIED / CONSTRUCTED CONCRETE PLATFORMS (OCTOBER 1, 2013) -

- The vertical distance from the level of the platform, which supports the fulcrum assembly, to the level of the top of the springboard, shall be 0.35 meters.
- The distance from the front edge of the fulcrum assembly (which is 0.741 meters in length) to the front edge of the supporting platform shall be a maximum of 0.44 meters.
- If the front edge of the platform projects past this point then the fulcrum assembly and the rear hinge assembly must be moved forward so as to provide for a maximum of 0.44 meters from the front edge of the platform to the front of the fulcrum assembly
- The minimum distance recommended from the rear to the center line of the fulcrum shall be in accordance with the recommendation or specification of the springboard manufacturer.
- The springboards shall be installed dead level at the leading edge when the movable fulcrum is in all positions.
- The springboards should be placed on either one or both sides of the platform.

PLATFORM DIVING -

- Each platform shall be rigid and horizontal.
- The minimum dimensions of the platform shall be:
 - **PLATFORM WIDTH LENGTH**
 - **0.6m to 1.0m** 1.00m (2.90m preferred) 5.00m
 - **2.6m to 3.0m** 1.00m (2.00m preferred) 5.00m
 - **5.0m** 2.90m 6.00m
 - **7.5m** 2.00m 6.00m
 - **10.0m** 3.00m 6.00m
- On 10m platforms, with a width of less than 3m, only the handrails on each side for a distance of at least 3.0m back from the front edge of the platform may be shaped as detailed next (see drawing).
- The preferred thickness of the front edge of the platform shall be 0.2 meter but not exceeding 0.3 meter and can be vertical or inclined at an angle not greater than 10° to the vertical inside the plummet line. The front edge is applied first and then the top surface.
- The surface and the front edge of the platform shall be covered throughout with a resilient slip-resistant surface. The two surfaces shall be covered separately in order to achieve a clean 90° angle or as described (above). The front surface is to be applied first and then the top surface.
- The platforms shall be covered in a slip-resistant material that shall have a tread pattern that provides sufficient traction in wet and dry conditions such that the divers are prevented from slipping when performing dives in all directions. The minimum thickness must be 6mm (- 0 / + 1mm) and the color should give a contrast to the surrounding décor. The material shall be easily cleaned to maintain the anti-slip feature of the product. The installation of the slip-resistant platform covering shall respect FINA Rule FR 5.2.4.
- The front edge of the 10-meter platform shall project at least 1.50 meters, the 7.5-



meter, 5-meter and 2.6 – 3-meter platforms 1.25 meters, and the 0.6 – 1-meter platform 0.75 meter beyond the edge of the pool.

- Where a platform is directly underneath another platform the platform above shall project a minimum of 0.75 meter (preferred 1.25 meters) beyond the platform below.
- The back and sides of each platform (except 1.0 meter or lower platforms) shall be surrounded by handrails up to 1m from the edge of the platform with a minimum clearance of 1.8 meters between vertical pairs. The minimum height shall be 1.0 meter and they shall be with at least two horizontal crossbars placed outside the platform beginning 1.0 meter from the front edge of the platform. A solid transparent barrier is also permitted instead of crossbar. The minimum handrails height surrounding 3.00m springboards must be measured from the level of the 3.00 m springboard.
- Each platform shall be accessible by suitable stairs (not ladders) as required by the countries building regulations and or health and safety standards that are applicable.
- It is preferable that a platform is not constructed directly under any other platform however in circumstance where this cannot be avoided then you must refer to **Diving Diagram, Annex 1.1, 1.2, 2.1 & 2.2.**
- Requirements for the supporting structure. For platforms and supporting structure of the springboards the design load is $p = 350$ kilo pounds (kilograms force) per lineal meter.

14. OPEN WATER REQUIREMENTS

Open water swimming events can be conducted in any natural or man-made body of water that has been tested and approved for swimming by the local health or environmental protection agencies and deemed safe by the local or national open water lifeguard agency. These bodies of water may include oceans, bays, seas, lakes, rivers, dams, reservoirs, lidos, lagoons, lochs, ponds, creeks, estuaries, straits, channels, lidos, canals and rowing basins. Each venue will require specific equipment and personnel to insure participant safety. The Safety Officer, event organizers, and coaches must evaluate the following in selecting a venue for competition and training:

- The local environmental or health department must deem the water quality safe for recreational activities.
- All participants, spectators, coaches, race organizers and emergency personnel must be able to safely access and depart the area with all required equipment.
- The water conditions including seasonal or ongoing tides, waves and currents must not negatively impact participants or safety personnel so that the conditions become unsafe.
- The water temperature must fall into designated safe levels. If dangerous weather conditions develop, all personnel must be able to be rapidly and safely evacuated to safety. Submerged jetties, pilings, trees, fence lines, pipes and other obstructions must be identified and avoided.
- The entire course must be either visible from one location or there shall be



additional safety personnel stationed along the course with the ability to maintain communication with the Safety Recreational users either in the water or on watercraft should be relocated during the actual event so as not to interfere with the event.

- The course shall be measured as accurately as possible with the available navigational or survey equipment, but Global Positioning System (GPS) tools are recommended.
- The course shall be in any body of open water that has been deemed safe for swimmers by the local health or environmental protection agency and subject to only minor currents or tide and may be salt or fresh water.
- With the exception of beach starts and beach finishes, the minimum depth of water at any point on the course is recommended to be one meter.

15. TECHNICAL AREAS

The functional areas must be provided by the LOC as follows:

- **CHECK IN AREA -**
 - This area should be located in the main delegation entrance of the venue. All coaches must go to this area upon arrival to venue (this is the same for both pool and open water competition).
 - The following requirements are needed.
 - 6 Chairs
 - 2 2x1 Tables
 - 3 Laptops
 - 1 Printer
 - Other supplies as requested by LOC
 - At least 30 minutes prior to their warm-up time in the main competition pool, athletes must be checked in. At least 1.5 hours prior to their warm-up time, athletes must be checked in for open water competition.
- **ATHLETE AND COACH LOUNGE AREA -**
 - The Athlete and Coach Lounge Area requires the following:
 - This lounge should be an indoor space, unless approved in advance of the competition.
 - If an outdoor tent with walls is used for the Lounge Area, then it must have portable fans provided.
 - This area must not be accessible by the public. Only athletes and a coach per delegation competing up in the current competition session will have access to this area.
 - The area should be equipped with a computer, internet access, music system playing motivating music, and chairs and be supplied with fruit and water enough for the number of athletes and coaches that could be on the place at the same time.
 - It should also be supplied with water and isotonic beverages, as needed
 - The temperature of this area should be around the 22 Celsius, with no a difference of more than 3 Celsius.
 - Athletes and coaches should be in the Lounge Area, within 20 prior to their race heat. From here, they will be directed to Staging/Warm-Up Area 3 and Coach's Area, respectively.



- **WARM-UP AND STAGING AREAS –**

Athletes will complete a proper warm-up, including aerobic activity and dynamic stretches, prior to competition. Fitness professionals will be available to support athletes and coaches, as needed.

Separate warm-up areas for competition be provided. The warm-up areas should be located within easy walking distance from the staging areas. The warm-up area should be made of the same or similar surface product as that in the main area.

A specific venue for training is not required, as delegations will be provided with a day of training in the actual venue of competition.

- **Warm Up Area 1 (Main Competition Pool)**
 - Athletes will have the opportunity to warm up, before the start of their divisioning and competition session*.
 - The main competition pool will be open one hour before the session* start time.
 - All athletes must exit this area 20 minutes before the start of competition.
 - All athletes will be able to utilize the warm-up and cool down pools.
- **Warm Up Area 2 (Alternative Warm Up Pool)**
 - This alternative warm up pool is solely for athletes competing in the divisioning and competition sessions*.
 - Athletes must exit this area 30 minutes before their competition starts.
 - Coaches will be informed of the line specifications by delegation and the use of warm up pools.
- **Warm Up Area – Open Water**
 - An area of the Open Water field of play will be available beginning 20 minutes prior to the start of competition for swimmers to warm up.

*Session: Stands for the block of competition that corresponds to every half day.

- **Staging Area 2 (Called stage)**
 - Only athletes will be allowed in this area. Coaches will be escorted to the coach's area.
 - In this area, 1 fitness volunteer, will help to guide the final stretching
 - Athletes will be aligned up according to their assigned line.
 - Athletes will be in this area, 5 minutes before the event.
- **Warm Up Area 3 (Stretching and readiness to compete)**
- **Staging/Warm-Up Area 3**
 - 10 minutes before the start of their heat, a maximum of 8 athletes from the same division, will be escorted to Staging/Warm-Up Area 3.



Athletes stay in this area for 5 minutes before the event

- Only athletes will be allowed in the Staging Area. Coaches will be escorted to the Coach's Area.
- Athletes will be organized according to their assigned lane line
- This should be an indoor space, unless approved in advance by the LOC. It must provide enough room for athletes to stretch and concentrate.
- It should be adjacent to the official entrance for athletes to the area of competition.
- In this area, fitness volunteers, will be available to help the athlete's with any final stretching

- **TECHNICAL DELEGATES TECHNICAL AREA -**

The technical office serves as Sport Operations Head Quarters. This area should have enough room to accommodate at least 10 staff members to work at the same time and include:

- Internet Connection
- Power
- 3 Printers
- 1 TV Screen / Monitor at least 43"
- 1 Working Table with Chairs to accommodate 10 people
- 1 Cooler
- 1 Table to accommodate snacks
- 1 Standing Whiteboard
- Table and chairs to accommodate 10 people
- 1 Meeting Table with Chairs to accommodate 5 people

Should the LOC have an area with different specifications, it must provide the dimensions to SOI for review and approval.

- **OFFICIALS STAGING AREA –**

- This area should include:
 - 4 Round Tables
 - 20 Chairs or similar
 - 1 Cooler
 - 2 Boards
 - 1 Table for Fruit & Water
 - Showers should be available for officials in the same or any other area
 - Storage area
 - Officials' Toilets should be located between 20m – 40m from the staging area

- **PHOTO FINISH CONTROL ROOM / SO CONNECT ROOM -**

- It could be located next to the Technical Office.
- It would include all the technical requirements established by the LOC / SOI.
- Also, it has to include all paper, writing utensil and general office supplies to guarantee a comfortable and adequate space of work.



- This entire area or some of its components could be located as part of the TDs Technical Office should the TD and LOC consider them better suited for operations and meet all requirements listed previously.
- **SPORT INFORMATION STATION -**
The Sports Information Station is an area where delegations can find updated results, competition / race schedule, and any other important technical information. At least 3 stations will be allocated across the venue.
- **PROTEST AND APPEALS STATION -**
This area allows coaches to submit any protest online. The coach will then get a file number associated with status and a final decision.
- **OTHER OPERATIONAL AREAS –**
Operational areas must be made available for other functions, such as:

MIXED ZONE

A mixed zone area for interviews, should be established close to the competition area / field of play and the calm down and recovery station area for both pool and open water events.

RECOVERY STATION

After high-level performance at competition, athletes should focus on a proper recovery in order to feel well rested and able to compete again at their best quickly. With multiple days of competition, athletes may encounter issues with cramping, tight muscles, dehydration, etc., which are not noticeable or problematic until much later after competing. The Recovery Station offers a relaxed space where athletes can come to rehydrate, refuel, stretch, and if needed, received medical/athletic training services. For more information, please see Post-Competition Protocol.

VENUE MEDICAL STATION

All venues should have clearly marked and easy access to a first aid station and a venue medical station (for non-life-threatening conditions), as well as access to emergency/ambulance services. Access to physical therapy resources should also be considered within medical stations and operational plan. Full details on requirements for medical stations, and complete medical operations plan, see the Medical Operations Technical Manual.

LOCKER ROOM

There should be separate locker rooms for men (male athletes and male coaches) and for women (female athletes and female coaches), preferably adjacent to the competition area. The locker rooms must not be accessible by the public. Facilities must include:

- Toilets
- Showers (if possible)
- Hand washing facilities (must be cleaned and disinfected on an hourly basis)
- Adequate supply of toilet paper and wastepaper/sanitary bins.
- There must be sufficient security to:
 - Prevent public access and unauthorized entry
 - Protect the players' personal belongings



- A storage area in the locker room where each delegation can keep their personal belongings during competition is strongly recommended.

16. EQUIPMENT ESSENTIALS

All equipment must:

- Be activated by the starter
- Not have exposed wires on the pool deck, if possible
- Be able to display all recorded information for each lane by place and by lane
- Provide easy digital reading of a swimmer's time

AUTOMATIC OFFICIATING EQUIPMENT -

Automatic and Semi-Automatic Officiating Equipment records the elapsed time of each swimmer and determines the relative place in a race. Judging and timing shall be to 2 decimal places (1/100 of a second). Equipment that is installed shall not interfere with the swimmers' starts, turns, or the function of the overflow system.

STARTING DEVICES -

- The starter shall have a microphone for oral commands
- If a pistol is used, it shall be used with a transducer.
- Both the microphone and the transducer shall be connected to loudspeakers at each starting block where both the starter's commands and the starting signal can be heard equally and simultaneously by each swimmer.

TOUCH PANELS FOR AUTOMATIC EQUIPMENT -

The minimum measurement of the touch panels shall be 2.4 meters wide and 0.9 meters high, and the thickness shall be 0.01m when the contact is closed (and the time is stopped). They shall extend 0.3 meters above and 0.6 meters below the surface of the water. The equipment in each lane shall be connected independently, so it may be controlled individually. The surface of the panels shall be of a bright color and shall bear the line markings approved for the end walls.

TOUCH PANEL INSTALLATION -

The touch panels shall be installed in a fixed position in the center of the lanes. The panels may be portable, allowing the pool operator to remove them when there are no competitors.

TOUCH PANEL SENSITIVITY -

The sensitivity of the panels shall be such that they cannot be activated by water turbulence, but by a light hand touch. The panels shall be sensitive on the top edge.

TOUCH PANEL MARKINGS -

The markings on the panels shall conform with and superimpose on the existing markings of the pool. A 0.025 meter black border shall define the perimeter and edges of the panels.

TOUCH PANEL SAFETY -

The panels shall be safe from the possibility of electrical shock and shall not have sharp edges.



SEMI-AUTOMATIC EQUIPMENT -

The finish shall be recorded by buttons pushed by timekeepers at the finish touch of the swimmer.

- Semi-Automatic Equipment may be used as a backup to the Automatic Officiating Equipment at FINA or other major events if there are three buttons per lane, each operated by a separate official (in which case other finish judges shall not be required). An inspector of turns may operate one of the buttons.

17. SPORT PRESENTATION

The LOC is responsible for the planning and delivery of the Event Presentation elements, in accordance with the FINA Event Presentation Guidelines. Expenses associated with ensuring world-class event presentation are the responsibility of the LOC. These elements include:

- A complete Event Presentation Team
- At least two adequately sized video boards in the stadium for the public showing of the television signal. The size of such boards shall be agreed with SOI in advance.
- At least one electronic scoreboard to display results.
- A suitable sound system for public address and Event Presentation purposes.

18. SENSORY SPACES

Sensory Rooms and low-stimulations environments are specially designed spaces containing a range of stimuli designed to provide a safe environment for individuals to engage their senses. Sensory space is important for athletes who have issues with sensory processing/integration and have difficulty regulating certain sensory stimuli to help them decompress and cope with their surroundings. Along with many other benefits related to developing sensory skills, these spaces can provide a moment of comfort and calmness. The benefits of these spaces include:

- Improve focus and concentration
- Develop senses
- Provide a feeling of calm and comfort
- Promote relaxation
- Encourage socialization
- Promote cognitive development
- Improve motor development and coordination

Consideration should be made to have a designated space at the event for a sensory area meeting the following requirements:

Space Requirements:

- Centrally located, but away from excessive external noise
- Soft lighting that can be dimmed is preferable, avoid strobe lighting and try to avoid fluorescent lighting
- Size and dimensions vary, based on the size of the event. On average around 500 square feet or larger is ideal.
- Appropriate heating, cooling, and ventilation present



Safety Requirements:

- Develop safety and risk management plan
- Engage Occupational Therapists and other clinicians with experience in creating sensory spaces and low-stimulation environments as leads.
- More than one volunteer MANDATORY when the volunteers in the Sensory Space are not certified Class A volunteers (permitted to be alone with an athlete) for security and policy purposes. However, it is still recommended that you have more than one volunteer present, even if they are Class A volunteers, to accommodate more athletes in the space and/or in case one volunteer must leave the space temporarily

Communication Requirements:

Incorporate communication about location and hours of availability through delegation services, Healthy Athlete volunteers, and medical services.

Required Supplies:

- At least 5 items should be available in the room for athlete from the Sensory Space Technical Manual. It is recommended that you work with local organizations or companies to borrow supplies or have them donated.

A suggested equipment list can be found in the Sensory Space Technical

19. SO CONNECT

SO Connect is the technology platform that connects, engages and mobilizes, users across the globe. It delivers a web-based games management solution by supporting the constituent lifecycle from registration to competition.

All of the competition will run under SO Connect. SOI will determine the SO Connect Technical staff member for swimming who will be in charge of the software operations for the sport. SOI, in conjunction with the LOC Technical Department, will determine the equipment and resources required.

The LOC has to be able to guarantee full compatibility with the timing and measurement services but also with the very specific technical requirements of Television, Media and Event Presentation including the provision of a Commentary Information System (CIS).

20. STATISTICS

Statistics will be used to measure the progress and individual athlete by highlighting their performance within a specific event and their overall performance in the games. Through statistical highlights, the profile and brand of players will be built and will also provide valuable content to media and potential broadcasters.

An LOC of the World Games should have a comprehensive plan and resources (staff, software, etc.) to track, analyze and distribute statistics to coaches, media and broadcasters.



The below statistics should be tracked by in general for the swimming competition:

- Best times by gender by event.
- Number and kind of DQ by event.
- Number of athletes by gender by event.
- Number of hits by event and in total for the sport.
- Number of athletes by level of competition.
- Number of awards ceremonies.

21. PROTEST AND APPEALS



HOW TO FILE A PROTEST

A Step by Step Guide for
World Games Protests



**Special
Olympics**

STEP 1: IDENTIFY THE PROTEST

A Coach or Designee may submit a protest for one or more of the following reasons:

1. There was a misinterpretation of sport rules
2. There is a failure of a referee or judge to apply the correct rule
3. There is a failure to impose the correct penalty for a violation

A person may not submit a protest for the following reasons:

1. If it is a fact-specific judgment call(s) of referees, judges or others
2. Divisioning and meaningful involvement decisions



STEP 2: THE SPORT SPECIFIC JURY WILL REVIEW

The Sport Specific Jury will review the protest. The person who submitted the protest may either accept the decision or submit an appeal to the Jury of Appeals.



STEP 3: SUBMITTING A APPEAL

If the person who submitted the protest does not accept the decision, he or she must submit an appeal to the Jury of Appeals. Appeals must be submitted within 60 minutes after the decision has been made. The Jury of Appeals are the final authority for all rule interpretations and appeals during the Games. Their decision is final.



STEP 4: THE PROTEST PROCESS IS COMPLETE



The Protest and Appeals Process is now complete! As a reminder, the Protest and Appeal Process is to ensure that competition is organized and carried out accordingly to the rules. All decisions are based on the rules and the specific circumstances for each protest.

"LET ME WIN. BUT IF I CANNOT WIN, LET ME BE BRAVE IN THE ATTEMPT"
- EUNICE KENNEDY SHRIVER



22. PERFORMANCE STATIONS

Performance Stations support athletes competing in the World Games the areas of fitness. Stations are strategically placed in the flow of the competition from beginning to end, providing a unique experience that directly impacts performance, prevents on-site injuries and illness, and promotes healthy lifestyle choices

Athletes will first experience the stations during the Training Day, when more time can be spent visiting each station. Volunteers will not only provide the support outlined above but will be able to dedicate time to educate athletes about the importance their station holds to performance and what to expect at each stations throughout the competition. Volunteers will also encourage athletes to visit their respective station each time they compete while at the World Games provide tips and suggestions on how they can continue what they have learned at home.

On competition days, station participation will be much more succinct in order to flow seamlessly with the tight schedule of each day. The focus of the stations will be on providing the services and support related to each station (i.e., warm-up activities, snack, water), rather than educating the athletes. This will ensure athletes stay focused on their competition.

For more information and ideas for offering onsite education, please reference the Technical Manual for Fitness and Performance Stations.

23. COMPETITION – PRE COMPETITON PROTOCOL

CHECK IN PROCESS

- Prior to departing their accommodations, athletes should review their Competition Readiness checklists to ensure they are ready to perform and have all of their equipment and health-related items.
- The check-in area should be located at the main delegation entrance of the venue. All the coaches must report to this area upon arrival to the sport venue.
- Coaches / Assistant Coaches will be able to check in for all competing athletes within their delegation.
- Competing athletes should arrive no later than 1:00 hour prior to the designated warm up time for the main competition pool.
- Athletes must arrive in official World Games transportation.
- Athletes will proceed to the check in counter to register. The check in process has to be done no more than 30 minutes prior the warm-up time in the main competition pool.
- Athletes who have not checked in prior to the established time will be marked as DQ for the specific event they are competing in. This will affect the rest of the competition for that event and the final standings for that athlete.
- Athletes are permitted to go to Warm-Up Area 2 if time allows. Athletes must exit this area 30 minutes prior to the start of their competition heat.
- Athletes and coaches should be in the Athlete and Coach Lounge between 20-30 minutes prior to their competition heat.
- From here, athletes will be escorted to Staging/Warm-Up Area 3.
- Coaches will be directed to the Coach's Area.



WARM UP AREA (MAIN COMPETITION POOL)

- Once an athlete has checked in, he/she (and their coach) may go to Warm-Up Area 1
- Warm-Up Area 1 (main competition pool) will be available one hour, before the session start time.
- Coaches can escort athletes to this pool but won't be allowed to enter the water at any time.
- A maximum of 20 minutes before competition, all athletes competing in the next session must be released by the volunteer and lead to the staging area (or warm up area 2).
- Athletes making their way to the staging area must take with them their swimming cap, swimming goggles and wearing the appropriate competition swimwear.
- First aid, medical and safeguard support will be available in this area.

WARM UP AREA 2 (ALTERNATIVE WARM UP POOL)

- Athletes competing in the corresponding session will have access to Warm Up Area 2.
- Athletes must exit this area 30 minutes before the start of their competition.
- Coaches can escort athletes to this pool but won't be allowed to enter the water at any time.
- Athletes will be escorted to the staging area by a volunteer.
- Athletes making their way to the staging area must take with them their swimming cap, swimming goggles and wearing the appropriate competition swimwear.
- First aid, medical and safeguard support will be available in this area.

ATHLETES AND COACHES STAGING AREA

- Athletes and coaches should be in the Lounge Area, within 20 prior to their race heat. From here, they will be directed to Staging/Warm-Up Area 3 and Coach's Area, respectively.
 - If an athlete does not show up to be led to the staging area, he/she will not be allowed to compete nor will they be allowed to be part of any pre-competition engagement.
 - One coach per athlete or relay team is permitted in this area.
 - The coach or assistant coach should inform the LOC during the check-in process if they are unable to remain with the athletes so that a volunteer can be coordinated for support.
- The Lounge Area will be located near the competition pool. This area must not be accessible by the public.
- Athletes must arrive to the staging area ready to compete.
 - Athletes must remove any jewelry, watches etc. if they do not meet the official criteria.
 - Competition equipment will be reviewed in this area.
- The staging area will be located near the competition pool.
- One coach per athlete or relay team is permitted in this area.



- Medical support will also be available in this area.
- Athletes must arrive to the staging area 20 minutes prior to competition.
- The coach or assistant coach should inform the LOC during the check in process if they are unable to remain with the athletes so that a volunteer can be coordinated for support.
- The Lounge Area must be set up in order to provide a relaxing environment for the athletes. This is not a place for coaches to provide instructions or prepare pre-event logistics.
 - Staff must remain calm and speak quietly to keep the athletes relaxed and focused for their next match.
 - The Lounge Area should be supplied with fruit and water, be of an adequate temperature with soft background music, and supply an ample number of sofas or chairs for everyone. Volunteers must be available for support.
- Athletes will be separated by line and heat in chairs.
- Restrooms are not available in this area.

WARM UP AREA 3 (STRETCHING AND COMPETITION READINESS)

- This area is reserved for athletes that are about to compete.
 - 10 minutes before the start of their competition heat, a maximum of 8 athletes from the same division, will be escorted from the Lounge Area to the Staging/Warm-Up Area 3.
- One coach or assistant coach from the same delegation must stay with the athletes in this area.
- Athletes must enter this area wearing the competition approved swimwear and equipment.
 - Bathrobes, flop flaps and others approved by technical delegates can be worn until the athlete enters the competition area. After that, it should be removed and placed in an approved basket where it can be picked up post competition.
- Athletes stay in this area for 5 minutes before the event. This time will be used for final stretching and competition readiness, including concentration. In this area, 1 fitness volunteers, will be available to help the athletes with any final stretching to guide the final stretching
- 3 minutes prior to competition, athletes will be led to their start line at the competition pool.
- Athletes should arrive to the start line, at least 3 minutes prior to competition start time.
- Since coaches do not have access to the competition area a volunteer will guide them to the coaches zone.



24. COMPETITION – POST COMPETING PROTOCOL

Once athletes leave the Athlete Lounge and Warm-Up Areas, volunteers will transition these spaces. This entails cleaning, waste removal, refreshing the snacks offered, and replenishing the hydration station.

Upon race conclusion, athletes will be given the basket of their personal belongings and proceed to the Recovery Station. Coaches will meet their athletes here.

RECOVERY STATION

After high-level performance at competition, athletes should focus on a proper recovery in order to feel well rested and able to compete again at their best quickly. With multiple days of competition, athletes may encounter issues with cramping, tight muscles, dehydration, etc., which are not noticeable or problematic until much later after competing. The Recovery Station offers a relaxed space where athletes can come to rehydrate, refuel, stretch, and if needed, received medical/athletic training services.

- All athletes should receive a proper cool-down, led by a fitness professional. A good cool-down allows the body to gradually return to a state of rest, which decreases muscle soreness and increases the rate of recovery.
- Following the cool-down, there may be some athletes who need additional support and medical attention. These athletes likely compete in events of longer distances, between 100 meters and 1.5k. Athletic trainers and/or the medical team will be located at the Recovery Station to provide treatment to these athletes. Injuries, illnesses, and the treatment provided should be recorded and tracked.
 - In a case of an emergency, athletes should receive medical attention immediately, rather than performing a cool-down first.
 - For all requirements for Medical Operations, please reference the **Technical Manual for Medical Operations**.

After the Recovery Station, volunteers will guide athletes to the Mixed Zone, if needed.

MIXED ZONE

All athletes should go to the Recovery Station before entering the Mixed Zone. Only athletes invited to the Mixed Zone will proceed to that area.

Mixed Zone operations will be responsible for the Communications department of the LOC.

VENUE DEPARTURE

One hour post match the athletes competing within the same schedule will be escorted to their buses and return to their accommodations.

If additional support is needed with recovery later, an off-site Recovery Station will also be located at the accommodations.



25. DISCIPLINARY LAWS & PROCEDURES

The following are considered cause for disciplinary action (official members of a delegation, volunteers, staff and general public can be sanctioned):

- A person behaves, whether by action or omission, in a manner that could be considered to interfere with the proper participation of other athletes or interrupt the operations of the sport for the World Games.
- Refusal to follow protocols established by the LOC for competition.
- Audible obscenities, including during pre & post match protocol, and competition.
- Unsportsmanlike conduct which includes pre & post match protocol, and the competition.
- Verbal abuse by coaches, or any other behavior that is otherwise understood by the LOC to be unacceptable for what is acceptable coaching behavior to be
- Visible Obscenities
- Rude or argumentative behavior
- Verbal abuse against opponents, the crowd (public), and/or officials etc.

The disciplinary measures could include:

- Warning
- DQ
- Removal from the venue

26. INDISCIPLINE OR VIOLENT CONDUCT BY PLAYERS AND/OR OFFICIALS

The technical committee shall deal with any athlete or member of the delegation reported for indiscipline or violent conduct anywhere in the stadium, including but not limited to, the pool, locker rooms, training sites and in the accommodations area.

27. TECHNICAL COMPOSITION OF SWIMMING DEPARTMENT

TECHNICAL COMMITTEE

The Technical Committee serves as the main authority for all the aspects of competition, such as the technical area, sport venue operations, the medical area, the security area, HR, and any other area recognized as part of the sport competition structure.

Its responsibilities include leading the planning process, creation of the training and competition schedule for the event and a successful execution. The technical committee is comprised of technical delegates, officials, referees, medical officers and LOC staff.

PERSONNEL

There should be no fewer than the following officiating positions filled. Race Director (may also be known as Competition Manager)

- Head Referee
- Assistant Referee



- Safety Officer
- Medical Officer
- Course Officer
- Clerk of Course
- Starter
- Race Judge (one per competitor in escorted races)
- Turn Judge (one at each change in the direction of the course)
- Chief Timer and 3 timers
- Chief Finish Judge and 2 finish judges
- Recorder
- Communications Officer – Bilingual and/or have an assigned translator Announcer
- A Technical Delegate and other officials may be added for larger events.
- The positions of Referee, Safety Officer, Finish Judge, Communications Officer and
- Timer shall not be combined with the duties of any other official.

THE RACE DIRECTOR (COMPETITION MANAGER)

Representing the LOC, working with all the groups connected with the sport operations of the World Games to determine the need by area, and will be responsible for:

- Recruitment of all required volunteers
- Assigning volunteers by operational area
- Provide both general and specific training by role
- Coordination of all the logistics in connection with the volunteers
- Have the overall responsibility for the Special Olympics open water swimming practice sessions and events;
- Determine the course of an open water swimming event in consultation with local open water lifeguard agencies and marine rescue departments;
- Examine the facility and course to ensure that maximum quality standards are present, including but not limited to sanitary water conditions, safe environmental conditions, safety and rescue equipment and safe aquatic practices;
- Coordinate the facility with host agencies prior to arrival;
- Ensure all necessary officials and supervisory personnel are available;
- Provide an orientation to all open water personnel before the session or event; and Prepare or ensure an Emergency Action Plan is in place.

HEAD REFEREE

The head referee shall:

- Enforce all rules and decisions of the Official Special Olympics Sports Rules, FINA and Special Olympics Open Water Swimming Rules;
- In cooperation with the Race Director and Technical Delegate, have the authority to adjust these rules on a case-by-case basis for the safety and well being of all individuals involved;
- Have the authority to intervene in the competition at any stage to ensure that the appropriate rules and regulations are observed;
- Have the discretion to allow for certain modifications and interpretations of the rules;
- Adjudicate all protests related to the competition;



- Have full control and authority over all officials, approve their assignments and instruct them regarding all rules and Special Olympics features and regulations related to the competition.
- Ensure that all participants, coaches, and event support personnel are briefed about the course, safety procedures and any site-specific rules applying to the event;
- Have the authority to stop the race or to change the distance and/or race course due to safety concerns or unforeseen circumstances;
- Have the authority to use any video or electronic or mechanical judging devices in judging the finish order or in making other rulings; and
- Signal by a raised flag and a series of short blasts on a whistle that the start is imminent and when satisfied that the swimmers are ready, indicate by pointing the flag at the Starter that the competition may commence.

The Head Referee, in cooperation with the Race Director and Technical Delegate, may elect to start the race in waves whereby each wave (heat) is separated at the start from the previous wave by a set time interval. Swimmers' times shall be adjusted by the starting time interval and their order of finish shall be determined on the basis of the adjusted time; and segregate competitors into the men's and women's or other classifications (e.g., by age group), either by the position at the starting line or by separate time of start.

The Assistant Referee shall perform all duties assigned by the Head Referee.

SAFETY OFFICER

The Safety Officer shall:

- Be responsible to the Race Organizers for all aspects of safety related to the conduct of the competition
- Create an Emergency Action Plan for each open water event;
- Ensure that each escort craft meets accepted international safety standards for protecting swimmers in an open water environment and in conditions present in the chosen venue
- Ensure that the entire course and especially the start and finish areas are safe and free of all obstructions
- Ensure that a sufficient number of appropriate motorized and non-motorized rescue craft are available during the competition to provide safety backup for the escort boats
- Ensure that there are a sufficient number of certified lifeguards on duty on land and in water
- When applicable, provide race officials and coaches tide and/or current charts indicating the time of tide changes on the course and showing the relationship between tides or current and swimmers' progress along the course
- Advise the Head Referee if conditions are unsuitable for staging the competition and/or make recommendations for the modification of the course or the manner in which the competition is conducted.
- Be a certified water rescue professional or a member of the local marine rescue or lifeguard agency with supervisory experience or management level experience overseeing aquatic safety services involving trained lifeguards in conditions similar to those found in the chosen venue
- Be solely committed to the safety of all participants, officials, rescue personnel, escorts, coaches and spectators



- Be the point of contact between local rescue and emergency personnel and race organizers before, during and after the event
- Take part in all pre-race meetings with coaches and athletes
- In accordance with Section 8 set for the below, take water temperature readings prior to the start of the event and continue to monitor water temperatures throughout the event as required under that section
- Ensure that course is adequately marked prior to race start
- Ensure that all lifeguards and safety personnel are in place prior to the race start
- Ensure lifeguards and safety personnel are aware of athletes who have a history of seizures or any other relevant medical conditions
- Maintain constant contact with safety personnel until the last participant has exited the water
- Provide an After Event Action report detailing the safety protocols followed and any issues that affected the event. The report shall be used to continually enhance the safety of future events.

MEDICAL OFFICER

The Medical Officer shall:

- Be responsible to the Head Referee for all medical aspects related to the competition and competitors;
- Inform the local medical facilities of the nature of the competition and ensure that all casualties can be evacuated to them at the earliest opportunity;
- Be the on-site custodian of athlete medical history forms;
- Advise Safety Officer, lifeguards and safety personnel of athletes who have a history of seizures and any other relevant medical conditions; and
- Advise the Head Referee if conditions are unsuitable for staging the competition and/or make recommendations for the modification of the course or the manner in which the competition is conducted.

COURSE OFFICER

The Course Officer shall:

- Be responsible for the accuracy of the survey establishing the distance of the course;
- Prior to the commencement of competition, shall inspect with the Head Referee and Safety Officer the course to ensure that all points are correctly marked and all equipment has been correctly installed and is in working order;
- Ensure that Turn Judges are in position prior to the start of the competition and report this to the Assistant Referee; and
- Serve as pilot in the lead boat when one is used.

CLERK OF THE COURSE

The Clerk of the Course shall:

- Assemble and instruct the competitors prior to the competition and ensure proper reception for the competitors at the finish;
- Ensure that each competitor is correctly marked with his/her race number and that all swimmers have trimmed fingernails and are not wearing any jewelry including watches;
- Be certain all swimmers are present, in the assembly area, at the required time prior to the start;
- Keep competitors and officials informed of the time remaining before the start at



- suitable intervals and at one minute intervals for the last five minutes; and
- Ensure all swimmers are accounted for at the conclusion of the competition.

THE STARTER

The Starter shall:

- Assume a position clearly visible to all competitors;
- On a signal from the Head Referee, raise a distinctive flag to a vertical position holding the arm straight; and
- Use an audible and visible start signal.

THE RACE JUDGE

In races where an Escort Safety Craft is used pursuant to Rule 7.8, the Race Judge accompanying the swimmer shall:

- Be positioned in the escort boat so as to be able to observe his or her appointed swimmer at all times to ensure compliance with the rules of competition and that any violations are recorded and reported to the Head Referee;
- Have the authority to order a swimmer from the water upon expiration of the time limit or when so ordered by the Head Referee;
- Ensure that the assigned swimmer does not take unfair advantage or commit unsportsmanlike impedance of another swimmer and, if the situation requires, instruct the swimmer to maintain clearance from any other swimmer; and
- Immediately inform the Head Referee if the assigned swimmer withdraws from the event and shall record the completed distance and the time of the withdrawal.

THE TURN JUDGE

The Turn Judge shall:

- Be positioned so as to ensure that all swimmers comply with the turn and other change-of-course procedures; and
- Record any violation of the turn procedures and indicate to the Referee any infraction at the time it is observed.

THE CHIEF TIMER

The Chief Timer shall:

- Assign at least three Timers to their positions for the start and finish;
- Brief the Timers on their duties and the details of their assignment;
- Ensure that a time check is made to allow all persons to synchronize their watches with the official race clock, if applicable, at least 15 minutes before start time; and
- May arrange for the use of automatic or semi-automatic timing devices in addition to watches.

THE CHIEF FINISH JUDGE

The Chief Finish Judge shall:

- Assign each Finish Judge to a position;
- Brief Finish Judges on their duties and the details of their assignment; and
- After the race, shall collect the signed results sheets from each Finish Judge and determine the order of finish and deliver the results to the Referee or his or her designee.

THE FINISH JUDGES

The Finish judges shall:



- Be positioned in line with and where he/she can have a clear view of the finish;
- Record the finish place of each swimmer.

THE RECORDER

- The Recorder shall record withdrawals from the competition, enter results on official forms, and maintain the record for team awards as appropriate.

VENUE OPERATOR

Responsible for the coordination of all venue needs including layout, set up and operations within the Sport Venue.

The LOC must appoint volunteers or pay all costs for a sufficient number of trained personnel responsible for the maintenance of all competition fields of play. Staff must be available and on-site at all times during competition and keep the field of play up to a required standard at all times.

CHIEF OFFICIAL

Must be carefully selected. He/She will be in charge of:

- Training (in SO specifics), registration, allocation, and assessment of all the certified swimming officials required for the competition.
- (Certified INAS and with experience of this role) must come from the National Swimming Federation or Regional, National Swimming Government Body.

ADDITIONAL OFFICIALS

- All officials must be uniformed / dressed appropriately and enter / exit the venue in an orderly fashion.
- Officials must accurately record, announce and publish the results of each event as quickly as possible.

FITNESS AND PERFORMANCE STATION COORDINATOR

Oversees the Fitness Team and all operations related to the fitness elements of the competition, including nutrition, hydration, warm-ups, cool-downs and recovery. This includes Performance Stations on the Training Day, and will be integrated in the warm-up areas, transition tents and Recovery Stations during competition.

In advance of the competition, this person helps to organize space, equipment and supply needs, and volunteer recruiting and training.

CHIEF MEDICAL OFFICER

Person with overall responsibility for the planning and management of Medical Services in advance of (and during) the event. They will manage all lead venue medical staff, if multiple venues are in use, and will liaise, as needed, with local health authorities and hospitals. This individual must coordinate across functional areas to ensure health and safety of the participants is considered under all aspects of the games. They should have experience in medical management of similar events. Experience with athletes with ID and/or sports medicine is highly desirable.

SPORT IMPACT STANDARDS SWIMMING



Competition Manager (Venue Operations, HR operations)	1
Technical Delegate	1
Track Chief Official	1
Field Chief Official	1
Fitness and Performance Stations Coordinator	1
Chief Medical Officer	1
TOTAL	6

Level	Role	Quantity	Rotation	Comments
1	Technical Committee	6	None	
	Track Chief Official	Included in the 7 of Technical Committee	None	NGB or World Athletics
	Field Chief Official	Included in the 7 of Technical Committee	None	NGB or World Athletics
2	THE PRE AND POST COMPETITION PROTOCOL TEAM			
	General Coordinator	2	None	1 for Field 1 for Track
4	Check In	6	Can rotate in half-day shifts	3 for Track 3 for Field
	Staging Area	10	Can rotate in half-day shifts	6 for Track 4 for Field
	Escorts for of athletes	20	Can rotate in half-day shifts	12 Track 8 Field
3	Sport Venue Operations Team	4	None	-
4	Venue Volunteers	60	Can rotate in half-day shifts	-
4	Welcome Stage, and Departure Zone	8	Can rotate in half-day shifts	-
4	Locker Rooms, Including Referees	8	Can rotate in half-day shifts	-
3	Technical Officials	60 - 65	Rotation to be determinate by Chief Officials	Includes all roles (Time Keeper, Measuring, Starting, Finishing, etc.)
4	Competition General Volunteers	20	Can rotate in half-day shifts	-

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SPORT IMPACT STANDARDS SWIMMING



3	Statistics Collectors	4	Can rotate in half-day shifts	-
2	Sport Presentation Team	TBD		Includes all people involved in this process, including MOC and others.
2	SO Connect Leaders	1	None	
4	SO Connect Operators	6	Can rotate daily shifts	
4	Information Station Volunteers	10	Can rotate in half-day shifts	
MEDICAL TEAM				
1	Chief Medical Officer	1	None	Member of the TC
3	Venue Medical Coordinators	4	None	
4	Paramedics	16	Can rotate in half-day shifts	
	Medical Station			Medical Station should be staffed by at least 1 nurse and 1 physician. See TM for full details.
4	Recovery Station - Athletic Trainers	2-3	Can rotate in half-day shifts	
	Sensory Space Volunteer	1-2	Can rotate in half-day shifts	Per space
FITNESS TEAM				
1	Fitness and Performance Stations Coordinator	1	None	Member of the TC
3	Warm-Up Fitness Professionals	5-6	Can rotate in half-day shifts	2-3 per warm-up area; more volunteers may be needed when there are multiple heats scheduled in a short period of time
3	Nutrition and Hydration Volunteers	5-6	Can rotate in half-day shifts	2-3 per warm-up area; more volunteers may be needed when there are multiple heats scheduled in a short period of time



3	Recovery Station Fitness Professionals	5-6	Can rotate in half-day shifts	2-3 per warm-up area; more volunteers may be needed when there are multiple heats scheduled in a short period of time
3	Game Day Minds Volunteers	2-3	Can rotate in half-day shifts	Per Day; Volunteers for Training Day

28. SPORT OPERATION ROLE DESCRIPTIONS

CHECK IN STAFF

Staff in charge of checking athletes to start the participation on the competition, distribute and collect any important information about the competition.

THE PRE AND POST MATCH PROTOCOL TEAM

The Pre and Post Match Protocol team is responsible for all protocol regarding athletes competing an official heat / event. This includes the pre match protocol and the post-match protocol. The flow of athletes from the warm-up sites to the staging area (s) to the competition arena is maintained according to the set schedule.

There is close co-ordination with the Event Presentation Manager and that each event starts at the scheduled time or is adjusted as required and all affected parties are notified as quickly as possible

THE SPORT VENUE OPERATIONS TEAM

This team is responsible for all logistics and adjustments of the sport venue in general, including but not limited to sport equipment, area access control, hydration, VIP – media – Honored Guests, Families areas, etc.

This team has prepared each event site for competition well prior to the athletes arriving and that changeovers from one event to another occur as quickly as possible after each event concludes.

- All personnel near the field of play must conduct themselves appropriately
- The “Basket Crews” collect the competitors clothing and equipment then exit the track before the start of each race taking the baskets to the Post-Event Control area in an orderly manner

THE MEDICAL TEAM

This team is responsible for all medical services that require level one of attention. It incorporates the field of play, minor injury treatment, venue medical station, and Recovery Station after matches, as well as liaising with medical authorities should a higher level of attention be required for injuries.



THE FITNESS TEAM

Supports the fitness elements of the competition, including nutrition, hydration, warm-ups, cool-downs and recovery. This includes Performance Stations on the Training Day, and will be integrated in the warm-up areas, transition tents and Recovery Stations during competition.

Using their expertise, they will ensure that they are providing proper education and the appropriate level of support for all athletes to ensure they have a safe competition where they are performing at their best.

Members of this team will work under the supervision of the Fitness and Performance Stations Coordinator, and will maintain a specific role such as warm-up support.

Fitness volunteer requirements can be found in the Performance Stations section of this document or the Performance Stations Technical Manual.

THE SO CONNECT TEAM

SO Connect is the technology platform that connects, engages and mobilizes, users across the globe. It delivers a web-based games management solution by supporting the constituent lifecycle from registration to competition. It guarantees the setup and adaptation of the required software between different interfaces, as well as the planning and realization of lay out and structure for internet services.

STATISTICS COLLECTORS

Statisticians are responsible for collecting and processing all statistics in relation to the events.

29. FITNESS AND PERFORMANCE STATIONS

Fitness is an important element of sport. Fitness contributes to improved sport preparation and conditioning, greater sport performance, reduced injuries, quicker recovery, and overall better health and quality of life. In order to make a positive impact in these areas, there must be an intentional focus on the elements of physical activity, nutrition, and hydration throughout training and competition. Additionally, a focus on fitness through the lens of sport can help drive positive daily choices that increase lifelong, year-round fitness.

The Special Olympics World Games provides an excellent platform to promote the importance of fitness as part of the sports experience. Elements of fitness can be embedded in the training leading up to the tournament, as well as promoted throughout every aspect of the competition experience through the Performance Stations model.

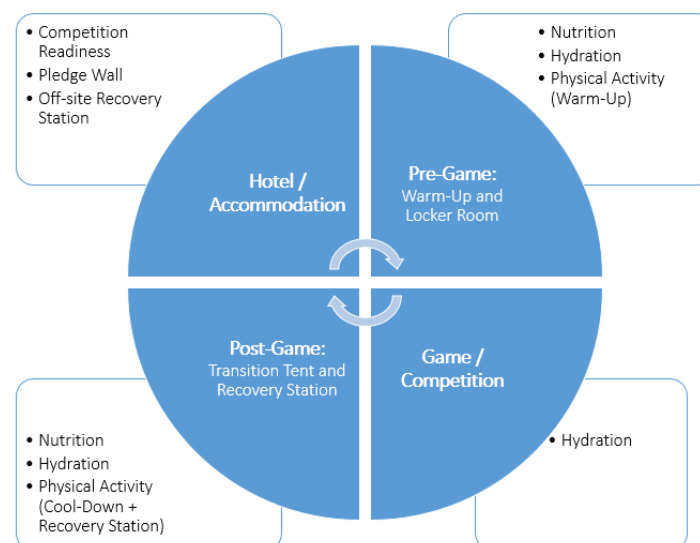


Performance Stations educate and activate members of the movement in the tenets of fitness. Athletes will first experience the stations on Training Day when more time can be spent visiting each station and receiving education. On Competition Days, station participation will be much more succinct in order to flow seamlessly with the tight schedule of each day, and focus more on providing services and support. This provides a unique experience that directly impacts performance, prevents on-site injuries and illness, and promotes healthy lifestyle choices. Performance Station volunteers will be in sync with medical staff to ensure athletes who are showing signs of injury or illness are properly supported.

For more information, please reference the **Technical Manual for Fitness and Performance Stations**.

Performance Stations within Competition Days: Space Needs and Operations

Flow of Performance Stations within Competition





Station	Location	Space	Equipment	Volunteers per shift	Hours of Operation	Additional Notes
Nutrition & Hydration	Athlete Lounge	1m ²	<ul style="list-style-type: none"> • 1 Table • 1 Water Cooler or 2 Water Dispensers • Fruit • 1 Trash Can • Ice • Paper Towels • Trash Bags • Nutrition Poster • Hydration Poster 	3-4 General Volunteers	Available at least 1 hour prior to competition (or when first team arrives)	Most of the emphasis should be on the Recovery Station but some fruit and water should be available for athletes in staging areas and/or locker rooms.
	Recovery Station	50m ²	<ul style="list-style-type: none"> • 2 Tables • 2-4 Chairs • Nutrition Signage • Hydration Signage • Tablecloths • At least 3 different types of fruit • Granola Bar or similar grain based bar • Other healthy snacks for recovery (optional) • Platter to hold snacks • 2 Water Cooler or 3 Water Dispensers • Ice • Paper Towels • Trash Can • Trash Bags 		Available at least 30 minutes after last competition.	
	Warm-Up Area 3	225m ²	<ul style="list-style-type: none"> • Physical Activity (Warm-Up) Signage 	2-3 with a background in fitness/exercise	Warm-Up: Available 10 minutes before the start of the heat	Warm-up can be conducted on the competition court if time allows in competition schedule; Sample WU



Physical Activity						and will be given to the LOC for fitness professionals to use as guidance.
	Recovery Station	At least 300m ²	<ul style="list-style-type: none"> • Exercise mats • Foam Rollers • Wipes for cleaning exercise equipment 	4-6 with a background in fitness/exercise	Cool-Down: Available at the end of the first heat and until 45 minutes after the final heat	Cool-down should be included as part of the Recovery Station immediately following the match. Sample CD will be given to the LOC for fitness professionals to use as guidance.

30. SWIMWEAR

FINA Rules

Swimwear must conform to the current FINA rules. An exception may be granted by the Technical Delegate/Meet Referee/Meet Director for medical, cultural, religious or modesty reasons. These exceptions should allow male and female swimmers to cover a greater part/parts of the body, but all swimwear must be made of textile material.

The FINA requirements for swimwear approval ("FRSA") apply to swimwear to be used in FINA and Olympic Games pool and open water swimming competitions and are applicable in accordance with FINA Rule GR 5 and BL8.

CRITERIA

The following criteria set forth below are applicable to the respective categories of swimwear (swimsuits, goggle and caps). The FINA SAC may issue and update guide-lines and clarifications in respect of the criteria and their application on an as-needed basis if issues of general relevance arise in the course of the effective conduct of the approval process. The clarifications and guidelines respectively become part of the "FINA requirements for swimwear approval". The guidelines and clarifications in effect at the time of publication of this edition of the "FINA Requirements for swimwear approval" are attached hereto as exhibits. They will be updated on an as-needed basis.



POOL & OPEN WATER SWIMSUITS (TEMPERATURE ABOVE 18C)

SWIMSUIT DESIGN

DECENCY: the wearing of the swimsuit shall not offend morality and good taste (in particular, but not exclusively, because of the cut of the suit and body parts exposure whether covered or not). **Surface covered** (shape);

- **For swimsuits used in pool swimming competitions:**
 - Men's swimsuits shall not extend above the navel or below the knee. Women's swimsuits shall not cover the neck or extend past the shoulders, or below the knee.
- **For swimsuits used in open water swimming competitions:**
 - 6 Swimsuits
 - Men's and Women's swimsuits shall not cover the neck, extend past the shoulder, or extend below the ankle.

COMPOSITION/OTHER ITEMS

Men's swimsuits are in one piece. Subject to observance of the decency rule and limitations of the body surface covered, women's swimsuits may be in one or two pieces. Other items covering the body that are not part of the swimsuit are prohibited.

COLORS

To avoid any doubt, colors will not be considered as part of the design. Colors can vary freely. However, color variations shall not affect compliance with any criteria and tested values.

MATERIAL (GENERAL)

HEALTH: The material used must not put the health of the athletes at risk.

- **TYPE OF MATERIAL**
 - The material used for swimsuits can be only "Textile Fabric(s)". For the purpose of these rules, this is defined as material consisting of, natural and/or synthetic, individual and non-consolidated yarns used to constitute a fabric by weaving, knitting, and/or braiding.
- **SURFACE TREATMENT OF THE TEXTILE FABRIC**
 - Any material added on to the surface of the textile fabric (any part thereof) or processing of the same (e.g. coating, printing, impregnation, heating, calendaring etc.) shall not close the overall open mesh structure of the base textile fabric.
 - The treated material shall further comply with all requirements in particular with regard to thickness, permeability and flexibility which must be and remain in compliance with, both at the production stage until finished product stage and when the swimsuits are in actual use.
 - The rules regarding surface treatment do not apply to seams (sawn, welded, taped, glued, etc.), markings (manufacturer and/or sponsor logos as permitted by the applicable competition rules: printed or affixed on the base material) or labels (technical labels as permitted by the rules).



- **FLEXIBILITY**
 - The material shall be flexible and soft folding.
- **REGULAR FLAT MATERIAL**
 - The material shall be regular and flat. The material shall not form outstanding shapes or structures, such as scales. A thickness variation of the material is permitted provided the thinnest point should not be less than 50% of the thickest point. The overall thickness limitation (0.8mm) shall in any event be respected at the thickest point(s).
- **VARIATION OF COLORS**
 - Variation of colors of the same material is possible as long as the coloring does not affect compliance with tested value limits. Manufacturers are fully responsible to ensure that requirements in respect of all tested values (permeability, thickness, etc.) are respected in any color variation.
- **OUTSIDE APPLICATION**
 - No outside application shall be added on the material.
- **VARIETY OF MATERIALS**
 - Different materials may be used in one swimsuit provided all materials are textile fabrics as defined above and the swimsuit complies with all other criteria.
- **COMBINATION/INSIDE LAYER**
 - A combination of maximum two layers of materials is permitted. The combination of layers shall not create outstanding shape(s) or structure(s). An inside layer of material can be used notably for comfort, protection of sensitive parts or decency. Permeability and thickness of layered materials shall be measured on both layers as combined together and the combination of layers must thus comply with thickness and permeability requirements as set forth in these rules in all parts of the swimsuit.

MATERIAL (MEASURED VALUES)

- **THICKNESS**
 - The total thickness of material/s used shall have a maximum value of 0.8mm. The thickness of layered materials is the total thickness of both layers measured together. It is clarified that this maximum thickness does not apply to seams as far as the seams are functional, and their thickness and width result from their natural functions. The measurement procedure for thickness is described in exhibit 1.
- **BUOYANCY**
 - The swimsuit shall not have a buoyancy effect above 0.5 Newton measured after application of vacuum. The measurement procedure for buoyancy is described in exhibit 2.



- **PERMEABILITY**
 - Material(s) used must have at any point (except on seams, logos or labels) a permeability value of more than 80 l/m²/second. Permeability values are measured on material with a standard multidirectional stretch of 25 %. However, measures on material which cannot be significantly stretched will be carried out on unstretched, flattened material. Permeability of layered materials is the permeability of both layers measured together. The measurement procedure for permeability is described in exhibit 3
- **CONSTRUCTION**
 - No zippers or other fastening system is allowed. Seams shall be limited to functional systems and shall not create outside shapes. Use of seams (notably number, overall length, and disposition) shall not affect compliance with the criteria set forth herein.
- **EXTERNAL STIMULATION OR INFLUENCE**
 - Swimsuits that include any system providing external stimulation or influence of any type, including pain reduction, chemical/medical substance release, electro stimulation etc. are prohibited.

ATTIRE & EQUIPMENT – OPEN WATER SWIMMING

- Wetsuits and other technical swimsuits that may offer buoyancy or additional protection from the cold or elements may be used at the discretion of the event organizers and may only be allowed in a manner that maintains fairness in competition for all participants and shall take into consideration whether all participating athletes have the funding or access to resources for technical apparel.
- If there shall be a separate classification for wetsuit swimmers, it shall be clearly stated in the event information and on the accompanying entry form and shall be discussed in all pre-event meetings with coaches, athletes and officials.
- A participant may use a maximum of two swim caps with the official competition swim cap visible on the outside. This cap must remain on, for safety and identification, until the athlete crosses the finish line or the athlete will be subject to disqualification under Rule 8.6.1.5.
- A reasonable application of body grease, lanolin or petroleum jelly is allowed.
- Nose clips, earplugs and goggles are permitted.
- Event organizers or the LOC must approve adaptive equipment for athletes with specific physical conditions.
- Except as previously provided in Sections 6.1-6.6, no swimmer shall be allowed to use or wear any device that may be an aid to his/her speed, buoyancy or endurance such as fins, hand paddles, pull buoys or floats of any kind.

OPEN WATER SWIMMING COMPETITION WETSUITS – TEMPERATURE BELOW 20C

Subject to the specifications below, wetsuits are subject to the provisions applicable to swimsuits set forth above under:

- **DESIGN (SHAPE):** Wetsuits shall completely cover torso, back, shoulders and knees. They shall not extend beyond the neck, wrists and ankles.



- **COMPOSITION:** Wetsuits for both men and women shall be in one piece.
- **MATERIAL (TYPE):** Material used for wetsuits must have thermal insulation properties⁹ (for example foam of polychloroprene (Neoprene) or of polyurethane or other material with similar insulating properties). The material can be multilayered, with non-water permeable layers. The material cannot contain injected gas. Material without insulating properties cannot be used.
- **MATERIAL (MEASURE VALUES – LAYERS) THICKNESS:** The thickness of material/s used shall be minimum 3mm and maximum 5mm. Provided the insulating functions are not prejudiced, the Applicant may apply for lowering of the minimum thickness value in limited specific areas, if such is functionally justified to allow free swimmer's movements. A decision in this respect is made at SAC's discretion and cannot be challenged. Permeability and buoyancy are not measured.
- **CONSTRUCTION:** Zippers or other fastening systems are allowed without specific limitations. They must be functional.

CAPS

- **DESIGN:** Independent item: the cap shall not be attached to the swimsuit or goggles nor be in continuity therewith (i.e. no "hood" or "mask" effect).
- **SHAPE:** The shape shall follow the natural form of the head.
- **SURFACE:** The outer surface shall not include outside artificial shaping such as rigs or spoilers and similar.
- **MATERIAL:**
 - **Health:** The material used must not put the health of the athletes at risk.
 - **Hardness:** No hard material (material can have some rigidity but shall be able to follow the shape of the head: no hard helmets).
 - **Types:** Different types of materials may be used on the same cap. The materials can be of different thicknesses, subject to respect of the maximum thickness (see below). However, differences in the thickness shall not be used to form shapes in the outer surface.
 - **Thickness:** The maximum thickness in all points shall be lower or equal to 2mm.
 - **Construction:** Seams if any shall be functional and shall not create outside shapes.

GOGGLES

- **DESIGN:** Independent item: the goggles shall not be attached to the cap nor be in continuity therewith (no "mask" effect).
- **MATERIAL/CONSTRUCTION:**
 - **HEALTH:** The material used, or the construction must not put the health of the athletes at risk nor create a risk of injury.
 - **SAFETY STANDARDS AND FUNCTIONALITY:** The goggles shall comply with prevailing safety standards for eyewear. Goggles have the function to protect the eyes against water and ensure visibility. Their design or construction shall serve these functions and especially shall not seek to obtain aquadynamic advantages (e.g., through extended shapes not related to the above functions).



LIST OF APPROVED SWIMWEAR

Following the approval process, FINA publishes a List of Approved Swimwear each year that serves as a reference for the following year. The List of Approved Swimwear for any given year includes all the previously approved swimwear as published on the list for the preceding year (subject to a change in the criteria for a category of swimwear) and is updated with the result of the yearly approval process. In order to present an accurately updated publication of the List of Approved Swimwear, applicants shall notify FINA by no later than November 15th of each year of formerly approved Products which are to be discontinued, or of newly approved Products which will not be available by the following January 1. The discontinued and not-available Products will be removed from the Approved List for the subsequent year. The List of Approved Swimwear shall be published each year before December 31 on the official website www.fina.org Page 26 of 26 Approved by the FINA Bureau August 5, 2016.

EXTRACT OF THE FINA RULES

The following extracts of the FINA rules are provided for ease of reference only. The official text is the text as published from time to time on the FINA official website. **General Rules 5 SWIMWEAR** (FINA General Rules, valid as of January 29, 2015)

- General Rule 5.1: The swimwear (swimsuit, cap and goggles) of all competitors shall be in good moral taste and suitable for the individual sports disciplines and not to carry any symbol which may be considered offensive.
- General Rule 5.2: All swimsuits shall be non-transparent. It is permissible to wear two (2) caps. GR 5.3 The referee of a competition has the authority to exclude any competitor whose swimsuit or body symbols do not comply with this Rule.
- BL 8.7 For Unified team events in open water swimming, all swimmers from the same team must wear the same color caps, which shall also comply with the FINA rule BL 7.1.2.

SWIMWEAR PROCEDURE FOR FINA SANCTIONED EVENTS

Athletes are required to be dressed professionally at all times. Their sport clothing/uniform/attire should reflect this as they are considered a role model for their sport.

For competition, athletes are permitted to wear the standard sport clothing/uniform/attire as per international standards and as approved and provided by their SO Program. For example, long pants or jeans and blue jean shorts are not proper athletics attire for any event. Inappropriate clothing can hinder an athletes' performance and be a safety hazard.

In all events, athletes must wear clothing which is clean, and designed and worn so as not to be objectionable. The clothing must be made of a material which is non-transparent even if wet.



31. FRSA REGULATIONS AND COMMERCIAL REGULATIONS

The FRSA are the regulations that state the requirements, principles and procedures for submission and approval of swimwear to be used at the FINA events.

For these purposes "normal commercial markings" are limited to the following:

- On larger clothing items, such as shirts, jackets, pants, jerseys, and sweatshirts, one logo or commercial name per clothing item is permissible, if that name or logo display does not exceed an area of six square inches or 38.7 square centimeters (such as a display measuring 2" x 3" or 5.08 cm x 7.62 cm)
- On small clothing items, such as caps, socks, hats, gloves and belts, one logo or commercial name per clothing item is permissible, if that name or display does not exceed an area of three-square inches or 19.35 square centimeters
- On athletic shoes, no logos or commercial names are permissible except for names or logos that are included by the manufacturer on athletic shoes which are sold to the general public.

GENERAL COMMERCIAL MARKINGS ON OTHER ATHLETE APPAREL OR ACCESSORIES

Special Olympic athletes who are not engaged in competition or in opening/closing ceremonies may wear, carry or use at Games venues other than the sites of competition (such as at training or practice sessions) clothing and/or non-apparel items which are not part of their sports equipment (such as tote bags), which contain small and attractively designed identifications of corporate or organizational sponsors.

PROHIBITION AND DISPLAY OF NATIONAL FLAGS

The Opening Ceremonies of all Games shall celebrate the athletic skill, accomplishments, and courage of Special Olympics athletes. As such, no national flags shall be displayed and no national anthems shall be sung or otherwise performed by any athletes, coaches, or other members of any Accredited Program's Official Delegation at a World Games including the flag of the host nation at opening, closing and award ceremonies and Games venues.

PROHIBITION OF FACE PAINTING

Special Olympic Athletes, coaches and officials shall not paint their faces during competitions, Games, opening and closing ceremonies, at awards venues or victory banquets. This prohibition includes a prohibition against a display of commercial messages and the display of national flags painted on the face.

32. AWARDS

- After the final rounds, athletes and partners will be awarded according to their final position.
- The award must be in accordance with divisioning. All the athletes of the same division should be at the podium at the same time.
- Coaches should not participate in the award ceremony.
- The LOC awards ceremony committee should define the general award protocol and procedure.



- The Technical Team should provide all the information and support across the process to guarantee a great ceremony.

33. CANCELLATION AND/OR ABANDONMENT OF RACES

CANCELLATION OF RACES

- If a event cannot commence on time due to “Force Majeure” or any other incidents such as, but not limited to, the field is not fit for competition, weather conditions, floodlight failure, etc. the following procedures must be followed:
 - The event must first be delayed for a minimum of thirty (30) minutes, unless the Chief Official decides that the event can commence earlier, before a decision to reschedule the event is taken.
 - The venue operations team should guarantee a crew of people ready to recover, as fast as possible, the field of competition if the delay is related of weather situations (i.e., raining etc.).
 - At the discretion of the Chief Umpire, another delay of a maximum of thirty (30) minutes shall be allowed if in his opinion this extra period of delay will allow the match to commence. Otherwise, at the end of this second thirty (30) minute period, the referee must declare the match to have been postponed.
 - In the case of a postponed event, the Technical Committee shall decide within two (2) hours of the official’s decision to cancel the event whether the event can be rescheduled, taking sporting and organizational considerations into account, or whether any other action and decision is needed to continue with the competition. Any disciplinary sanctions resulting from the cancelled event shall remain in force.
 - Any disciplinary sanctions resulting from the postponed / cancelled event shall remain in force.
 - Should events be postponed, in order to get the competition back on schedule, the LOC has the option to compete at night, notifying the delegations of the time when the last event would start. It should be a compressed time frame in order to guarantee the proper rest of athletes, and also to be mindful of minimal impact to other aspects of the operations such as transportation, and athlete mealtimes etc.
 - The pre and post competition protocol can be canceled in order to operate quicker in the face of any delay.
- No protest may be lodged against decisions stated above.

34. EVENT SAFETY REQUIREMENTS

The event safety requirements begin long before the athletes arrive at the event, and in order to ensure the safety of all participants the Safety Officer and safety plan should be appointed and developed in conjunction with all event planning.



- **EMERGENCY ACTION PLAN:** The Safety Officer and Race Director shall meet with local public safety officers and agencies to develop a pre-event and emergency action plan for worst-case scenarios. The plan should include but not be limited to:
 - Conditions that dictate delays or event cancellation
 - Dangerous weather or water conditions
 - Wildlife issues such as jellyfish or dangerous marine life
 - Public, participant and event communications procedures
 - Watercraft acquisition and deployment
 - Organizational chart and contact information for all event and local personnel involved in the event
 - Known medical conditions of participants
- **SAFETY BRIEFINGS:**
 - Emergency Personnel – Safety Officer shall conduct a safety meeting with all rescue personnel at least 2 hours prior to event start and before deployment onto the course. Topics to be covered are communications, radio protocols and emergency action plans
 - Coaches & Race Director – Safety Officer shall conduct a safety meeting at least 1 hour prior to the event start with coaches and the Race Director to communicate final safety requirements and course conditions. Safety Officer shall have reviewed existing conditions on the course including updates on tides, currents and weather so that these can be conveyed to those attending.
 - Coaches and Participants – Approximately 15 minutes prior to the race start the Safety Officer shall provide a final safety briefing to all swimmers and Unified Partners as well as coaches and officials.
 - Translators should be available at all briefings.
- **SAFETY EQUIPMENT:**
 - The following are critical safety items that should be available to on-water or on-shore lifeguards and safety personnel in addition to the medical resources from local Emergency Medical Services, Ambulances or Public Safety Officers
 - Self propelled rescue craft - Rescue paddleboards, kayaks or stand-up rescue paddleboards, rescue cans or tubes
 - Rescue fins – For lifeguards without rescue craft who may be required to assist swimmers in distress
 - Whistles
 - Backboard & collar – For stabilization and transportation of possible spinal injuries
 - Radio units in sufficient quantity for land and water-based safety personnel. {See section 5.6 SOI's OW rules}
- **MOTORIZED WATERCRAFT:**
 - Non-official craft should be kept out of the event area, and the Race Director or Safety Officer must communicate with local recreational watercraft users to alert them of the upcoming event.
 - Motorized propeller driven watercraft should be equipped with propeller guards



- Motorized watercraft should maintain a distance of at least 30 yards outside of the projected swim area except in the event of an emergency.
- Motorized watercraft should endeavor to operate in a manner that does not subject swimmers to the craft's exhaust which can cause breathing or medical distress in swimmers
- In an emergency it is recommended that non-motorized craft or lifeguard swimmers make first contact to stabilize a potential victim and move them to a safe area for pick-up by a motorized watercraft.
- **COMMUNICATION PROTOCOLS**
 - Radios – For Safety Officer, 2-4 for On-water personnel, Start area, Finish area, Head referee, Emergency Medical Services
 - Whistles – With signaling protocols communicated to all safety personnel typically:
 - 3-Shorts – Emergency
 - 1-Long – Attention
 - Hand Signals – Protocols communicated to all safety personnel
 - Clinched fist on head or both hands touching above head – OK, Under control
 - Raised hand – Attention, Assistance needed
 - Raised hand waving left to right – Emergency, Resuscitation needed
 - Raised arms crossed above head – Emergency, Missing swimmer / submerged victim (Code X or Code Red)

SAFETY PERSONNEL DEPLOYMENT

- **START:** Issues at the start of the race may include - panic, cold water shock response, spinal injuries, trauma from contact with hazards or other swimmers. Emergency Medical Services should be on alert prior to the start in order to quickly stabilize, treat and remove possible victims. Lifeguards and safety personnel should be stationed at the water's edge and up to 100 meters out into the water, and all personnel should be equipped with whistles and rescue cans. Rescuers in deeper water should have rescue fins or be on a self-propelled rescue craft. Backboards and spinal stabilization equipment should be at the race start.
 - All rescue personnel should be trained and certified in rendering assistance and stabilizing suspected spinal injuries.
- **ON WATER:** Certified lifeguards should be stationed on the course on self-propelled rescue craft or in the water with fins and rescue cans so that a rescuer can reach any swimmer on the course within 30 (thirty) seconds. Venue and water conditions will dictate the exact distance, and the following is a guide only for the distance that can be covered in the allotted response time.
 - Rescue Paddleboard – 75 – 100 meters in 30 seconds
 - Rescuer with fins and rescue can – 35 – 50 meters in 30 seconds
 - Motorized (Non-propeller driven) rescue craft – 200 – 300 meters in 30 seconds
- **FINISH:** Issues at the finish will be similar to those encountered at the Start and in beach finishes with breaking waves extra attention should be given to athletes entering the area where waves are breaking in shallow water when they are at



greater risk for spinal injuries. Emergency Medical Services should be on alert prior to athletes arriving at the finish area in order to quickly stabilize, treat and remove possible victims. Lifeguards and safety personnel should be stationed at the water's edge and up to 100 meters out into the water, and all personnel should be equipped with whistles and rescue cans. Rescuers in deeper water should have rescue fins or be on a self-propelled rescue craft. Backboards and spinal stabilization equipment should be at the race finish.

- All rescue personnel should be trained and certified in rendering assistance and stabilizing suspected spinal injuries.
- **ADDITIONAL CONSIDERATIONS**
 - Rescuers should be equipped with wetsuits, dry suits or clothing that will enable them
 - Number and distribution of rescue personnel must be re-evaluated prior to the event start to ensure safety standards can be maintained in the event of changing conditions or past experiences from similar events on the same course.
 - Longer events in ocean or extreme conditions may require additional support as fatigue or exposure can hamper a rescuer's ability to maintain the required level of care and attention.
- **ESCORT SAFETY CRAFT**
 - In race distances of 3,000 meters or more, each swimmer may have an individual escort safety craft accompanying them throughout the race.
 - Escort safety shall contain a race official, and the minimum crew required to operate the escort safety craft.
 - Recreational or non-official watercraft shall not be permitted on the course during warm up or during the race until the last swimmer has been removed from the course.
 - Coaching and the giving of instructions by a swimmer's coach or representative from an escort safety craft, feeding platforms, pier, dock, jetty or shoreline is permitted.
 - Coaches may not use whistles or air horns.
 - Prior to the event start all individual escort safety craft must be stationed to avoid interference with any competitor, which should be roughly 200 meters from the race starting line.
 - When moving into position alongside their designated swimmer the individual escort craft shall maneuver outside the field of swimmers so as not to interfere with or injure competitors.
 - Individual Escort Safety Craft shall not be permitted within the finish chute.

35. SPECIAL OLYMPICS PERSONAL BEST RECORDS

In order to recognize the athletes who have achieved the best performance in the most competitive events Special Olympics began collecting memorabilia from all World Games. These athletes have made history within the Special Olympics community and have proven to be great role models for those who are just starting within the sport. Their training methods and coaches should be used as examples to help future generations of athletes.

SPORT IMPACT STANDARDS SWIMMING



World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2011, Athens	25m Back Stroke	LONGO, Julia	Female	SO North America	SO Canada	20.78	1
2007, China	25m Back Stroke	GIBSON, KRISTIN K.	Female	SO Africa	SO South Africa	20.94	2
2003, Ireland	25m Back Stroke	Stephen, Bernice M	Female	SO Africa	SO Zimbabwe	21.31	3
2003, Ireland	25m Back Stroke	Desjardins, Blair	Male	SO North America	SO Canada	15.79	1
2007, China	25m Back Stroke	AFRIKANER, SHERWIN R.	Male	SO Africa	SO South Africa	16.18	2
2019, Abu Dhabi	25m Back Stroke	BETHEL, Trent	Male	SO North America	SO Trinidad & Tobago	16.42	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	25m Breast Stroke	Sapitri, Dewa Ayu	Female	SO Asia Pacific	SO Indonesia	22.45	1
1999, North Carolina	25m Breast Stroke	Lavrentieva, Marina	Female	SO Europe Eurasia	SO Russia	22.59	2
2007, China	25m Breast Stroke	Jaeger, Elke	Female	SO Europe Eurasia	SO Germany	23.14	3
2019, Abu Dhabi	25m Breast Stroke	FENI GRAIG, Larry	Male	SO Africa	SO Uganda	17.80	1
1999, North Carolina	25m Breast Stroke	Twariq, Said	Male	SO Africa	SO Kenya	17.87	2
2007, China	25m Breast Stroke	CHU, KUO HSIEN	Male	SO East Asia	SO Chinese Taipei	17.87	2

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2011, Athens	25m Freestyle	LONGO, Julia	Female	SO North America	SO Canada	16.72	1
2015, Los Angeles	25m Freestyle	Gwala, Nosizwe	Female	SO Africa	SO South Africa	16.88	2

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SPORT IMPACT STANDARDS SWIMMING



2015, Los Angeles	25m Freestyle	Akter, Munni	Female	SO Asia Pacific	SO Bangladesh	17.03	3
2007, China	25m Freestyle	AFRIKANER, SHERWIN R.	Male	SO Africa	SO South Africa	12.75	1
1999, North Carolina	25m Freestyle	Twariq, Said	Male	SO Africa	SO Kenya	13.55	2
2007, China	25m Freestyle	WANG, KAI HSIANG	Male	SO East Asia	SO Chinese Taipei	13.70	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2007, China	50m Backstroke	LEUNG, SHU HANG	Female	SO East Asia	SO Hong Kong	36.44	1
2011, Athens	50m Backstroke	MORRIER, Justine	Female	SO North America	SO Canada	40.01	2
2015, Los Angeles	50m Backstroke	Senior, Lexie	Female	SO North America	SO Canada	41.24	3
2019, Abu Dhabi	50m Backstroke	CARTERA, Noel Celwyn	Male	SO Asia Pacific	SO Philippines	32.40	1
2007, China	50m Backstroke	Kim, JoonHwan	Male	SO Asia Pacific	SO Korea	32.74	2
2003, Ireland	50m Backstroke	Fowler, Leslie	Male	SO North America	SO Canada	32.97	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2007, China	50m Breaststroke	Huggins, Krystal L.	Female	SO North America	SO Trinidad & Tobago	41.38	1
2011, Athens	50m Breaststroke	PARK, Woo Seon	Female	SO East Asia	SO Korea	41.39	2
2003, Ireland	50m Breaststroke	Espinosa Castillo, Nency	Female	SO Latin America	SO Cuba	43.77	3
2019, Abu Dhabi	50m Breaststroke	BISSETT, Connor	Male	SO North America	SO Canada	36.41	1
2015, Los Angeles	50m Breaststroke	Afriansah, Anggi	Male	SO Asia Pacific	SO Indonesia	36.57	2
2007, China	50m Breaststroke	VERGOTINE, VALENTINO Henry	Male	SO Africa	SO South Africa	36.69	3

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World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	50m Butterfly	Obratnova, Yekaterina	Female	SO Europe Eurasia	SO Kazakhstan	36.62	1
2011, Athens	50m Butterfly	FARESTVEDT, Hanne	Female	SO Europe Eurasia	SO Norway	38.03	2
2003, Ireland	50m Butterfly	Brass, Rose	Female	SO North America	SO Canada	39.40	3
2019, Abu Dhabi	50m Butterfly	MICHIE, Gordon	Male	SO North America	SO Canada	27.38	1
2007, China	50m Butterfly	TAN, KAI HUNG	Male	SO East Asia	SO Hong Kong	27.99	2
2011, Athens	50m Butterfly	HEATH, Michael	Male	SO North America	SO Canada	29.68	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2007, China	50m Freestyle	O'MOORE, Suzie	Female	SO Asia Pacific	SO Australia	30.45	1
2007, China	50m Freestyle	LEUNG, SHU HANG	Female	SO East Asia	SO Korea	30.74	2
2011, Athens	50m Freestyle	PARK, Woo Seon	Female	SO East Asia	SO Korea	33.30	3
2019, Abu Dhabi	50m Freestyle	MICHIE, Gordon	Male	SO North America	SO Canada	25.84	1
2019, Abu Dhabi	50m Freestyle	KIM, Dong Won	Male	SO East Asia	SO Korea	27.02	2
2007, China	50m Freestyle	TAN, KAI HUNG	Male	SO East Asia	SO Hong Kong	27.22	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	100m Backstroke	LEIGHTON, Anna	Female	SO Asia Pacific	SO Australia	01:19.28	1
2019, Abu Dhabi	100m Backstroke	CHENG, YUEN KI NATALIE	Female	SO East Asia	SO Hong Kong	01:23.71	2
2015, Los Angeles	100m Backstroke	Mateidesz, Nora Orsolya	Female	SO Europe Eurasia	SO Hungary	01:27.51	3
1999, North Carolina	100m Backstroke	Cedo, Kurt	Male	SO North America	SO USA	01:04.88	1

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2019, Abu Dhabi	100m Backstroke	JENEI, Zoltan	Male	SO Europe Eurasia	SO Hungary	01:08.73	2
2007, China	100m Backstroke	Kim, MyungKwang	Male	SO East Asia	SO Korea	01:09.50	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	100m Breaststroke	TSE, LAM YAN KAREN	Female	SO East Asia	SO Hong Kong	01:22.75	1
2019, Abu Dhabi	100m Breaststroke	BERCZI, Zsofia	Female	SO Europe Eurasia	SO Hungary	01:30.91	2
2019, Abu Dhabi	100m Breaststroke	BAECKMAN, LINNEA	Female	SO Europe Eurasia	SO Sweden	01:31.79	3
2015, Los Angeles	100m Breaststroke	Chan, Long Tin	Male	SO East Asia	SO Hong Kong	01:17.11	1
2003, Ireland	100m Breaststroke	Morita, Kosuke	Male	SO Asia Pacific	SO Japan	01:18.03	2
2011, Athens	100m Breaststroke	KIM, Hyung Gyu	Male	SO East Asia	SO Korea	01:19.43	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	100m Butterfly	PHILPOT, Katherine	Female	SO North America	SO USA	01:16.68	1
2019, Abu Dhabi	100m Butterfly	JOENSEN, Signa	Female	SO Europe Eurasia	SO Faroe Island	01:18.38	2
2015, Los Angeles	100m Butterfly	Moi, Yan Ting, Danielle	Female	SO Asia Pacific	SO Singapore	01:20.26	3
2019, Abu Dhabi	100m Butterfly	HENRY, Bryan	Male	SO North America	SO USA	01:05.43	1
1999, North Carolina	100m Butterfly	Cedo, Kurt	Male	SO North America	SO USA	01:06.26	2
2019, Abu Dhabi	100m Butterfly	KARLSSON, SEBASTIAN	Male	SO Europe Eurasia	SO Sweden	01:08.57	3

SPORT IMPACT STANDARDS SWIMMING



World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	100m Freestyle	PHILPOT, Katherine	Female	SO North America	SO USA	01:06.34	1
2007, China	100m Freestyle	O'MOORE, Suzie	Female	SO Asia Pacific	SO Australia	1:07.16	2
2003, Ireland	100m Freestyle	O'Moore, Suzie	Female	SO Asia Pacific	SO Australia	1:08.96	3
2019, Abu Dhabi	100m Freestyle	BISSETT, Connor	Male	SO North America	SO Canada	56.61	1
2011, Athens	100m Freestyle	TANG, Wai Lok	Male	SO East Asia	SO Hong Kong	56.62	2
2019, Abu Dhabi	100m Freestyle	HENRY, Bryan	Male	SO North America	SO USA	57.40	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	100m Medley	BAECKMAN, LINNEA	Female	SO Europe Eurasia	SO Sweden	01:22.80	1
2015, Los Angeles	100m Medley	Longo, Julia	Female	SO North America	SO Canada	01:26.97	2
2007, China	100m Medley	XUE, XUE	Female	SO East Asia	SO China	01:27.74	3
2015, Los Angeles	100m Medley	Chan, Long Tin	Male	SO East Asia	SO Hong Kong	01:07.86	1
2015, Los Angeles	100m Medley	Foldi, Marcell	Male	SO Europe Eurasia	SO Hungary	01:08.03	2
2019, Abu Dhabi	100m Medley	PIERCE, Jonathan	Male	SO North America	SO USA	01:10.77	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2011, Athens	200m Breaststroke	BUEHLOW, Erica	Female	SO North America	SO Canada	02:57.14	1
2019, Abu Dhabi	200m Breaststroke	TSE, LAM YAN KAREN	Female	SO East Asia	SO Hong Kong	02:59.64	2
2007, China	200m Breaststroke	Berczi, Zsafia	Female	SO Europe Eurasia	SO Hungary	03:21.13	3

SPORT IMPACT STANDARDS SWIMMING



2011, Athens	200m Breaststroke	LI, KA MAN	Male	SO East Asia	SO Hong Kong	02:54.65	1
2015, Los Angeles	200m Breaststroke	Batara, Magnus	Male	SO North America	SO Canada	02:56.66	2
2007, China	200m Breaststroke	Jensen, Ragnvaldur	Male	SO Europe Eurasia	SO Faroe Islands	02:56.94	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2019, Abu Dhabi	200m Freestyle	CHENG, YUEN KI NATALIE	Female	SO East Asia	SO Hong Kong	02:30.16	1
2019, Abu Dhabi	200m Freestyle	PHILPOT, Katherine	Female	SO North America	SO USA	02:30.58	2
2015, Los Angeles	200m Freestyle	Schelles, Nina	Female	SO Europe Eurasia	SO Belgium	02:32.17	3
2011, Athens	200m Freestyle	TANG, Wai Lok	Male	SO East Asia	SO Hong Kong	02:04.65	1
2019, Abu Dhabi	200m Freestyle	PIERCE, Jonathan	Male	SO North America	SO USA	02:12.48	2
2015, Los Angeles	200m Freestyle	Wong, Hon Yin	Male	SO East Asia	SO Hong Kong	02:13.46	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	400m Freestyle	Kraeva, Ekaterina A	Female	SO Europe Eurasia	SO Russia	05:02.26	1
2011, Athens	400m Freestyle	BUEHLOW, Erica	Female	SO North America	SO Canada	05:05.85	2
2003, Ireland	400m Freestyle	O'Moore, Suzanne T	Female	SO Asia Pacific	SO Australia	05:28.30	3
2011, Athens	400m Freestyle	ZWART, Kevin	Male	SO North America	SO USA	04:21.53	1
2015, Los Angeles	400m Freestyle	CHAN, Ethan	Male	SO Asia Pacific	SO Australia	04:30.92	2
2011, Athens	400m Freestyle	BUEHLOW, Alexander	Male	SO North America	SO Canada	04:32.42	3

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World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2011, Athens	800m Freestyle	BUEHLOW, Erica	Female	SO North America	SO Canada	10:29.41	1
2015, Los Angeles	800m Freestyle	Chuprakova, Olga V	Female	SO Europe Eurasia	SO Russia	11:35.44	2
2019, Abu Dhabi	800m Freestyle	WYSE, Kelsey	Female	SO North America	SO Canada	11:44.46	3
2015, Los Angeles	800m Freestyle	Shabalin, Andrei A	Male	SO Europe Eurasia	SO Russia	09:05.13	1
2015, Los Angeles	800m Freestyle	CHAN, Ethan	Male	SO Asia Pacific	SO Australia	09:07.66	2
2011, Athens	800m Freestyle	ZWART, Kevin	Male	SO North America	SO USA	09:11.03	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	1500m Freestyle	Kraeva, Ekaterina A	Female	SO Europe Eurasia	SO Russia	20:36.09	1
2019, Abu Dhabi	1500m Freestyle	WYSE, Kelsey	Female	SO North America	SO Canada	22:10.18	2
2019, Abu Dhabi	1500m Freestyle	BORZENKOVA, Oksana	Female	SO Europe Eurasia	SO Russia	26:09.00	3
2011, Athens	1500m Freestyle	ZWART, Kevin	Male	SO North America	SO USA	17:20.44	1
2019, Abu Dhabi	1500m Freestyle	CANNEY, Jesse	Male	SO North America	SO Canada	17:53.49	2
2007, China	1500m Freestyle	Vincze, Karoly	Male	SO Europe Eurasia	SO Hungary	20:50.54	3

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
1999, North Carolina	4x25m Freestyle	Holm, Tina Sibylle	Female	SO Europe Eurasia	SO Norway	01:28.40	1
		Gunderson, Cammila					
		Hvidsten, Liv					
		Absolonsen, Laila					

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2011, Athens	4x25m Freestyle	FU, Xiao	Female	SO East Asia	SO China	01:28.71	2
		CHEN, YANLI					
		LUO, Xiaochun					
		HUA, YANA					
2007, China	4x25m Freestyle	CHEUNG, HO LUN	Female	SO East Asia	SO Hong Kong	01:31.74	3
		CHOI, PAK YIN					
		NG, SZE PUI					
		WONG, HOI YUI KI					
2003, Ireland	4x25m Freestyle	Kuzmin, Anton A	Male	SO Europe Eurasia	SO Russia	57.85	1
		Sokolov, Vasily A					
		Semine, Iouri A					
		Loginov, Sergey A					
1999, North Carolina	4x25m Freestyle	Mak, Kam Chao	Male	SO Asia Pacific	SO Macau	01:03.36	2
		Cheong, Ka Kei					
		Ng, Tim Choi					
		Kuok, Ka Weng					
2007, China	4x25m Freestyle	SANDERS, HEIDI JOLENE (F)	Male / Mix	SO Africa	SO South Africa	01:05.07	3
		GIBSON, KRISTIN K. (F)					
		AFRIKANER, SHERWIN R. (M)					
		VERGOTINE, VALENTINO Henry (M)					

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	4x50m Freestyle	Cheong, Sui Kei	Female	SO East Asia	SO Hong Kong	02:18.46	1
		Yue, Cherry					
		Suen, Cheuk Ying					
		Tse, Lam Yan Karen					
2007, China	4x50m Freestyle	LIAO, XIANQIONG	Female	SO East Asia	SO China	02:22.70	2



		CHEN, YANLI					
		Sun, Yanan					
		Huang, Ying					
2011, Athens	4x50m Freestyle	YAN, KA MAN	Female	SO East Asia	SO Hong Kong	02:30.27	3
		CHEUNG, HO LUN					
		CHAN, Chin Wai					
		WONG, HOI YUI KI					
2011, Athens	4x50m Freestyle	TANG, Wai Lok	Male	SO East Asia	SO Hong Kong	01:55.11	1
		HO, SZE HOU					
		LI, KA MAN					
		TAN, Hou Ang					
2015, Los Angeles	4x50m Freestyle	Chan, Long Tin	Male	SO East Asia	SO Hong Kong	01:58.68	2
		Lee, Pak Him					
		Chow, Hung Cheong					
		Wong, Hon Yin					
2007, China	4x50m Freestyle	LI, YADONG	Male	SO East Asia	SO China	02:04:66	3
		SU, CHANGXIA					
		MO, SONGJIE					
		LI, WEI					

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	4x50m Medley	Lam, April	Female	SO North America	SO Canada	02:48.61	1
		Longo, Julia					
		Wyse, Kelsey					
		Michie, Meagan					
2011, Athens	4x50m Medley	LEE, Ji Hong	Female	SO East Asia	SO Korea	03:02.97	2
		BACK, So Min					
		PARK, Woo Seon					

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		HAN, Da Hee					
2007, China	4x50m Medley	TSANG, PUI SHAN	Female	SO East Asia	SO Hong Kong	03:11.64	3
		LEUNG, HOI TIK					
		LEE, MAY SZE MEI					
		WONG, YUEN YU					
2007, China	4x50m Medley	Kim, DongHan	Male	SO East Asia	SO Korea	02:21.02	1
		Kim, JoonHwan					
		Kil, ByeongKyu					
		Kim, MyungKwang					
2003, Ireland	4x50m Medley	Brass, Rose (F)	Male / Mix	SO North America	SO Canada	02:23.96	2
		Fowler, Leslie (M)					
		Morton, Wayne (M)					
		Resitvo, Charles (M)					
1999, North Carolina	4x50m Medley	Lam, Pok-Yin	Male	SO East Asia	SO Hong Kong	02:24.07	3
		Tan, Kai-Hung					
		Wong, Siu-Kit					
		Tam, Wai-Yip					

World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	1500m OW	Chuprakova, Olga V	Female	SO Europe Eurasia	SO Russia	23:52.50	1
2011, Athens	1500m OW	Fowler, Cornelia J.	Female	SO Africa	SO South Africa	27:22.64	2
2015, Los Angeles	1500m OW	Everloo, Wessel	Male	SO Europe Eurasia	SO Netherlands	19:29.49	1
2011, Athens	1500m OW	Smilley, Andrew	Male	SO North America	SO Cayman Island	22:00.77	2

2019 WG - Competition did not meet the standards, for reliable times

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World Games	Event	Athlete	Gender	SO Region	Accredited Program	Time	Record Position
2015, Los Angeles	1500m UOW	Cespedes, Abigail F.	Female	SO Latin America	SO Costa Rica	27:17.66	1
		Sotela, Adriana				27:18.26	
2015, Los Angeles	1500m UOW	Vaquero, Angelica Stephany	Female	SO Latin America	SO El Salvador	32:16.27	2
		Mendez Zelaya, Flor de Maria				32:16.41	
2015, Los Angeles	1500m UOW	Cocklan, Dylan	Male	SO Europe Eurasia	SO Gibraltar	23:10.37	1
		Santos, Samuel Fernando				23:10.52	
2015, Los Angeles	1500m UOW	Gehrke, Oliver	Male	SO Europe Eurasia	SO Germany	27:15.89	2
		Schwarz, Dennis			SO Germany	27:16.93	

2019 WG - Competition did not meet the standards, for reliable times.



36. RESOURCES

RESOURCES	
<p>FINA</p>	<p>This provides an overview of the Laws that govern international competitions. The Laws (Rules) of the Game are the identical for all FINA swimming competitions throughout the world. These rules keep the game fair and are a crucial feature of the "spirit" of the game. The best races are those where the referee is rarely needed as both sides play with respect for each other, officials and the Laws.</p>
<p>Special Olympics - Article 1 (https://resources.specialolympics.org/governance-and-leadership-excellence/special-olympics-general-rules/article-1)</p>	<p>These are the mission, goals and founding principles aligned with the Special Olympic Movement.</p>
<p>Special Olympics Athletics Sports Rules (https://media.specialolympics.org/resources/sports-essentials/sport-rules/Sports-Essentials-Swimming-Rules-2022.pdf?_ga=2.102691649.1392263049.1671156085-1396307559.1668773770)</p>	<p>Swimming Sport Rules provide background on the rules that govern all Special Olympics swimming competitions.</p>
<p>Fitness and Performance Stations Technical Manual</p>	<p>This manual provides the expectations for the LOC regarding the planning and implementation of fitness and Performance Stations. As a vital element to improving sport preparation and performance, reducing injuries and quickening recovery, fitness and Performance Stations are a critical component of Special Olympics and an important event of events, and therefore involves a dedicated group of fitness professionals, students and volunteers who lead stations and provide education for the participants. Information and recommendations on how to organize Performance Stations are provided so that the obligations can be met.</p>



<p>Medical Operations Technical Manual</p>	<p>This provides an overview of the requirements for the medical operations of the event. This includes, but is not limited to: First Aid, Venue Medical and Emergency/Ambulance Services at all venues/events and accommodations, communication Planning for medical incidents and health and safety concerns, disaster and disease outbreak management, credentialing and medical information records, tracking and reporting medical incidents, training of medical volunteers/staff.</p>
<p>Sensory Spaces Technical Manual</p>	<p>This provides an overview of the requirements of sensory spaces. Sensory Rooms and low-stimulations environments are specially designed spaces containing a range of stimuli designed to provide a safe environment for individuals to engage their senses. Sensory space is important for athletes who have issues with sensory processing/integration and have difficulty regulating certain sensory stimuli to help them decompress and cope with their surroundings. Along with many other benefits related to developing sensory skills, these spaces can provide a moment of comfort and calmness.</p>