



CAPE LONG DISTANCE SWIMMING ASSOCIATION

Website: www.clds.co.za

11 December 2023

CLDSA medical requirement for swims of over 25km - Required from 11th December 2023 Onwards

The medical assessment requirement came about in 2022 after the CLDSA committee and CLDSA Medical Officer noted a need to bring CLDSA in line with other international marathon swimming associations, and to ensure that CLDSA is making recommendations to protect the safety of swimmers choosing to take on very long swims under the CLDSA banner.

CLDSA is lucky to have two extremely experienced medical doctors on the committee, both of whom are specialists in cold water swimming. After consultation with these experts a medical form was drafted setting out the requirements for the medical. The requirements and standard of the medical were based on the advice and professional experience of the CLDSA Medical Officer.

During late 2022 and early 2023 CLDSA consulted widely with multiple stakeholders regarding the introduction of a new requirement for swimmers to complete a medical assessment, for swims of more than 20km, whereafter the medical requirement was implemented for swims longer than 20km from 1 July 2023.

The medical was reviewed after 6 months and it was decided that the distance for the medical requirement be increased from 20km to 25km as of the 11 December 2023.

This medical will be reviewed in a year's time again should any further adjustments need to be made.

Key points to note:

- It is strongly recommended that the medical assessment is completed by a physician (preferably a sports physician with cold-water/long-distance endurance sports experience). Alternatively, and based on the availability of specialist physicians, the swimmer's personal physician or a GP can complete the assessment.

- The swimmer will be required to submit only the medical checklist, with the doctor's details, signature and professional stamp, before the swim date to medical@clds.co.za , in order for the swim to be ratified by CLDSA.
- All medical information will be saved securely and will be reviewed Swim administrator and CLDSA medical officer
- The medical will still apply for swims of over 25km, regardless of the expected time in the water, water temperature or swim route.
- A resting 12-lead ECG is required. This is not required by all international marathon swimming associations, but the CLDSA Medical Officer feels that this is important and prudent, and in the interests of the swimmer's safety. A 12-lead resting ECG can be done by a physician or many GPs.
- If you are planning a swim of more than 25km, CLDSA recommends that you should have your medical completed in advance, as it will be valid for a full 12 months and can be used for multiple swims during the year. **Completing the medical in advance will avoid any last-minute rush to have the assessment once your swim window is confirmed.**
- If you are planning a marathon swim under a different swimming associations rules which require a medical, we suggest that you have any additional medical forms completed at the same time as your CLDSA medical to save on admin and cost (the doctor should be able to complete one medical in order to sign forms for multiple swim associations, e.g. both CLDSA and CSA forms for English Channel swims, or even ISA medicals for ice swimming, at no extra cost).

Should members have any further queries these can be directed to swims@clds.co.za. We wish safe and enjoyable training to members and prospective members that are training or planning for marathon swims, and we look forward to following your swim attempts.

Yours in swimming,

CLDSA Committee