



## **Rules and Regulations Swim Crossings SLOT**

*A solid open water swimming and sea conditions knowledge base is preferential. This will help facilitate the success of crossing.*

### **Swim Window**

A maximum of two swim slots are available per swimming window. If you have been assigned slot one of a swim window you have the first right of refusal to a proposed swim crossing date. However, if you do decide to postpone, in doing so you will go to the back of the slot list for your assigned swim window.

### **Swim Equipment**

This is your swim challenge! What stands us alone from other crossing providers is that we aren't rule specific in terms of swim equipment\*. You are undertaking a non-competitive swim crossing; we just need to know what swim equipment you wish to use when you register. We appreciate everyone's goals and how they wish to achieve them is different.

\*The only exceptions are you must wear a swim cap provided by Swimtrekking and waterproof MP3 players are prohibited. The use of front snorkels is permissible, but the use of these is to be discussed with the lead swim instructor prior to your crossing purely for safety purposes.

### **Medical Certificate**

Provide a completed medical certificate from a doctor certifying that the swimmer has no medical reason which would preclude him/her from performing non-competitive swimming and is fit for the swim challenge.

### **Insurance** (travel and life insurance)

Swimmers must have their own individual insurance which assures they are covered for any unforeseen event during their voyage. Any accident in relation to any support boats are covered by the insurance of the boat and Swimtrekking, apart from that Swimtrekking is not responsible for the consequences that arise as long as they are not within their responsibilities.

### **Communication and language**

The swimmer, coach, mentor or support crew should be able to communicate in Italian or English.

### **Swimmer support crew**

A maximum of one support crew is permissible for the crossing. This limit is applicable regardless of type of crossing (solo, group swim and/or relay).

### **Aborting swim due to swimmers safety**

The skipper of the main support vessel, after consultation with the doctor and lead swim support instructor has the final decision with regards to swimmers safety and aborting a swim.

## **Solo swim**

If the swimmer for any reason is delayed several times, the skipper of the main support vessel, doctor and lead swim support instructor after consultation with each other have the right to remove the swimmer without question. This decision will be made in the interest of the swimmers' safety.

## **Group (Pod) swimming**

2 minimum to 4 maximum swimmers are permissible per pod. Swimmers must have a similar swimming ability and shall not separate more than 3 metres throughout the entirety of the crossing. If swimmers exceed this distance, the faster swimmer(s) should slow down, wait or loop back. If one or more swimmers for any reason are delayed several times, the skipper of the main support vessel, doctor and lead swim support instructor after consultation with each other have the right to remove the swimmer(s) without question. This decision will be made in the interest of the swimmer(s) safety. Depending on the health of the swimmer(s) removed from the water the swim may need to be aborted.

## **Relay swims**

2 minimum to 4 maximum swimmers are permissible per relay team. Change over's can occur every 30 minutes at a minimum or every hour at a maximum. You are required to inform Swimtrekking no later than 1 month before your relay slot swim of your preferred change over times. The skipper of the main support vessel, doctor and lead swim support instructor after consultation with each other have the right to remove a swimmer without question. This decision will be made in the interest of the swimmers safety. Depending on the health of the swimmer removed from the water the relay swim may need to be aborted.

## **Feeds/Nutrition**

All feeds/nutrition is the responsibility of each swimmer. It is recommended that substances to be ingested during the crossing have been tested during your training swims and are unlikely to cause any unwanted reaction during your swim crossing. Due to varying currents in the channel and to ensure the success of the crossing it is advised that feeds are limited to a maximum of 1 minute, this will provide enough time to ingest liquids and/or solids. Swimtrekking advises feeds occur no less than 30 minutes between each stop.

## **Medication**

All medications (non-narcotic and prescribed) that the swimmer must take during the crossing must be shown and validated by the doctor assigned by Swimtrekking prior to any boats leaving for the start of the swim.

## **Stimulants**

The use of any performance enhancing stimulants is forbidden. This would result in your solo swim, group swim or relay not being recognised if there is evidence of such a breach.

## **Notification of arrival to the location**

Notify your lead instructor of Swimtrekking of your arrival two days prior to the swim window assigned.

## **Minimum age limit**

Swimmers under 18 years of age before the year of the crossing date are not allowed.

## **Passports**

Each swimmer and any accompanying personal must have their passport with them.

**Start and finish of crossing**

The crossing must begin after sunrise and must end before 5.30pm.

**Adverse weather conditions and/or environmental factors**

The weather and environment can be unpredictable. The skipper of the main support vessel, after consultation with the lead swim support instructor may cancel the crossing before or during the swim due to adverse weather conditions and/or adverse environmental factors.

**Emergency evacuation**

You will hear one long blast on the whistle or fog horn. Although you may feel like you are in your natural element in the water this is not our home. If we need to remove you from the water "get out" straight away. We can discuss the reasons why we have removed you once you are on the safety of a boat. The skipper of the main support vessel or any swim support instructor all have equal final say on this.

**Burocratic issues external to Swimtrekking**

The swimmer understands that he/she is participating in a crossing that includes the jurisdiction of different countries. Every country has his own rules, therefore any order or mandate of the authorities of those countries may affect the crossing.

**ASD SWIMTREKKING**