

The use of wetsuits is forbidden or mandatory if the following combinations of distance and water temperature are attained:

| Swim length | Age as at 31 December | Mandatory Below | Forbidden Above |
|-----------------|----------------------------|-----------------|-----------------|
| Up to 1500m | up to and including age 59 | 15.9°C | 22°C |
| Up to 1500m | age 60 and above | 15.9°C | 24.6°C |
| 1501m and above | all ages | 15.9°C | 24.6°C |

It is recommended that wetsuits are worn by all novices and Age-Groupers up to and including age 59 up to 22°C, and all novices and Age-Groupers age 60 and above up to 24.6°C;

At temperatures below 11°C open water swimming in competition cannot take place.

The above temperatures are based on water temperatures alone and assume that the wind chill factor is negligible. If wind chill is significant, swim distances may be reduced at higher temperatures. At the following temperatures, the maximum swim distances are:

| Temperature | Maximum Distance Permissible |
|-------------|------------------------------|
| 13°C | 1000m |
| 12°C | 600m |
| 11°C | 300m |

[See British Competition rules \(as of March 2025\) in full here](#)