



**LONG DISTANCE SWIMMING EXPERIENCE:**

**BOAT /CANOE**

(Please read carefully section F of the Championship Rules, particularly regarding limitation of entries)

For the 3 and 6 mile events:

You **MUST** bring a boat or kayak/canoe and crew with you to act as a personal escort. It is your responsibility to make sure the boat and crew are capable of escorting you safely. The safety officer reserves the right to exclude you from the event if this proves not to be the case.

Personal escorts are not required for the 1km event, but entries will be restricted if entries exceed the available safety cover.

PLEASE GIVE DETAILS OF YOUR ESCORT

Rowing Boat/Kayak/other	Name(s) of crew _____	Do they have: BLDSA Canoe Escort/ BCU Level 2/other qualification? If no, give experience of boat handling/kayaking
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Average time to swim a mile? \_\_\_\_\_

**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*

**DECLARATION**

1. I am an eligible competitor in accordance with the B.L.D.S.A. Championship Rules.
2. I have read, understand and will abide by the B.L.D.S.A. Championship Rules.
3. I am a fully paid up member (or life member) of the B.L.D.S.A.
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 B.L.D.S.A. or any individuals officiating or supervising this B.L.D.S.A. event."

I acknowledge that the B.L.D.S.A. 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: \_\_\_\_\_ DATE: \_\_\_\_\_

(If entrant is under 18 years of age)



# BRITISH LONG DISTANCE SWIMMING ASSOCIATION

## ST. Mary's Loch Swims

### INFORMATION SHEET

This is a new swim in the BLDSA calendar and was run as a trial event in 2011. As with all swims safety is paramount and we have incorporated suggestions from last year to make the event run more smoothly in a safe environment. Although the distance is relatively short, those entering must bear in mind that this is a Scottish Loch at the end of the season, and the temperature and conditions may be challenging!

The swim secretary may question your experience once entry forms are received, but please be realistic about what you can achieve.

**EVERY SWIMMER ENTERING THE 3 AND 6 MILE EVENTS MUST HAVE THEIR OWN ESCORT BOAT OR KAYAK, WITH A ROWER OR PADLER, DETAILS OF WHICH MUST BE STATED ON THE ENTRY FORM**

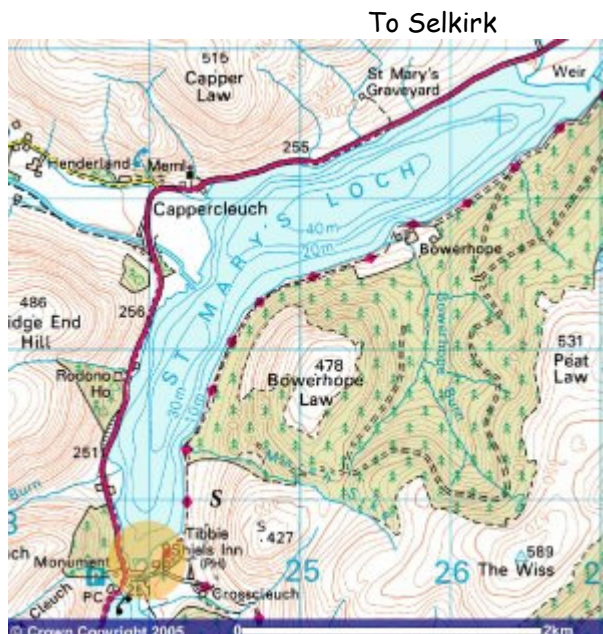
There is an Angling Club on the Loch who hired their rowing boats to swimmers in 2011 if you prefer this option to a kayak, but do remember you need to have at least one competent rower to go with it.

Contact: Loch keeper - Ian Fernyhough - Telephone Nos. 07724 523777 or 01750 42255 and e-mail is [lochkeeper@stmarysanglingclub.org.uk](mailto:lochkeeper@stmarysanglingclub.org.uk)

We are using the facilities of the Tibbie Shiels Inn, so please respect that, and do not leave any litter or abuse the privilege. The proprietors Alistair and Selina have been helpful in putting the plans together, so please patronise their business whilst you are in the area.

**Date of Swim:** Saturday 15<sup>th</sup> September 2012

**Venue:** St. Mary's Loch, between Selkirk and Moffat in the Scottish borders. (approx 12 miles from the M74 on the A708)



To Moffat

**Time:**

1km event Briefing 9am. Start 9-30am

6miles and 3 miles events: Briefing 11am. Start 11-30am and 12-30 am respectively. The start of the 3 mile event is dependant on all the swimmers, boats, crews and officials arriving at the North eastern end of the Loch on time, after the briefing has taken place.

**Distance:** The Loch is approx 3 miles long and swimmers can either swim one or two ways. Entry and exit is easier at the Tibbie Shiels end, so activity will be centred around there, and all swims will finish there.

**Entry Fee: £40.00 (6 miles) £30.00 (3 miles) £10 (1km)**

(Please make cheques payable to the B.L.D.S.A)

**Briefing :** Will be held at Tibbie Shiels Inn campsite at 9am for 1km and 11am for 3 and 6 miles (Look for the Tepee on the shore of the Loch)

**Time Limit:**

1km 1 hour

For one (3mile) and two way swims (6mile) - 6 hours. This will actually mean a 5 hour time limit for the one way event which starts an hour later.

**Costs:**

In line with BLDSA Policy, the swim costs have been set to cover the costs of Rescue, First Aid, Pre swim Risk Assessment, Officials, Refreshment, and Certification. The cost also includes a small buffer profit amount, which if realised, will go toward the upkeep of BLDSA equipment.

**Age Limits**

None - but see first paragraph of this information

**Dress for 3 and 6 mile events**

BLDSA Rules -one costume or trunks not extending beyond armpit or crotch, one cap and one pair of goggles. Nothing else! No wetsuits, no music in ears, no trunks down to your knees. Grease is allowed, but don't forget you have to get it off afterwards.

**Water Temperature:**

Cannot of course be guaranteed, but is likely to be between 11 and 15 in September in Scotland. May be more - may be less! - so be prepared.

**Access:**

There is good access to the Loch for swimmers, rescue boats and kayaks at the Moffat end of the Loch. This is also a campsite which is in the grounds of the Tibbie Sheils Inn, both of which can provide accommodation. Please book your accommodation directly with the Inn. The advice was to book camping early as the site gets full, but is quite large. Camping costs £5.00p per person per night.

We also have use of the Tepee on the Loch shore from Saturday morning to Sunday morning. This will be used for registration, First Aid and presentation of certificates. After that it can be used for an evening gathering for those staying, and for sleeping if necessary. The cost for sleeping in it is the same as for camping - £5.00p per person. If you intend to sleep in it please let the swim secretary know as space may be limited. Please note, this facility is not available on the Friday evening. (unless enough people express an interest and we have enough to hire it for another night)

Access to the Loch at the Selkirk end is on private land, so will only be used to start the one way swim. There is no parking at this end, so cars can only be used for pick up and drop off. A limited number of cars will be able to enter the private land to enable kayaks to be dropped off etc., but must not be left there.

There is a road within yards of the Loch at one side (the A708), and a footpath at the other, for spectators and emergency access.

The area is fairly remote, although in addition to the Inn there is a tea room, picnic area and car park, and a sailing club.

### **Presentation:**

For the 1km event this will take place at 10-45am, immediately before the briefing for the longer events.

For the 3 and 6 mile events, this will be held in or around the Tepee as soon as possible after the last swimmer is out of the water. Food and hot drinks will be available for swimmers and helpers free of charge, and at a small cost to others.

The time for this will not be known until the day, but will be no later than 5-30pm, which is the time limit for the swim. If there are still swimmers in the water, the Safety Officer and Referee, in conjunction with other officials will decide whether they can continue as part of the event, but the presentation will still go ahead.

If you are intending to leap out of the water and drive home without your certificate, or partaking of any of the facilities and refreshment offered to you, as seems to have become fashionable at swims, then please feel free to send £5.00p less for your entry fee and bring an A4 stamped self addressed envelope for the posting of your certificate!

It is a beautiful and impressive venue. Make the most of it.

### **Trophies:**

The general opinion after last year's trial event was that we should continue with appropriate mementos, rather than formal trophies. A final decision about this has not yet been made, but every swimmer who finishes their event will get a certificate inscribed with the time taken.

### **Rescue Boats and First Aid**

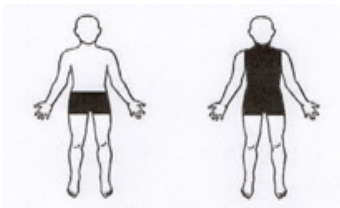
You should plan to be self sufficient, with at least a towel and footwear in your escort boat, along with any refreshment and medication you may need. The BLDSA rescue boat will be on the Loch and will take any retiring swimmers to the Tibbie Shiels end. All retiring swimmers MUST report to the First Aid personnel, even if their services are not required. In the event that you need to retire and the rescue boat is not immediately available, you should follow the instructions of your escort, who may decide to take you to the road side of the Loch, to await rescue, hence the need for towel and footwear.

**YOU MUST DECLARE ANY PRE-EXISTING MEDICAL CONDITIONS ON YOUR ENTRY FORM OR TO THE FIRST AID PERSONEL, BEFORE YOU ENTER THE WATER.**

We will not disclose this information to anyone who doesn't need to know, but consider it essential that you tell us in order that we can look after your safety. Medical conditions do not necessarily prevent you from entering, but the organiser's decision will be final.

### **Costumes**

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



### **Useful websites**

<http://www.visit Moffat.co.uk/attraction-finder/st-marys-loch>

<http://www.stmlsc.org.uk/index.htm>

<http://tibbonshiels.com/>

### **And finally.....**

Please come to the swim to enjoy the day, and indeed the whole weekend if you can spare the time.

Please return entry form with fee to: Janet Wilson, 1, Hardwick Cottages, Straight Lane, Addingham Moorside, Ilkley, West Yorkshire. LS29 9JU. Tel/ fax 01943 830042 Mobile 07957 348328. E-mail [janetwilson22@aol.com](mailto:janetwilson22@aol.com)