



BRITISH LONG DISTANCE  
SWIMMING ASSOCIATION

CHAMPIONSHIP ENTRY FORM

CHAMPIONSHIP	Two Way Windermere (Senior)
DISTANCE	21 Miles
DAY / DATE	Overnight Saturday/Sunday 10 <sup>th</sup> /11 <sup>th</sup> August 2019
STARTING LOCATION	Fell Foot Park
ENTRY FEE	£250 (Includes Rowing Boat)
CLOSING DATE	Saturday 13 <sup>th</sup> July 2019

TAKE TIME TO FILL OUT THE ENTIRE FORM WITH AS MUCH INFO AS POSSIBLE. PLEASE NOTE THAT ENTRIES WILL ONLY BE ACCEPTED FROM FULLY PAID-UP MEMBERS OF THE BLDSA

There are 2 essential pre-requisites for entry:

Pre-requisite number 1: To have completed a ratified 6 hour swim in 16 degrees Celsius (or under) in basic costume (NO wetsuit) within 30 months of the championship. This is the same as English Channel rules.

Pre-requisite number 2: To provide a crew of two (or three) competent and experienced rowers and lifesavers for the provided rowing boat who will navigate and support you in this overnight swim. At least one of which has accompanied a swimmer (not necessarily you) over a distance of ten and a half miles. It is said that 50% of the chance of successful swim is down to a competent crew. If the entrant is under 18 years of age a parent or nominated guardian must be one of the crew.

ENTRANT: Please enter me for the above Championship in the following event.

I enclose a cheque for £250 made payable to "The BLDSA". This will be banked immediately upon successful entry. Please ask for BLDSA bank details if sending electronically.

LADIES <input type="checkbox"/>	GENTS <input type="checkbox"/>	F/STYLE <input type="checkbox"/>	BRST/S <input type="checkbox"/>	Please tick as appropriate
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SURNAME:																				
FORENAME:																				
AGE:					DATE OF BIRTH:			/			/									

ADDRESS:																				
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POSTCODE:																				
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TEL NO EVENINGS:																				
TEL NO DAYTIME:																				
TEL MOBILE:																				

EMAIL ADDRESS (please enter clearly) \_\_\_\_\_

BLDSA MEMBERSHIP NUMBER:																				
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CLUB / TOWN (For programme and results)																				
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Please use this space to tell us as much as you can about your **LONG DISTANCE SWIMMING EXPERIENCE** (with date, venue, time taken and water temperature (Furthest distance first))

DATE	VENUE	TIME TAKEN	WATER TEMPERATURE
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What is your average time to swim an open water mile?

What is your estimated time for 21 miles overnight?

Please use this next space to tell us a bit about your participation in **BLDSA events**:

DATE	VENUE	TIME TAKEN	WATER TEMPERATURE
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**\*Pre-requisite 1: Details of your 6-hour open-water swim in under 16 degree Celsius water with NO wetsuit.**

This qualification swim must be completed no longer than 30 months prior to and not within 14 days of the Two-Way Windermere Championship.

Note that these swim requirements are to make sure swimmers are aware of the challenge they are undertaking and to give them a taste of what to expect. This is a short swim compared to the actual event and should become a distance that is often exceeded while training. For your own benefit, ideally, we would like to see this undertaken in fresh water given the nature of the championship but understand the constraints of some swimmers.

Date

Venue

Time

Temperature

Witnesses (please give full names, addresses and telephone numbers plus email address)

#### PLEASE NOTE

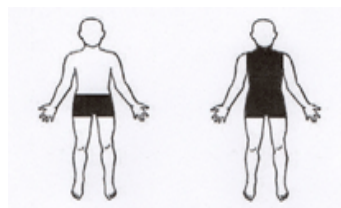
Swimmers **MUST** use 2 LED operated lights (preferably green) during the entire swim. One must be attached to their hat and the other attached to their costume throughout this swim.

Normal 'glow sticks' are absolutely **NOT** allowed as a replacement on swimwear or goggles as fade badly during the course of the swim and make it hard for safety boats & officials to see you.

**No LED lights = NO Swim**

#### Costumes

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



**\*Pre-requisite 2: Details of Crew - please complete the form on this page giving the names of your crew and the additional details at the end of the entry form. The BLDSA will supply the rowing boat.**

YOU WILL NEED TO RETURN THE CREW ADDITIONAL INFORMATION FORM WITH NAMES AND ADDRESSES WITH YOUR ENTRY. IF THE EXPERIENCE IS STILL TO BE COMPLETED THEN PLEASE SEND A PARTIALLY COMPLETED FORM INDICATING THIS IS THE CASE.

ALL CREW SHOULD BE AWARE THAT THIS IS AN OVERNIGHT SWIM AND THEY ARE RESPONSIBLE FOR NAVIGATION. Map and Compass should be used as SAT NAV is unreliable in certain parts of the lake - and at best could further the distance swum. (A map and compass card is provided)

The form may then be completed and sent at a later date but must be received by the closing date.

It is not possible to arrange a change of crew during the swim, but the rowing boat will take a maximum of six crew, so you may interchange throughout the Championship. Please complete extra forms if necessary.

Each swimmer must provide their own competent CREW of at least two people. This crew will be for a ROWING BOAT. At least one member of the crew must have accompanied a swimmer over a distance of ten and a half miles.

Boats will be supplied if entry is accepted.

All entrants must complete the attached forms regarding full details of their boat crew

**BOAT CREW** Please give details of your crew in attached form. **NO CREW = NO SWIM.**

Name of Crew - please complete additional form attached. Please tick if they are in your crew as Rowers or Lifesavers or Both.	Both	ROWERS	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"/>
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	<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 2019 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:

## 2 WAY WINDERMERE 2019 CHAMPIONSHIP, CREW DETAILS

### 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:

SIGNATURE OF PARENT: (If entrant is under 18 years of age)

DATE:

### **PLEASE RETURN THIS FORM (WITH FEE) TO:**

David Randall

Address: 10 Harrow Drive, Brooklands, Sale, Cheshire, M33 3TB

Mobile: 07767833951. email: david.randall@djfinancial.co.uk

**Cheques, Postal Orders etc are to be made payable to "The BLDSA"**

**Once your entry is accepted you will be e-mailed. Cheques are banked immediately upon acceptance of entry.**

Please print and complete one for each crew member.

**NAME OF SWIMMER**

Please complete the following information about your crew

NAME

ADDRESS

TEL

EMAIL

BLDSA MEMBERSHIP NO: (if applicable)

Has accompanied a swimmer over a distance of ten and a half miles. YES/NO

If YES

Date

Place / Championship

Witness (Please use Block letters) (Name & Address compulsory)

Name

Address

Tel

Email

BLDSA membership no: (if applicable)

Other (eg ASA, RLSS, etc)

Further information:

Experience of Lifesaving, Outdoor Water Sport Activity etc.

**Once completed please return to Championship Secretary**