1EffectVisualEffect(98, "abr\_trg\_swimonenter", "\*\*\*\*", "abr\_trg\_swimonexit", "SOME\_UNIQUE\_TAG")

ApplyEffectAtLocation(DURATION\_TYPE\_TEMPORARY, EffectAreaOfEffect(98, "abr\_trg\_swimonenter", "\*\*\*\*", "abr\_trg\_swimonexit", "SWIM\_HARD"), GetLocation(GetWaypointByTag("<<the tag of the waypoint>>")), <the amount of time until you spawn the next one>);

https://github.com/ALandFarAway/ALFA-Base-Resources/blob/master/alfa2\_2da.hak/vfx\_persistent.2da