



Rules for WSI Competitions

1. It is compulsory that all participants must wear the registered County hat or skull cap for the County for whom they are competing.
2. County hats must be representative of the county local Area Committee with the County name and not be representative of any particular area within a county or have any particular area within the County named on it.
3. The WSAC must approve and register the design of the County swimming hat and the County skull cap.
4. The Sports Commission has a register of hat designs. All County hat designs must be sent to the Sports Commission at sport@iws.ie for approval.
5. For all Irish Water Safety Surf Lifesaving open water competitions the approved Water Safety Ireland competition high visibility rash vests are compulsory for all competitors in all events whilst competing.

Note: The IWS Surf Lifesaving Coaches Course is recommended for all Coaches. This will be mandatory from 01/01/2016

Definitions:

Competitor:	Those who compete in IWS Still and Open Water, Nippers, Juniors, Seniors and Masters Competitions.
Coach:	Qualified Person in charge of training session. Must be a member of WSI.
Assistant Coach:	Person assisting the coach in implementing the training session. Must be a member of WSI.
Helper:	Person helping in the running of training session whose roles may include taking roll call, collecting membership fees etc. These people must be members of WSI.

Note on Dual Membership

- Master competitors can be members of their own county and Hibernian.
- Hibernian will only compete at international meets.