

MMS MEGA SWIM

RULES AND SAFETY

- No fins, paddles, snorkels or floatation devices are permitted – unless approved by the Senior Fundraising Coordinator.
- The use of a floatation device will be granted to people living with multiple sclerosis automatically.
- Participants under 18 years old must be supervised by a parent or legal guardian at all times.
- The order, duration and number of times a team member swims are at the discretion of the Team Captain.
- Swimmers wishing to break an event record must notify MS prior to the Event.
- Qualified lifeguards will monitor the venue and pool for the duration of the duration of the event.

ETIQUETTE

As there may be more than just yourself swimming in the lane, please take note of the following swim etiquette:

- Keep left in your allocated lane.
- No diving in the shallow end.
- If stopping at the wall, make sure you're not obstructing swimmers behind you who may want to turn.
- If you are trying to pass a swimmer, please do not touch or grab at their feet.
- When entering the water on your part of the relay, please be careful of other swimmers.
- If you are tired and feel you can't go on, please let your teammates know.