

BOAT & BOAT CREW

Swimmers are responsible for providing their own boat and crew. There are usually some boats available for hire at various places around the Loch. It is advisable to book a boat at the earliest opportunity, which **MUST** be capable of carrying you and your crew and equipment, and also have a back-up means of propulsion. It may be possible to use kayaks, but a credible self-sufficiency plan **MUST** be approved by the championship secretary at the time of entry.

Please state where you will get your boat from	How long is your boat?	Engine size	How many oars?

Who will you be accompanied by?			
Please give details.			
NAME	GENERAL CREW	OARS/ENGINE	LIFE-SAVER
1.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

International Swimmers

PLEASE NOTE: CIVIL LIABILITY INDEMNITY AND PERSONAL ACCIDENT COVER IS ONLY PROVIDED TO THOSE MEMBERS OF THE BLDSA WHO ARE UK RESIDENTS.

INTERNATIONAL COMPETITORS MUST ATTACH A COPY OF A CURRENT MEMBERSHIP CARD FROM YOUR COUNTRY'S GOVERNING BODY OR EVIDENCE OF ALTERNATIVE PERSONAL INSURANCE WHICH COVERS PARTICIPATION IN OPEN WATER SWIMMING EVENTS.

CERTIFICATE OF SWIMMING ABILITY

I certify that in my opinion and having regard to the nature of this Championship, I am competent to complete the distance.

SIGNED:	NAME:

DATE:	
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MEDICAL DECLARATION

"In the event of an emergency, is there any information which rescue personnel, first aiders or ambulance crews/hospital may need to know in order to assist you? Please include details of any medical conditions (including specific instructions for treatment in an emergency, if applicable), disabilities (e.g. mobility restrictions, visual impairments, deafness, learning difficulties, and any subsequent special requirements), or any other information which could be relevant in the event of an emergency. This information will be held in confidence and distributed only to rescue and safety officials"

Do you have any medical problems we should be aware of? YES NO

If yes please list these here: _____

Should you require medical assistance at this event is there any special medication or treatment you require? If so please list this here: _____

I declare that if I enter the swim whilst pregnant, I will inform the swim secretary at the earliest possible opportunity, and will provide him/her with a letter from a doctor or midwife confirming my suitability to enter the event. I understand that entry may be refused to pregnant swimmers at the discretion of the swim secretary, following a risk assessment"

Signed _____

IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU HAVE YOUR MEDICATION WITH YOU AND IT IS EASILY ACCESSIBLE SHOULD YOU NEED IT.

DECLARATION

1. I am an eligible competitor in accordance with the BLDSA. Championship Rules.
2. I have read, understand and will abide by the BLDSA. Championship Rules.
3. I am a fully paid up member (or life member) of the BLDSA.
4. The particulars given on this entry form are true.
5. I am not suffering from any illness or disability known to me which would render my participation in this Championship inadvisable.
(A MEDICAL EXAMINATION MAY BE REQUIRED)
6. I acknowledge that I am aware of all the risks inherent in open water swimming. I hereby waive any and all rights to claims for loss or damages, arising out of my participation in this event, against the BLDSA. or any individuals officiating or supervising this BLDSA event.
7. I acknowledge that the BLDSA. relies entirely on the contents of this Entry Form in accepting my request for inclusion in these Championships.

SIGNATURE OF ENTRANT:	DATE:
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SIGNATURE OF PARENT:	DATE:	(If entrant is under 18 years of age)
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PLEASE RETURN THIS FORM (WITH FEE) TO:

Mrs J Wilson, 20, Padgett Court, Ben Rhydding Drive, Ilkley, W. Yorks. LS29 8AU Tel 07957348328, Email: janetwilson22@aol.com,

Cheques, Postal Orders etc are to be made payable to "BLDSA." Please enclose a stamped addressed envelope with the entry form if you have NOT provided an email address.

PRELIMINARY SWIM INFORMATION

- Date of Swim:** Saturday 28th/Sunday 29th August 2021
- Course:** **Start:** Beach at Ardlui, **Finish:** Beach at Drumkinnon Bay
- Start Time:** Staggered start, Start times not known until all entries received, but usually from 2pm to 10pm depending on estimated time taken to complete. Swimmers will be notified of their start time once all entries are received.
- Briefing:** Saturday, time unknown until all entries are received, when swimmers will be notified. This will be on the beach at the Ardlui Hotel. Please contact the organiser Janet Wilson by Mobile phone on arrival at Ardlui.(07957 348328)
- Showers:** Showers will be available at the end of the swim, after 8am at a cost of 50p.
- Boats:** Swimmers are responsible for providing their own escort boat. There are a limited number of suitable boats available to hire from various places around the Loch. **IT IS YOUR RESPONSIBILITY TO OBTAIN A SUITABLE BOAT AND CREW BEFORE YOU SEND YOUR FORM IN. PLANS TO USE KAYAKS WILL ALSO BE CONSIDERED. ENTRIES WILL BE RETURNED TO YOU IF A FORM IS RECEIVED WITHOUT THIS INFORMATION. FAILING TO PLAN IS PLANNING TO FAIL!**

- Important considerations are: The boat must be able to go at the same speed as you. It needs a secondary means of propulsion if oars or engine fail. It needs to be big enough to carry crew, swimmer and equipment. If kayaks are used then there must be a credible self-sufficiency plan at the time of entry.
- Any Swimmer supplying their own boat will have to register the boat at Loch Lomond. There is no charge to register a boat but you are required to pay £5 for the necessary signage for your boat (not required for kayaks). If you need to register a boat, and don't know where to do it, please let me know with your entry.
- Your crew are responsible for navigating you and your boat from Ardlui to Drumkinnon Bay. Further details will be sent to all applicants but you are strongly advised to obtain an ordnance survey map and plan your route with a crew who know how to use it in the dark. Electronic Satellite navigation systems may also be useful, but make sure your crew know how to use it before the swim day.
- The crew on your boat must be experienced and should be competent at what you are asking them to do. **All crew members must be able to swim in cold water.**
- **THE SUCCESS OF A LOCH LOMOND SWIM USUALLY DEPENDS ON THE SKILL OF THE BOAT CREW.**

Entry is for BLDSA members and Non members and they must have completed at least one swim longer than 8 miles in the 24 months before the swim.

Trophies:

The main trophies are not now awarded, but a presentation of prizes and certificates takes place on the beach at Drumkinnon Bay shortly after the last swimmer has finished. A decision may be taken to do this before the last swimmer is finished if time becomes an issue, but there is no time limit on the swim and swimmers will be allowed to remain in the water as long as the Safety Officer/referee agree that the swimmer is capable of finishing.

Accommodation: There is plenty of accommodation in the Loch Lomond area, but it is advisable to book well in advance.

This is a tough swim only completed by around 65 individuals, so your preparation and planning needs to be meticulous and detailed if you are to succeed. The cost reflects the organisation and safety cover invested in the event, so plan to get value for money!

Successful swimmers ask lots of questions in the planning stages and **GET THEIR BOAT SORTED EARLY.**

Entries will be acknowledged when received and start times and final information issued just after the closing date.

For more details contact: Janet Wilson, 20 Padgett Court, Ben Rhydding Drive, Ilkley, W. Yorks. LS29 8AU Tel 07957348328, Email: janetwilson22@aol.com