



Guernsey Swimming Club LBG

Herm Swim 2019

Intent to swim form for the Herm Swim. The closing date for entries is Friday 23rd August 2019. Please email your completed form to info@guernseyswimming.com - please keep a copy for your records.

Name: Date of Birth:

Email: (please print)

Mobile:

To participate in the Herm Swim, all swimmers must have been a current member of the Guernsey Swimming Club for the past 6 months, training regularly with the club, which also includes, Early Mornings, Masters or Adult sections of the club.

Herm Swim conditions:

All Herm swimmers need to complete as many of the GSC Bay Swims as possible, including the Perelle Bay Swim.

Swimmers and support boats are to be at the start point at the check in time.

Each swimmer has to have an escort boat; such as a kayak, slow enough for the swimmer. The escort boat has to transport the swimmers dry clothes to Herm, (in a dry bag or something equivalent) and also have on board the following equipment. An Alpha Flag (blue and white flag) on a pole (these can be made or purchased and put on dowel (bamboo) and then attached to the kayak), whistle, throw rope and means to communicate with the other boats or Officials.

Should a swimmer go off course and is asked to alter their course they and their support boat must comply. If in the case that a swimmer is too slow or for any other reason they are asked to end their swim they must comply. All swimmers must check in to the GSC official when finishing the swim.

The Guernsey Swimming Club reserves the right, if weather and or tidal conditions warrant, to cancel or postpone the Herm Swim or to decline an entry. All swimmers and support boats taking part do so at their own risk, some swimmers may be asked to complete a time trial. All swimmers will be given a numbered hat, which must be worn at all times. Age is at 31st December 2019.

I wish to participate in the Herm Swim and accept the above terms and conditions. Should I turn up on the day without the correct equipment as detailed above I understand that I will not be able to swim.

Herm Swim: **Saturday 7th September - check in 14.20 or the reserve date is Sunday 8th September.**
Minimum Age 13

Signed

Signed by parent/ guardian if under 18

My escort boat will be a

Name and contact details of the escort boat personal

If you wish to come back on the Trident please confirm the number of people

I am able to supply a support boat, name & contact details