

**2024 Solent Swim**  
**Saturday 14<sup>th</sup> September**  
**(Back up in case of poor weather – Sunday 15<sup>th</sup> September)**  
**CONDITIONS OF ENTRY**

**To maintain the highest standards of safety and ensure the correct level of support in the water on the day, we are obliged to have a limit on the numbers of participating swimmers.**

**Applications must be received by Sunday 18<sup>th</sup> February 2024.**

**Applications will be reviewed and successful applicants will be notified by 1<sup>st</sup> March 2024.**

**Deposits must be received by 14<sup>th</sup> March 2024 to secure the place.**

**Unsuccessful applicants will be offered the opportunity to join a waiting list.**

**Those on the waiting list will be offered the opportunity to attend a rescue and recovery practice session and may be offered a place up to two weeks prior to the event date.**

**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.

The Solent Swim is the main fundraising event for the Centre and since our first event in 2010, over 400 people have swum the Solent and raised around £300,000 for the charity.

**Please read and take note of the information on the following pages before signing up:**

### Sponsorship

1. Participants are required to raise a minimum of £300 (excluding Gift Aid) for West Wight Sports & Community Centre. By entering this event you are committing to paying West Wight Sports & Community Centre a minimum of £300. It is your choice as to whether you raise this through sponsorship or by your own donation.
2. We encourage you to create and share an online fundraising page which WWSCC will promote through their social media channels. Any online fundraising pages for the event **MUST** be created through the Total Giving platform linked to our Solent Swim 2024 appeal. You must supply details of your online fundraising page so that we can ensure funds are transferred directly to us.
3. If swimmers wish, they can request that their swim raises funds for an additional registered charity of their choice. It is your responsibility to inform us of this in advance and to ensure we are supplied with bank details of your chosen additional charity so that we can transfer funds.
4. All funds raised must go to West Wight Sports & Community Centre Trust (reg. charity 273334), but on completion of all the 2024 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 £300 may be donated by West Wight Sports & Community Centre to the other chosen charity. Gift aid will be retained by WWSCC.
5. Paper sponsorship forms are available from the [event website](#) to download or hard copies can be found at West Wight Sports Centre's Reception.

### Cancellation or Postponement

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 15<sup>th</sup> September**. 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. Wherever possible we will attempt to rearrange a third date if necessary. However, this is highly unlikely given the requirement for suitable tidal conditions and time of day and considering the time of year. In the event that it isn't possible to swim on the backup date, applications will be rolled over to the following year, together with donations.
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 email and/or website
3. Any swimmer can be withdrawn from the swim by the organisers on the grounds of health and safety at any time.

### 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 25<sup>th</sup> August at 10am**  
**Tuesday 3<sup>rd</sup> September at 18:30**

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's 25m Swimming Pool (or equivalent) on or before **Friday 23<sup>th</sup> August**. 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 attend the pool and complete the distance on Saturday 24<sup>th</sup> August at 15:15. Please indicate on your form whether you will be attending this session.

### Safety Briefing

**All swimmers must** attend the pre-event safety briefing at West Wight Sports & Community Centre on **Friday 13th September 2024 at 1900**. **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.

### Event Details

1. The Solent Swim will take place on **Saturday 14<sup>th</sup> September 2024 and will be an early morning start** (times to be confirmed). All swimmers **MUST** meet in Yarmouth and will be transported to the start of the swim at Hurst Castle.
2. In the event of cancellation on the Saturday – the swim will be rearranged for Sunday 15<sup>th</sup> September.
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 cruiser. 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 use reasonable endeavours to 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. Organisers will not provide transport between venues on the Isle of Wight for swimmers or their supporters.
11. Swimmers are expected to make appropriate personal arrangements on the day. Organisers will not take responsibility or otherwise supervise pets, children or other charges on the day.

**Deposit**

1. Upon receipt of the non refundable £30 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**

**Application Form**

**Applicant Details:**

Name of Swimmer:
Date of Birth:
Age on Date of Swim:
Home Address:
Contact Telephone Number:
Email address: Please write clearly – this will be the main way that we communicate with you in the months leading up to the swim
T-shirt size:      XS                  S                  M                  L                  XL                  XXL (Please Circle)

**Next of Kin Details for contact in the event of an emergency**

This person **must not** be another swimmer or part of the back-up team on the water

Name of Next of Kin:	
Relationship to Swimmer:	
Address:	
Contact telephone number on day of swim:	
<b>Will you be raising funds for a second charity?</b> (please read sponsorship notes 3. and 4. above)	
Charity Name	
Charity No.	

**Tell us why you would like to swim the Solent for West Wight Sports and Community Centre?**

**Qualifying requirements**

Please read the accompanying notes carefully to ensure that you provide all qualifying information in advance

<input type="checkbox"/>	I will be attending the timed pool swim on Saturday 24 <sup>th</sup> August at 15:15
<b>OR</b>	
<input type="checkbox"/>	I shall be completing 100 lengths at another time/location and will provide evidence of my time before 24 <sup>rd</sup> August 2023
<b>Rescue and Recovery Practice</b>	
Preferred date/time of rescue and recovery practice (please circle):	
Sunday 25 <sup>th</sup> August 10:00	 <b>OR</b> Tuesday 3 <sup>rd</sup> September 18:30
<input type="checkbox"/>	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

**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.

Charity No: 273334

**Disclaimer and Declaration**

**West Wight Sports and Community Centre Solent Swim 2024**

I have completed the attached application form and medical details honestly and will inform the organisers in a timely manner of any changes that may impact on my ability to prepare for and/or take part in the event.

I shall attend a rescue and recovery practice session on either <date> or <date>  
OR

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.

I will attend the mandatory safety briefing on Friday September 13<sup>th</sup> at 19:00 at WWSCC and understand that I will not be permitted to take part in the swim if I do not attend this briefing in person.

This application form, disclaimer and declaration is accompanied by a non-refundable deposit of £30 to secure my place.

I agree to all relevant terms of conditions of the free Swim Membership provided by West Wight Sports and Community Centre. In the event that I withdraw from the event, I acknowledge that my free of charge swim membership will be cancelled.

I confirm that I will arrange for a minimum of £300 to be paid by me or on my behalf to West Wight Sports and Community Centre on completion of the swim by no later than 31<sup>st</sup> October 2024.

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

**Signed** \_\_\_\_\_

**Name** \_\_\_\_\_

**Date** \_\_\_\_\_

ANY INFORMATION IS PROTECTED BY THE DATA PROTECTION ACT 2010

**Please return the completed application form and signed declaration and disclaimer to  
West Wight Sports and Community Centre, Moa Place, Freshwater, PO40 9XH  
Signed forms can be returned by Email by Sunday 18<sup>th</sup> February to: [solentswim@westwight.org.uk](mailto:solentswim@westwight.org.uk)**