

2017 Solent Swim – Saturday 2nd September 2017

FREQUENTLY ASKED QUESTIONS

What is the distance? About 1.2 miles.

How long will the swim take? Around one hour.

What happens if I'm slower than everyone else? There will be at least 1 kayaker paired with 2 swimmer to ensure that everyone gets across safely, and you will stay together as a team of 3. There will be timed training sessions to prepare for the swim and you will be paired with someone of a similar swim time. It is important to remember that this event is NOT a race.

How will I know which direction to head in? Your kayaker will guide you and you will be given instructions at the safety briefing the night before the event.

Should I wear a wetsuit? You do not have to wear a wet suit, though the majority of swimmers who take part in the event do. If you do choose to wear a wet suit, it is essential that you should wear it for the sea training too so that you get used to the extra buoyancy it gives you.

Should I wear a swimming cap? Yes, we will provide each swimmer with a numbered coloured cap which you must wear.

What happens if I get very cold? If your kayaker thinks you are becoming hypothermic or struggling for any reason, they will tell the lifeboat and you will be taken out of the water. Even wearing a wetsuit, it's likely that you will get very cold during the swim so you should bring warm clothes to change into afterwards and we will provide hot drinks.

Will there be somewhere to leave my clothes? Yes, we will provide you with a plastic bag labelled with your name and swim number. These will be collected from Hurst Point and taken over to Colwell Bay, though we cannot guarantee this will be before the swimmers arrive. We advise all swimmers to have someone to meet them at Colwell Bay who has a spare set of dry clothes, or you can leave a set with us.

Is the car park free? No, you will need to pay for that too.

Do I have to train? Yes. To qualify for the swim you are required to take part in the training sessions we organise but this is a serious challenge and we also expect you to carry out your own training programme.

What happens if I don't complete the time trials in the set times? For safety reasons, you will not be allowed to take part in the swim.

Do I have to swim front crawl? No, you can swim which ever stroke suits you best, but you should use the stroke/s you have used in training so that you know your timings are correct.

What happens if I can't raise £250? The swim is a fundraising event for our charity and takes an enormous amount of organisation in order to be safe and enjoyable for participants. Your responsibility is to raise £250. This can be done through fundraising or a personal donation. Online fundraising must be done through www.everyclick.com selecting West Wight Sports & Community Centre Trust Ltd as the preferred charity. Let us know if you need some help with this.

If you have any further queries you can email the event organiser at events@westwight.org.uk