

2018 Solent Swim - Saturday 4th August 2018

KAYAKERS CODE

The Solent Swim is organised by West Wight Sports & Community Centre as a fund raising event for the West Wight Sports & Community Centre Trust (registered charity number 273334).

WWSCC is more than just a swimming pool - it is a community hub, providing a range of facilities and services focusing on health, fitness, personal growth and development and supporting both physical and mental health and well-being.

As a charity, we rely on ad hoc grants and fundraising events such as the Solent Swim to support our work and ensure the Centre can continue to operate.

We are facing a huge financial challenge with the need to find an extra £150,000 a year to fill the gap in funding. The Solent Swim is the main fundraising event for the Centre and since our first event in 2010, around 300 people have swum the Solent and raised over £170,000 for the charity.

Thank you very much for offering to help us with safety support – without our kayakers we would not be able to run the event. Please read and take note of the following which has been drawn up by Dave Lutas of IOW Canoe Club, before signing up:

Any person taking part as kayak support for this event must ensure the following:

- Kayak is in a seaworthy condition and suitable for the crossing.
- Must be competent to complete the crossing and the return journey.
- Must wear appropriate clothing, ie waterproofs, suitable footwear etc.
- Must wear at all times a correctly fitted buoyancy aid or life jacket.
- Are required to carry a pealess whistle within easy reach at all times.
- Must be familiar with 'rafting up' procedure with other kayakers.
- Are available to take part in at least one rescue and recovery practice sessions at Colwell Bay on
 - Sunday July 22nd at 1000, or
 - Tuesday July 24th at 1900
- Are available to attend the pre-event safety briefing on Friday 3rd August at 7.30pm

Kayakers instructions

Kayaker must register their attendance at Colwell on the morning of the swim at a time to be confirmed. There will be a short briefing and numbered wristbands will be issued which must be worn at all times during the event. Kayakers will be escorted by the Freshwater Inshore Lifeboat across the Solent. The wristbands can be exchanged for a breakfast bap and a drink onshore when the event has ended.

In the event of a panicking swimmer, the kayaker must calm the swimmer by using words of reassurance before getting close and assisting.

Once the swimmer is calm, offer either the bow or stern of your kayak. This way there is less likelihood of the swimmer capsizing the kayak. Call for assistance.

Kayakers call for assistance is a 'raised vertical paddle'.

In the unlikely event of an unconscious swimmer, the kayaker should turn the casualty so that the head is facing out of the water, support the head and summon assistance immediately.

A whistle must only be used in an **emergency**. A series of long blasts and continue until attention has been drawn.

A safety craft will approach and remove the swimmer from the water. Assist the safety craft by being vigilant of any other swimmers in the vicinity.

If kayaker has VHF radio, channel will be confirmed at the safety briefing.

It is good practice for kayakers to be 'self sufficient' wherever possible. Carry a spare paddle if you are able, wear a towline if you have one, carry a pealess whistle, have a high energy drink and snack available, carry a first aid kit if you are qualified to use it.

Kayakers are safety conscious at all times, constantly aware of their surroundings and always respect the environment.

**All kayakers must sign & submit the Declaration on page 2
of the Registration Form below**

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KAYAKER REGISTRATION FORM

Please fully complete both pages of this form in order to participate in the above charity event. The information provided is for the purposes of safety and identification only and will remain confidential to the organisers (West Wight Sports & Community Centre Trust) and HM Coastguard, unless required for such purpose. Email addresses will be used for circulating information/updates about the event. ***Please indicate if you are unable to access email and arrange for an alternative means of communication***

The organisers reserve the right to decline the participation of anyone they believe may be unsuitable for any reason.

This form must be submitted to WWSCC before Friday 13th July 2018

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| <p>Full name of Kayaker:</p> <p>.....</p> <p>Address:</p> <p>.....</p> <p>Telephone – Home: Work:</p> <p>Mobile: Email address:</p> |
| <p>Next of Kin details for contact in emergency:</p> <p>Full name(s):</p> <p>Address:</p> <p>.....</p> <p>Telephone – Home: Work:</p> <p>Mobile:</p> <p>Please indicate which number is most relevant during the event: home / work / mobile</p> |
| <p>Have you participated in a similar event, if so which one & when?</p> <p>.....</p> |
| <p>Kayak details: Hull colour &/or markings:</p> <p>.....</p> |
| <p>Colour of clothing / lifejacket:</p> <p>.....</p> |
| <p>Do you carry a VHF radio? yes / no</p> |
| <p>Rescue & Recovery Practice: 2 sessions will be held in Colwell Bay prior to the event. All swimmers & kayakers are required to attend 1 session & ideally will practice in their teams. Please indicate your availability:</p> <p>Sunday July 22nd at 1000 Tuesday July 24th at 1900</p> <p>Please tick which one you will attend</p> |
| <p>Safety Briefing: a Safety Briefing will be held at the West Wight Sports & Community Centre on Friday 3rd August at 7.30pm.</p> |

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DECLARATION

- I understand that whilst all reasonable measures have been put in place to ensure the safety of all participants in the Solent Swim, the organisers (West Wight Sports & Community Centre Trust) accept no responsibility for damage, loss or injury to those taking part.
- I have read, and agree to adhere to, the Kayakers' Code & Instructions produced for the event by the Isle of Wight Canoe Club & available from WWSCC or on the event website: www.solentswim.co.uk.
- I declare that I am competent to undertake the crossing to Hurst Point & to safely & competently accompany and guide swimmers from there to Colwell Bay. My role will be to provide directional guidance & safety support for up to 2 swimmers.
- I am in good health and physically capable of taking part as a kayak support for the 2017 Solent Swim.
- I will at all times follow the instructions of the organisers &/or the coastguard or its agencies.
- **I will participate in a Rescue & Recovery Practice, organised by the WWSCC at Colwell Bay on either Sunday July 22nd at 1000 or Tuesday July 24th at 1900**
- **I will attend the Health & Safety Briefing at the West Wight Sports & Community Centre, on Friday 3rd August at 7.30pm.**
- I will be over the age of 18 years at the time of the event.

I have read, understood & agree to the declarations above.

Signed:

Date:.....

Please print name:

Very many thanks for your support!