



MASSACHUSETTS
OPEN WATER SWIMMING ASSOCIATION

OBSERVER TRAINING

THANK YOU FOR YOUR INTEREST IN BECOMING A MOWSA OBSERVER!

- ▶ Marathon swimming history and development of rules, governing bodies
- ▶ Intro to MOWSA
- ▶ How to observe a marathon swim
- ▶ Benefits of observing
- ▶ Questions?

RULES MATTER IN MARATHON SWIMMING

- ▶ Generally accepted rules of marathon swimming, development of the CSA in response to the Logan Hoax
- ▶ Marathon Swimmers Federation Rules of Marathon Swimming published in 2014 to codify generally accepted rules
- ▶ The Spirit of Marathon Swimming
- ▶ Observers are a critical piece of keeping the sport alive
- ▶ Observers must be independent, knowledgeable, and invested in the safe completion of the swims they oversee

LOCAL GOVERNING BODY FOR MARATHON SWIMMING IN MASSACHUSETTS

- ▶ Founded in 2012 by Greg O'Connor
- ▶ Multiple routes
- ▶ Option for choose your own adventure
- ▶ Overview of the booking and sanctioning process for a MOWSA swim
- ▶ Points of contact for questions or concerns on the day of the swim

HOW TO OBSERVE AND DOCUMENT A MARATHON SWIM

- ▶ The observer's role and duties – you're MOWSA's ambassador on board
- ▶ Tools you'll need:
 - ▶ Thermometers, pen, paper and clipboard, wind meter, air horn, mylar blanket, cell phone with GPS app, stopwatch
- ▶ How to pack your bag for comfort at sea
- ▶ How to manage seasickness in yourself and others
- ▶ Working with the swimmer, crew, pilot, and kayaker(s)

HOW TO OBSERVE AND DOCUMENT A MARATHON SWIM, CONTINUED

- ▶ What to do in case of emergency
- ▶ What to know about marine life and our shark protocol
- ▶ Tips for assisting the swimmer, crew, and pilot effectively
- ▶ How to fill in the log and complete other aspects of documenting the swim fully
- ▶ What to submit to MOWSA after the swim
- ▶ What to do if you have other questions

WHAT YOU GET FOR OBSERVING

- ▶ The warm glow of helping someone's dream come true and keeping this amazing sport alive
- ▶ A fun day on the water
- ▶ \$\$ Stipends for observing
- ▶ Discounts on future solo swims
- ▶ Become part of the MOWSA family

CONTACT OBSERVERS@MASSOWSA.ORG
FOR MORE INFO

QUESTIONS?