

On Sat 24 Aug 2019 at 23:54

<headcoach_____ wrote:

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Many People Have Asked About Cuba To Florida

Courtesy of WOWSA. Straits of Florida. Cuba to Florida.

"With continued interest in swimming solo from Cuba to Florida by a South African swimmer, an Italian swimmer, a professional Cuban swimmer and others, the rules under which Diana Nyad swam across the Straits of Florida in 2013 have been shared with these swimmers," said Steven Munatones. "I proposed these rules governing solo swims and have been advised that putting them in the public realm was desirable by Ned Denison and others."

WOWSA Rules Governing Swims Across Strait of Florida

1. Solo swims across the Strait of Florida can start anywhere on the island of Cuba and can finish anywhere in the state of Florida.* The swimmer may not board any marine vessel, paddleboard or kayak during the swim which must be performed completely under their own efforts.
2. The swimmer may use any form of swimwear including porous stinger suits, face masks, hand gloves, foot booties, swim caps, ear plugs, and goggles.** If the swimmer uses wetsuits or any kind of buoyant non-porous closed cell swimwear or hand paddles, flotation buoys or fins/flippers or anything that aids in buoyancy or forward propulsion, then this equipment must be noted and the swim shall be defined as an assisted solo swim.
3. The swimmer may also use skin ointments, sunscreen, creams, Desitin, or anti jellyfish sting sprays or ointments that can be applied at any time before or during the swim. If the ointments are applied during the swim, the swimmer may apply ointments on their own skin or may have another individual apply the ointment on their own skin as long as the assistant does not help the swimmer move forward or the swimmer does not board an escort boat, kayak or paddleboard.
4. The swimmer may eat or drink anything during the swim and may be given food or drink hand-to-hand or other means by assistants on the escort boat at any time. Inadvertent touching of the swimmer by the assistants is permissible.
5. The finish is confirmed once the swimmer clears the water's edge on dryland in the State of Florida.
6. The swimmer may stand on a reef or a sand bar during the swim if such geological feature exists. In this instance, the swimmer can stand, but must not move forward.
7. In the case of encounters with marine life (e.g., sharks or box jellyfish), the safety of the swimmer is the highest priority. In the case of a tropical storm or lightning occurs, the safety of the swimmer and escort crew is the highest priority.
8. It is acceptable if the swimmer must be treated and touched by medical personnel or receive medicines or injections from medical personnel as long as the swimmer does not board the escort boat or kayak or move forward while undergoing treatment.

9. Adherence to and reasonable exceptions to the rules above shall be documented in writing and, if possible, by photography or video at least hourly by the observers on the escort boat and confirmed by the pilots and other escort boat crew members after the swim is completed. This documentation shall be submitted in its original form to WOWSA and copies shall be provided to the International Marathon Swimming Hall of Fame for preservation in its archives. The documentation may also be archived by the Marathon Swimmers Federation.

* Notable exception due to the contemporary political climate in the United States: If the dryland starting point on Cuba is not possible due to embargos or legal or political reasons, then an alternative starting point can be immediately outside the 12-mile international water zone from the shoreline of Cuba with a finish somewhere in Florida.

** For the purposes of keeping the tentacles of venomous jellyfish away from stinging the swimmer. It is noted that wearing or using porous stinger suits, face masks, hand gloves, and foot booties makes a swim more difficult, not easier, but keeps the swimmer safe from potentially dangerous jellyfish venom.

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Source: [“Timeline of the Rules”](#) section of the [“Diana Nyad Cuba-Florida Swim 2013 Report,”](#) 21 August 2022.