

2019 Solent Swim – Saturday 27th July 2019

CONDITIONS OF ENTRY

The Solent Swim is organised by West Wight Sports & Community Centre as a fundraising 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 face a huge financial challenge each year in order to be able to maintain our services to the community, and need to raise around £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 350 people have swum the Solent and raised over £190,000 for the charity.

Please read and take note of the following before signing up:

Sponsorship

1. Participants are required to raise a minimum of £250 (excluding Gift Aid) for West Wight Sports & Community Centre.
2. Online fundraising must be done through www.everyclick.com/westwight/info. Please follow the instructions on how to set up your page by clicking on the 'Create a Fundraising Page' button. If swimmers wish, they can request that their swim raises funds for an additional charity of their choice.
3. We have made an online tutorial which will guide you through the process found here <https://westwight.org.uk/everyclick-tutorial/>
4. All funds raised must go to West Wight Sports & Community Centre Trust, but on completion of all the 2019 Solent Swim fundraising, West Wight Sports & Community Centre will, at its discretion, make a donation to the charity of the participants' choice. A maximum of 50% of anything raised over and above £250 may be donated by West Wight Sports & Community Centre to the other chosen charity. Gift aid will be retained by WWSCC.

Cancellation

1. West Wight Sports & Community Centre Trust and its representatives take responsibility for the event. It reserves the right to cancel, or postpone at any time if deemed necessary. If the event is postponed the reserve date is **Sunday 28th July**. Participants should keep this date free and note that on several occasions we have had to use the back-up date due to bad weather conditions.
2. The event will not take place in adverse weather conditions. The organisers will instruct swimmers of this decision as soon as possible and practical. Communication of this will be via the website www.solentswim.co.uk.
3. Any swimmer can be withdrawn from the swim by the organisers on the grounds of health and safety at any time. During the swim, this will involve being taken to a safety boat.

Prerequisite Events

1. Swimmers will be given the opportunity to take part in two safety and training events in the sea at Colwell Bay before the event. These are not compulsory. However, if you do not attend, you will be required to provide evidence of your ability and sign a disclaimer to this effect. These will be on:

Sunday 7th July at 1000, or Tuesday 16th July at 1900

2. Please note that the rescue and recovery sessions are in the sea – you will be required to swim a short distance and be instructed in safety and survival (and then to demonstrate your capability). You will be accompanied by kayakers. All swimmers including those who are experienced are urged to make every effort to attend these sessions.
3. Swimmers will be required to provide evidence of their ability to swim 100 lengths of West Wight Swimming Pool (or equivalent) on or before **Saturday 15th June**. This should be timed and swimmers must demonstrate their ability to complete this in under 90 minutes. If you have not completed and submitted your 100 length time beforehand, you will be required to do so on 15th June. Please indicate what time you wish to attend

1200

1300

1400

Safety Briefing

1. **All swimmers must** attend the pre-event safety briefing at West Wight Sports & Community Centre on **Friday 26th July at 7.30pm**. **This is compulsory and non-attendance will result in swimmers not being able to take part in the swim.**

Training

1. Swimmers are responsible for their own health and fitness. Swimmers are expected to:
 - a. complete, honestly the attached medical questionnaire.
 - b. inform organisers of any changes to their health after their entry has been submitted
 - c. allow organisers to consult their medical representative for advice regarding any medical issues
 - d. ensure they train regularly and are capable of swimming the distance
 - e. ensure they train in the sea on a regular basis before the event and have practised swimming in the outfit they intend to wear on the day. (You should note that swimming in the sea is very different to swimming in a pool and that wearing a wetsuit or rash vest is very different to swimming in a swimsuit. All these things can affect your buoyancy, body temperature and mobility when swimming)
2. Training for the swim is at the swimmers risk. You are advised to train with others in the sea and to have at least one person on shore watching you.
3. This year we will be providing **free of charge** swim fitness training for Solent swimmers after you have signed up. This will be 6 – 7 pm on Wednesdays (starting January 23rd). *Booking will be essential as spaces are limited.*

Event Details

1. The Solent Swim will take place on **Saturday 27th July 2019** and will be an early morning start (times to be confirmed)
2. In the event of cancellation on the Saturday – the swim will be rearranged for Sunday 28th July.
3. Swimmers should be aware that they will be in the sea for up to or more than an hour and will be travelling across to Hurst Castle in an exposed RIB. Hypothermia is therefore a concern and swimmers must wear suitable attire for the swim and be sure to have warm clothing to change into at Colwell. Organisers will collect and keep safe any possessions during the swim.
4. Swimmers will be provided with a coloured swimming hat which they must wear.
5. The Swim is a 1.3 mile crossing of the Solent starting at Hurst Point and ending at Colwell Bay, Isle of Wight.
6. The swim is not a race. Swimmers will be paired with a swimmer of a similar speed and will be expected to stay together with the kayaker allotted to them.
7. All swimmers must be aged 18 years or over on the date of the swim
8. Communication will be via email. Regular updates and messages will be sent before the event. Swimmers **MUST** ensure they are able to access these and take note of them.
9. Start time is crucial and dependent upon tides. Late comers at Yarmouth will not be waited for. Under no circumstances should swimmers attempt the swim unless they have been registered by the organisers.
10. Swimmers are invited to join a private 'Solent Swim 2019' Facebook group, with an opportunity to network with other swimmers, share training and arrange to meet to train together.

Deposit

1. Upon receipt of the non refundable £25 deposit and all completed documents, West Wight Sports & Community Centre will provide swim membership free of charge (terminating on the day of the swim). You will be issued with a membership card (unless you already have one) which should be presented at reception every time you swim. Please ensure you speak to a member of staff if you wish to claim your free membership. West Wight Sports & Community Centre reserves the right to seek payment for the membership should the swimmer not take part.

Please scroll down for Application Form

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Application Form

<p>Name of swimmer (please ensure this is the name you will be using on the day and on any sponsorship requests i.e. do not swap between maiden and married names please!):</p> <p>.....</p> <p>Date of birth.....</p> <p>Address:</p> <p>.....</p> <p>Telephone Home: Work:.....</p> <p>Mobile:</p> <p>Email address (please write clearly – it will be the main form of communication):</p> <p>.....</p>
<p>Next of Kin details for contact in emergency (This person must not be another swimmer or part of the back-up team on the water):</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>Relationship to swimmer:</p>
<p>I confirm that I am over the age of 18 on 27th July 2019: Yes / No</p>
<p>Name of GP:</p> <p>GP Telephone No:</p>
<p>Preferred time of 100 length swim on Saturday 15th June:</p> <p style="text-align: center;">1200 1300 1400</p> <p>I shall be completing my 100 lengths at another time &/or venue and shall inform you of my time before 15th June</p>

<p>Rescue & Recovery Practice: 2 sessions will be held in Colwell Bay prior to the event. All swimmers & kayakers are invited to attend. Please indicate your availability and sign the attached disclaimer:</p> <p style="text-align: center;">Sunday July 7th at 1000 Tuesday July 16th at 1900</p> <p style="text-align: center;">I have completed a rescue session on previous swims organised by WWSCC and/or I am a competent swimmer and I am confident that I know what to do in the event of an emergency</p> <p>I enclose my non-refundable deposit of £25 YES</p>

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Medical Questions

Please complete honestly and provide any additional information if it may affect your ability to take part in the event or if it may be of help to medical services in the event of an emergency.

Have you ever had a heart condition? **YES / NO**

Has your doctor ever advised you against physical activity, including swimming? **YES / NO**

Do you feel pain in your chest when you exercise or swim? **YES / NO**

Do you have chest pain when you are not doing physical activity? **YES / NO**

Do you suffer from dizzy spells or ever lose consciousness? **YES / NO**

Do you have a bone or joint problem? **YES / NO**

Do you suffer from high blood pressure? **YES / NO**

Are you currently on any medication that we should be aware of? **YES / NO**

Do you know of any other reason why you should not undertake the Solent Swim? **YES / NO**

If you have answered 'YES' to any of the above questions, please talk to your GP and ensure they are happy with you undertaking this challenge.

If you are or think you may be pregnant – talk to your GP or Midwife and seek his/her advice.

If at any point your health changes, please inform us. If you are feeling unwell on the day of the swim, please make sure the organisers have been informed.

Disclaimer and Declaration

I have completed the application form and medical details honestly.

I shall attend a rescue practise session on either July 7th or July 16th or I confirm that I have attended previous WWSCC rescue sessions or I am an experienced open water swimmer and that I understand what I should do in an emergency.

I shall attend the pre-event safety briefing on Friday July 26th at 1930

I have read and understood all the rules and should any of my circumstances change I shall inform WWSCC.

ANY INFORMATION YOU PROVIDE IS PROTECTED BY THE DATA PROTECTION ACT 1984 AND WILL NOT BE GIVEN TO ANY THIRD PARTY.

Signed:

Date: