



Ferryside Lifeboat
St. Johns Ambulance
(Marine Division)

Charity No 250523

Big Swim
2012

Swimmers Information Pack

Statement of understanding 'Big Swim' 2012

Thank you for expressing an interest in the Ferryside lifeboat 'Big Swim' 2012.

The 2km swim commences at 1pm Saturday 11th August, final safety brief will be between 9-10am (compulsory). The swim will begin at Ferryside and end when you arrive back onshore at Ferryside, you will have to swim via Llansteffan across the estuary first though!

This is a sponsored swim where all funds raised go towards Ferryside lifeboat. We therefore ask that each swimmer is to pay a non refundable security deposit of £50 with this application to secure your place on the swim; a further £50 is to be paid by the morning of the Big Swim. Any other monies you are able to raise will be greatly received; these monies can be made through personal sponsorship. You will be sent confirmation of your place along with the course details, official sponsorship forms (individually numbered), dates of open water swimming practice sessions and further safety information by post or email.

On Wednesday 8th August at 7pm a full safety brief will be given to all swimmers. This is important so we ask for your attendance.

We suggest that in preparation and training for the swim you are able to swim at least 3km in distance regularly. Nearing the date of the swim there will be estuary training, you will be notified by email when these trainings are set, but these are not compulsory. Your training schedule is your own and it is your responsibility to ensure your own fitness to complete the swim. However, Ferryside lifeboat takes your safety very seriously and you will have the full support of our professional lifeboat crew, safety boats, safety kayaks and divers also there for you, courtesy of Gwendraeth Valley Paddlers and Carmarthen Diving Club.

On the day of the swim there will be food and entertainment for you after the swim (swimmers eat for free!) at the River Towy Yacht Club (Ferryside). Please feel free to bring your family, partners and supporters to join the festivities too!!

The next step is for you to fill in, sign and return your swimmers personal information form and £50 security ASAP. We have 100 spaces. Therefore, the 'first come, first served' principle will be undertaken. If however a swimmer needs to cancel early, we ask that you contact us immediately and the next in line will be contacted straight away. If there is a late cancellation you may have to still pay the minimum £50 required sponsorship.

If on the day of the swim there are adverse weather conditions the swim will be postponed until September 25th 2011.

If you have any further questions please do not hesitate to contact James Littlejohns on 07929 037938.

Ferryside Lifeboat. Proud to serve the people of Carmarthenshire since 1835.

Swimmer ID BS12_____

Ferryside Lifeboat (Charity No 250523)

Personal information

Name _____

Sex _____

Age _____

Address _____

Post code _____

Email _____

Home Tel _____

Mobile _____

Next of kin

Name _____

Tel _____

Average 2km swim time speed _____ minutes

I have read and understood the statement of understanding and I wish to participate in the Ferryside Lifeboat 'Big Swim' event 2011.

Signed _____

Date _____

Please return this completed form and £50 swimmers deposit to:
Charity Big swim, Ferryside lifeboat, Foreshore, Ferryside, Carmarthenshire, SA17 5SF
All Cheques made payable to Ferryside Lifeboat.