New York Open Water - swim log

	ELAPSED TIME (HR:MIN:SEC)	REAL TIME (HR:MIN:SEC)	LOCATION (LANDMARKS)	TEMP. (SEA/AIR)	WIND (SPEED/DIR.)	STR. RATE	NOTES: Feeds, swimmer physical/mental status, changes, any reasons for concern, water conditions, traffic etc.
DATE:							
SWIMMER: FIRST:							
LAST:							
OBSERVER: FIRST:							
LAST:							
KAYAKER: FIRST:							
LAST:							
BOAT CAPTAIN: FIRST:							
LAST:							
SWIM DESCRIPTION:							

FINAL TIME:	Observer Signature /Date:	Page_____of_____

Send a clear photo of all pages of the completed log to **info@nyopenwater.org**. Keep the log until you get confirmation of receipt.

NYOW *Observer Rules*

OBSERVER ROLE ••⏱

Documents facts of the swim, interprets rules, and keeps official time.

Observer can evaluate the swim dispassionately and apply the declared rules.

PRE-SWIM COMPLIANCE ✅

👙 One swimsuit, porous textile.

   Men: not below knee or above waist.

   Women: not below knee, not onto neck, not beyond shoulder.

🎩 One bathing cap (latex/silicone/lycra). Must be bright color (❌ not white or black).

👓 Goggles, 🦻 earplugs, 👃 nose clips (allowed).

🌞 Sunscreen/grease (allowed).

💡 Safety lights if any part of the swim is at dusk/dark (required).

❌ No warmth/heat retention gear (wetsuits, neoprene caps/booties/gloves).

❌ No speed/propulsion aids (fins/flippers, hand paddles).

❌ No buoyancy aids (wetsuits, flotation).

❌ No auditory pacing aids (music players, metronomes).

❌ No wearable electronic devices transmitting information (watches, Garmin, smart goggles, heart-rate monitors).

Marathon Swimmers Federation Rules

DURING-SWIM RULES 🏄

Contact and drafting

🚫 No intentional supportive contact with vessels, objects, or personnel.

🚫 No intentional drafting behind escort vessel or support swimmer.

Support swimmers (captain's consent required)

👤 One support swimmer at a time.

⏱ Max 1 hour per support swim.

🔄 Multiple support swims allowed but not consecutive (≥1 hr between).

🚫 Support swimmer must not touch solo swimmer; position slightly behind.

Support swimmer location limits

📍 Harlem River north of East 107th Street

📍 Hudson River north of West 145th Street (Riverbank State Park)

Authority and stewardship ⚓🌱

🛥 Pilot has ultimate authority for safety; may cancel at any time.

🛟 Observer may pull swimmer if concerned for their safety.

🌍 All participants must practice environmental stewardship and avoid harm to wildlife and ecosystems.

MONITORING 📝

Every 30 min ⏳: record stroke rate, location, water temp 🌡, wind speed 💨, direction, swimmer observations.

Use a reliable weather app for wind speed/direction (e.g., Wunderground).

Every 1 hr 🛰: verify GPS tracking is working. Reboot if not: ***https://track.rs/NYOW***

Water temp reference (Battery station): ***https://tinyurl.com/bdfa7u7e***

At dusk/dark 🌙: confirm swimmer lights are on and visible.