



Water Quality – River Swims

As you might expect, water quality is key for all participants in any open water swim. Water quality can be affected if it rains heavily before the event and the water is likely to contain higher levels of pollution and have a greater risk of illness than in dry weather. The majority of river swims meander their way through the open countryside where cattle and livestock graze. There is always going to be a risk of picking up gastrointestinal infections, as well as respiratory, skin, ear and eye infections, but most symptoms will generally be mild when swimming in open water.

Practical measures swimmers can take to reduce the risk of illness include

- Practise bilateral breathing so you can avoid taking mouthfuls of water, breathing into the prevailing wind
- Covering open cuts/ grazes with plasters
- Washing hands and face thoroughly after swimming or take a shower
- Use the antibacterial gel before eating and drinking.

Swimmers' tolerance for impurities in the water varies. Before signing up and taking part in one of our swimming events, competitors should satisfy themselves that they are happy with the risk of pollution in the water, based on the weather and their own tolerance for bugs. We do not offer further direction on water quality in the run-up to or on the day of the event.

Water quality near the River Arun (Littlehampton) has been good for the last 5 years. Similarly, water quality near the River Adur (Shoreham/Southwick) has been excellent for the last 5 years.

We will of course make sure that in extreme cases you are updated with the conditions. Should we have to cancel an event you will be offered a place at one of our other events of equal value that year. Where possible, events disrupted due to extreme weather will re-scheduled to a later date the same year, but **entry fees cannot be refunded**.

Swimming events will only be deferred to the following year in exceptional circumstances. In these circumstances, 60% of your entry fee will be rolled over to the following year. The remaining 40% will be retained to cover costs for the original event which cannot be recouped, such as coach and venue hire, trophies, safety crew and event insurance cover.

