



Fairway Buoy Swim 2010- Entry Form

Swimmers Must be 16 years or over

Date: Sunday 13th June 2010 Start Time: 13.00hrs Entry Fee: £32
 Extra Meals at: £6

Closing Date for Entries: Saturday 15th May 2010
Due to the new course entries will be restricted to 32 swimmers

PLEASE NOTE: a safety briefing will take place at 11.00hrs

Please complete the following in **BLOCK CAPITALS**:

SURNAME... .. **FORENAMES**... ..
 (MR/MRS/MISS/MS)

ADDRESS... ..

... .. **POSTCODE**... ..

HOME TEL no: **MOBILE TEL no:**

SWIMMING CLUB:

DATE OF BIRTH: **AGE (16 OR OVER) ON DAY OF SWIM:**

ASA CATEGORY 2 REGISTRATION no:
 AND/OR

BLDSA MEMBERSHIP no:

COMPETITION (PLEASE CIRCLE): **FREESTYLE** **BREASTSTROKE**

DECLARATION:-

1. I am an eligible competitor under the general competition laws of the ASA, and the BLDSA.
2. I have read and understand and will abide by the **Exmouth Swimming & LSS Swim** rules.
3. The particulars given on this entry form are true.
4. I am not suffering from any illness or disability known to me which would render my participation in the swim inadvisable. Any illness or disability should be noted on a separate sheet of paper and returned with this form; failure to do so may disqualify the entrant on the day of the swim (a medical certificate may be required at the discretion of the organisers).
5. "I acknowledge that I am aware of all the risks inherent with open water swimming. I hereby waive any and all rights to claim for loss or damages, arising out of my participation in the

Fairway Buoy Swim, against the Exmouth Swimming and Life Saving Society or any individuals officiating or supervising the Fairway Buoy Swim.”

- 6. I acknowledge that the Exmouth Swimming and Life Saving Society relies entirely on the contents of this entry Form in accepting my request for inclusion in the Fairway Buoy Swim.

We are required to obtain your permission before we photograph you for the publicising of the Fairway Buoy Swim.

1. Do you consent to your image being used in newspapers?

Yes / No (please circle your answer)

2. *Do you consent to your image being used on our website?

Yes / No (please circle your answer)

*Please note that websites can be viewed by anyone throughout the world and not just in the United Kingdom where UK law applies. We therefore ask your permission to use your image on our website..

SIGNATURE OF ENTRANT: DATE:

SIGNATURE OF PARENT/GUARDIAN:

DATE: (PARENT OR GUARDIAN MUST SIGN THIS DECLARATION IF THE ENTRANT IS UNDER THE AGE OF 18 ON THE DAY OF THE SWIM. PARENTS OR GUARDIANS SHOULD UNDERSTAND THE RULES AND THE NATURE OF THE SWIM BEFORE GIVING THEIR CONSENT, AS SHOULD THE ENTRANT).

CERTIFICATE OF SWIMMING ABILITY

I certify that in my opinion and having regard for the nature of the swim, the entrant is a competent swimmer.

TO BE SIGNED BY A CLUB COACH OR RECOGNISED OPEN WATER OFFICIAL, NOT THE ENTRANT!

PRINT NAME:SIGNED

DATE:

PARTICULARS OF OTHER LONG DISTANCE SWIMS UNDERTAKEN:-

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**PLEASE RETURN THIS FORM WITH ENTRY FEE AND STAMPED
ADDRESSED ENVELOPE TO:-**

**FAIRWAY BUOY SWIM SECRETARY
Barry Westaway
68 Attwyll Avenue
Exeter
EX2 5HW
(01392) 669865**

**ALL ACCEPTANCE/ NON-ACCEPTANCE OF ENTRY WILL BE
ACKNOWLEDGED IN WRITING**

**Please make all cheques payable to Exmouth Swimming and Life Saving
Society and enter early to enable the swim organisers to prepare for this
well organised open water competition**



Exmouth Founded 1893 President: R W A E Snowshall
Swimming and Life Saving Society affiliated to the ASA, DCASA, BLDSA, & RLSS



Fairway Buoy Swim Information Sheet

The Exmouth Fairway Buoy Swim has now been run for many successful years and is now at the forefront of early season open water swimming. The Exmouth Swimming and Lifesaving Society has taken great pride on building from humble beginnings and to providing one of the best organised, safest, and social swims on the long distance swimming calendar and as such attracts some of the best long distance swimmers from all over the country.

The Fairway Buoy Swim Committee has over the years gone to great lengths to improve safety standards in line with requests from interested parties, e.g. the local Coastguards. As part of that ongoing improvement to safety we now scrutinise all entry forms to ensure that swimmers are of the highest calibre and that all new swimmers are aware of the risks inherent in open water swimming. To help assist with our assessment of your ability please fill out the entry form in full and let us know of any medical problems or disabilities, if you have any doubts over this matter please ring the swim secretary. I'm sure you will agree that it is better to iron out these problems at an early stage rather than wait until the day, when you could face the disappointment of not being allowed to enter the water if your safety is deemed to be at risk.

The swim starts 75 metres east of the Mamhead Slipway, Exmouth Marina. It proceeds out in an Easterly direction to a boating channel called the Swash Way, out to sea and the Exe Estuary Buoy, marking the end of the Estuary and the start of the open sea, a circuit is then swum before turning to swim in a Westerly direction back to Exmouth Beach and completion of the swim back at the start point near the slipway.

Upon arrival swimmers must register and have both upper arms marked with their program entry number. A briefing meeting will be held for swimmers and canoeists opposite the Pavilion on the Esplanade, Exmouth Seafront at 11.00hrs. All swimmers and canoeists are expected to attend this meeting. At 12.50hrs all swimmers must report to the beach master, ready for the start of the swim at 13.00hrs, this will be from a standing start on the shoreline.

The swim is approximately 4.5 miles long but has some tidal assistance which is helpful on both the outward and return swim to Exmouth. However with the nature of the tide the timing of the start of the swim must be approximately 60 minutes before low water. For your guidance we would estimate that you should be capable of covering a comfortable swimming distance in non-tidal/still open water conditions of 1.25 miles in 45 minutes to ensure that you reach the buoy before the buoy turns.

The early season brings other problems the most obvious being the extreme cold water, average temperatures would be in the region of 54°F on the shoreline with temperatures out at sea falling to nearer 50°F. Other problems to be taken into consideration include other open water users, sunburn, jellyfish and battling head on winds for the slower swimmers.

As part of the safety cover for the swim each swimmer is allocated their own canoe escort. Your canoeist will wear a tabard with your programme number for identification purposes and will also carry a whistle to draw attention if any form of assistance is required. It would be appreciated if you can ensure your canoeist returns his tabard and whistle at the end of the swim. A medical officer and the St John's Ambulance will be available to deal with problems throughout the swim. Please respect that the swim referee has the final say on swimmers entered in the event.

In the event of cancellation, an alternative shorter course may be possible in the estuary only. It would be appreciated if entry forms could be forwarded to the swim secretary as soon as possible so that boats, crews, canoeists and advanced publicity can be organised at our earliest convenience. For safety reasons there is a limit of 32 entries for this event.



Fariway Buoy Swim- Swim Rules

ALL SWIMMERS MUST PROVIDE AN ALFA FLAG

The Exmouth Swimming and Life Saving Society have the right to refuse any entry.

Under no circumstances shall any entry be accepted after the closing date.

The swim will start 75 metres East of the Mamhead Slipway, Exmouth Marina, after instruction from the swim referee to the starter who will start the swim simultaneously with a gun/whistle and a flag.

At the turning buoy all swimmers must proceed around the buoy in the same direction, the direction (clockwise or anti clockwise) will be advised to swimmers and canoeists at the safety briefing before the swim.

The finish will be the same point as the start on the seafront. The swimmer will have completed the swim when they touch the finishing buoy and the beach master lowers a finishing flag.

Once the swim has commenced the swimmer must complete the swim unaided and within the spirit of long distance swimming, the swimmer will not receive support from any person, object, or boat throughout the course of the swim.

Attire for the swim shall consist of one costume (traditional), one pair of goggles and one swimming cap. Grease is permitted as protection against the cold. Under no circumstances are swimming aids allowed (e.g. fins, neoprene wetsuits, fastskins, etc). We consider this a traditional style long distance swim and wish to keep it as such.

No intoxicating liquor or artificial stimulants may be taken by swimmers immediately before or during the swim.

The swim is conducted under BLDSA rules

The swim referee may if deemed necessary order from the water any swimmer who contravenes the rules, and puts themselves or others at risk either by their actions or their condition. The referee's decision is final, please respect the decision and accept it with the grace that is one of the respected values of our sport. The swim referee may also stop any swimmer he deems unfit from entering the water.

The swim referee may if deemed necessary, on his own judgement or on the advice and in the interest of safety of all persons taking part abandon the event during or prior to the event due to bad or deteriorating weather conditions. Once again the referee's decision is final.

Shower facilities are available for swimmers after the swim at Exmouth Sports Centre Imperial Road (near the large car park).

Trophies will be awarded for the following categories:-

1. First overall Male across the finishing line
2. First overall female across the finishing line
3. First Male Breaststroker across the finishing line
4. First Female Breaststroker across the finishing line
5. First Exmouth Male Across the finish line
6. First Exmouth Female across the finish line
7. Certificates and Plaques will be awarded to all swimmers who complete the course

The presentation of trophies and certificates will take place on the same day at the Withercombe Rugby Club, Hulham Road, Exmouth