



Application Form for Recognition of an Individual Swim 2023

Part 1: Notification of swim: should be submitted as soon as possible by post or email **and at least two weeks prior to the date of your swim.**

Part 2: On completion of swim: should be submitted after the swim. Please ensure the form is physically signed and returned either by sending a good quality scan/picture by e-mail or physically by post. You are advised to keep a copy of the original.

Please write clearly in CAPITALS.

The individual swim recognition fee for Senior BLDSA members is £50.00.
The individual swim recognition fee for Junior BLDSA members is £10.00.

Please make your payment by bank transfer, please contact the BLDSA for details of the bank account.

Part 1 of the form will NOT be processed until your payment is received.

Please note your BLDSA insurance does not cover you or any of your crew for individual swims.

You must obtain your own insurance.

Forms should be sent to

BLDSA Recorder.
Mr Philip Yorke,
50 Heathfield,
Mirfield,
West Yorkshire,
WF14 9BJ

email: philip.yorke924@gmail.com



Part 1

Notification of swim

This part of the form should be submitted as soon as possible by post or email

Swimmer

Title (Mr/Mrs/...)	
First Name(s)	
Surname	
Name to appear on the Certificate	
Address	
Town	
County	
Postcode	
Country	
Tel No (Day)	
Tel No (Evening)	
Tel No (Mobile)	
Email Address	
Age	
Date of Birth	
BLDSA Membership number	
Signature	

Swim Details

Name of course (Please state if two way or more)	
Proposed Start location (The start and finish may be reversed due to weather constraints)	
Proposed Finish location	
Distance (miles)	
Distance (kilometres)	
Proposed day and date of Swim (final date may be confirmed nearer the time)	
Stroke	

Please give OS Grid ref for the Start and Finish if it is an inaugural swim

Witnesses

The minimum requirements are:

Witness for individual swim

- One BLDSA member.

Witness for Record OR Inaugural Swim

- Two BLDSA members.

Please note that all new witnesses who have not previously witnessed a BLDSA swim attempt must be approved by the BLDSA Executive Committee in advance of the swim.

The Witness may be contacted before the event.

It is advised to propose more witnesses than necessary so that in the event of a last-minute change of date due to weather etc. all possible witnesses have been approved.



Witness 1

Full name	
Address	
Town	
County	
Postcode	
Country	
Tel No (Day)	
Tel No (Evening)	
Tel No (Mobile)	
Email Address	
BLDSA Membership number	

Witness 2

Full name	
Address	
Town	
County	
Postcode	
Country	
Tel No (Day)	
Tel No (Evening)	
Tel No (Mobile)	
Email Address	
BLDSA Membership number	



Witness 3

Full name	
Address	
Town	
County	
Postcode	
Country	
Tel No (Day)	
Tel No (Evening)	
Tel No (Mobile)	
Email Address	
BLDSA Membership number	

Please attach extra sheets with details of any further witnesses



Part 2

On completion of swim

Part 2 must be completed after the swim.

Please ensure the form is physically signed and returned either by sending a good quality scan/picture by e-mail or physically by post.

You are advised to keep a copy of the original.

Swimmer

Name of swimmer	
Swim location	
Start Point	
Finish Point	
Date of swim	
Start time (e.g. 7.00am 10.00pm)	
Finish time	
Tide details	
Weather conditions	
Other comments	

Declarations

DECLARATION FROM SWIMMER

I did not receive any physical support in any way, from any source, and did not use any artificial aids to swimming, other than for visual purposes.

I did not leave the water at any stage during the time claimed (delete if claiming a two way or more swim).

I did not take any intoxicating liquor or artificial stimulant during or immediately prior to the swim.

Signature of swimmer	
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Date	
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DECLARATION FROM WITNESS 1

I certify that to my personal knowledge the above information is correct.

I am aware of the rules governing the recognition of individual swims.

Signature of witness	
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Name of witness	
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Date	
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DECLARATION FROM WITNESS 2

I certify that to my personal knowledge the above information is correct.

I am aware of the rules governing the recognition of individual swims.

Signature of witness	
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Name of witness	
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Date	
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DECLARATION FROM WITNESS 3

I certify that to my personal knowledge the above information is correct.

I am aware of the rules governing the recognition of individual swims.

Signature of witness	
Name of witness	
Date	

Swim Details

Date of swim						
Time		hrs		mins		secs
Watch 1		hrs		mins		secs
Watch 2		hrs		mins		secs
Watch 3		hrs		mins		secs

Is this a record claim	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
Is this an inaugural swim?	Yes	<input type="checkbox"/>
	No	<input type="checkbox"/>
If the answer to either of the above is YES, please give the date that the BLDSA was given advance notice.		



Rules for Recognition of Individual Swims and Records

1. The Association shall, at the discretion of the Executive Committee, recognise an individual swim, which applies with the following conditions:
2. The applicant must have been a member of the Association at the time of the application.
3. The application must be made on the Association's official form (available from the BLDSA) and completed in full.
4. A swim by any member under 12 years of age will not be considered.
5. A current member of the Association, who is 18 years of age or over must observe throughout the swim.
6. No individual attempt may be made whilst an Association Championship on the same course is in progress.
7. All courses must be in open water and not less than 3 miles/ 5Km by the shortest possible route – or not less than 3 miles/ 5Km from the start to the turn for a 2 way course.
8. The swimmer must not leave the water at any stage during the time claimed. In a two-way swim the swimmer may leave the water, at the turn, for not more than 10 minutes, re-entry should be at the same point as the exit. They should not be touched except for medical purposes.
9. The swimmer must not receive support from any floating or fixed object and shall not use any aids to swimming other than a standard costume, cap and goggles.
10. A wetsuit may be worn if notified in advance to the Recorder and this will be recorded and certified as a wetsuit swim
11. The swimmer must not consume, or so recently have consumed as still to be under the influence of alcohol or stimulants.
12. The swimmer may stand for the purpose of resting or the consuming of food or drink provided rules 8 and 11 are complied with and no forward steps are taken.
13. The swimmer must not be accompanied by any other swimmer in the water for the purpose of pace-making.
14. The only strokes for which recognition will be considered are freestyle, breaststroke, backstroke and butterfly.
15. The start and finish of an inaugural swim must not be within 1 mile of the start or finish of any other recognised course.
16. Claims for inaugural swims must accurately define the course and be accompanied by a satisfactory map. The actual start point must be defined within 100 metres and the finish point similarly or within 800 metres in the case of a tidal swim.

Claims for record times (including inaugural times for a new course)

17. The swim must be observed throughout by an additional BLDSA member over 18 years of age. Requests for acceptance should be made in writing via the Recorder at least four weeks prior to the attempt.
18. Three synchronised watches must be used.
19. The official time must be the arithmetic mean of the three times.
20. If the fastest of the three watches varies by more than one minute in two hours from the second fastest, then the fastest time must be ignored. The official time will be the arithmetic mean of both remaining times.
21. A record set outside a championship will not be recognised unless the new claimed time reduces the previous record time by at least one minute.
22. In the case of strokes other than freestyle, the additional witness must be approved by the BLDSA to act as the observer of stroke.

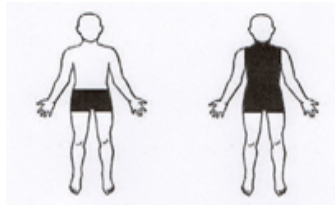
BLDSA Swimwear Rules

Swimmers shall not use any aids to swimming other than one sleeveless and legless costume, one cap and goggles.

Sleeveless shall mean the costume must not extend beyond the end of the shoulder onto the upper arm and legless shall mean the costume must not extend lower than the crotch onto the upper leg.

No neoprene or other insulating/buoyancy enhancing material may be used for any purpose, including caps.

No costume must extend outside the highlighted area detailed in the picture below.



Wetsuits are permitted see Rule 10 for full details.

Please give a copy of the rules to your witnesses and support crew.