



Rules and Regulations - Swim Crossings (week programmes)

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

Swim window dates

We will have a swim crossing window of 5 days. In case of bad weather conditions, an alternative itinerary will be organized along the coastline.

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. Support crew will need to pay a discounted rate.

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.

Group (Pod) swimming

Instructors will split all the swimmers into 3 speed groups. Therefore every group will have swimmers with a similar swimming ability and they 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.

Feeds/Nutrition during the crossing

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.

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 for the crossing day.

Start and finish of crossing

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

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.

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