

## Junior OWS

- All juniors must attend a coached pool swim for assessment of swim capabilities before attending an open water swim
- Minimum age 12.
- Each junior must be accompanied to the swim by a parent / guardian who must stay and actively watch the session and assist the safety teams if requested.
- Junior swims must be coached by a level 2 / Group or higher qualified coach if children 12 - 14 years old are participating.
- Junior swims may be led by a Swim Bike Run leader if all children participating are aged 15 and older.

There will be no unled junior swims.