



Swim for Hope 2024 – Conditions of Entry

Please read the below conditions of entry for Swim for Hope 2025. By signing up to this event you agree to the following conditions:

Sponsorship

1. Participants are required to raise a minimum of £400 (excluding Gift Aid) for Wessex Cancer Support. Wessex Cancer Support reserved the right to withdraw your entry should this amount not be met.
2. For online fundraising we recommend using JustGiving. Please follow the instructions on how to set up your page by clicking here: www.justgiving.com/start-fundraising.
3. Paper sponsorship forms are also available on request and can be used as well as online.
4. All funds raised must go to Wessex Cancer Support. Gift aid will be retained by Wessex Cancer Support.

Registration

A non-refundable registration fee of £50 is payable in order to secure your place on the swim.

Postponement or Cancellation

1. Wessex Cancer Support and its representatives take responsibility for the event. It reserves the right to postpone or cancel if deemed necessary. Reasons for postponement or cancellation include government advice on sporting events and gatherings, risk to safety of both swimmers and water support, wind and tidal conditions or sea temperature (see below).
2. In the event of postponement or cancellation an alternative shore-based swim will be arranged, or alternatively you will be given the opportunity to complete a virtual swim to gain your medal. Places will not be deferred to Swim for Hope 2025. The shore-based swim will only go ahead if enough participants wish to take part to make it a viable option, otherwise those who wish can do a virtual swim to gain their medals.
3. All funds raised must go to Wessex Cancer Support and we will not be able to defer your place for Swim for Hope 2025.
4. All funds raised must go to Wessex Cancer Support in the case of there being a total cancellation of Swim for Hope 2024. Places will not be deferred to Swim for Hope 2025 and refunds for registration and sponsorship will not be possible.
5. The organisers will instruct swimmers of any postponement or cancellation decision as soon as practicable. Communication of any updates will be via [our event Facebook page](#) and Whatsapp group.
6. Swimmers may be withdrawn from the swim by the event organisers at any time should it be considered a health and safety risk matter. Safety vessels will be on hand for this eventuality.

Training and safety events

We will hold trial swim tests for participants should there be enough interest to do so. We encourage all swimmers to attend a trial swim. Those unable to do so will be required to show evidence of ability to complete the swim distance and sign a disclaimer stating that you are competent and prepared to participate in Swim for Hope.

Safety Briefing

1. All swimmers must participate in a pre-event safety briefing which is currently scheduled to take place on Monday 24th June 2024 at 19:00. The pre-event safety briefing will be approximately one hour in length.
2. Participation in the safety briefing is compulsory and non-attendance could result in disqualification from the swim.
3. Details of training and safety events will be shared with successful entrants as soon as they are scheduled.

Training and preparedness

1. This is not an undertaking to be taken lightly. It is a sea swim of at least 1.3 miles in a stretch of water affected by complex tides and fluctuating water temperatures. It is also a busy area for leisure boats and commercial shipping.
2. All participants should have been sea swimming for a minimum of two years prior to the event date.
3. All possible measures have been taken to assure your safety and all eventualities have been considered in the planning of this event. However, swimmers must rely on their own training and preparedness in order to successfully complete the challenge. There is an expectation that you will:
 - a. Fully completed a medical questionnaire.
 - b. Inform Wessex Cancer Support of any change in your health once your entry has been submitted and accepted.
 - c. Permit Wessex Cancer Support to consult with your medical practitioner or specialist to for advice regarding your condition.
 - d. Be fully capable of and prepared to swim the Solent.
 - e. Train in the sea and practice in the that kit you will wear on the day.
4. Should any of the above not be agreed upon and completed you may be disqualified from entering the swim.
5. The maximum wind strength permitted for this event is force 4 (circa 18mph). The tides in the Solent are complex and dangerous and event timings are chosen carefully. Sea temperatures in the Solent average 18°C, some ten degrees cooler than most indoor swimming pools.
6. There is no restriction on whether you choose to wear a swimming costume or a wetsuit. Just train in the sea in the kit you will wear in the event and get comfortable with it.
7. Buoyancy in salt water is quite different to fresh water, so train in the sea if you possibly can.
8. You will train at your own risk. However, it is best to train with others in the sea and to have an onshore observer too. Let somebody know what you are doing and check tidal and wind conditions before you set off.

Event Details

1. Swim for Hope will take place on Sunday, 30th June 2024. The start time is yet to be confirmed. All updates and communication will be published via [our event Facebook page](#) and Whatsapp group. Keep an eye out for event information – this is important as timings may alter slightly.
2. In the event of cancellation, should you be unable to attend the shore-based swim, you will have the option to complete a virtual swim for your medal. Your place will not be deferred to Swim for Hope 2025.
3. You should be aware that you may be in the sea for an hour or more.
4. Island residents will be travelling to Hurst Point from Yarmouth on an open rib. The swim will finish at Colwell Bay. Island residents will be required to make their own way back to Yarmouth to their cars.

5. Mainland residents will need to make their own way to Hurst Point. You should be aware that there is approximately a 30-minute walk from the nearest car park to Hurst Point.
6. You must dress appropriately for the day and ensure that you have warm clothes to dress into when you finish the swim. Your possessions will be bagged and transferred to Colwell Bay for you.
7. You will be given a coloured swimming hat which you must wear for the event.
8. You can choose to swim in a traditional costume or wetsuit.
9. The distance is at least 1.3 miles. The distance can be affected by wind and tide. The event will start at Hurst Point, Hampshire and finish at Colwell Bay, Isle of Wight.
10. Swimmers will be paired up. You must stay together and keep with the kayaker who will be your route guide.
11. The minimum age for participation in this event is 18 years on the date of the swim.
12. Timings are particularly important and if you are late on the day the likelihood is that you will not be able to participate. No entries will be permitted on the day, but we will maintain a reserve list of swimmers who will be invited to join the swim if participants withdraw.

Further information

By signing up to this event you agree for your mobile number to be added to our Swim for Hope 2024 Whatsapp group. Others may see your number in this group. The Whatsapp group is for event organisers to post in only. Should any participants post in the Whatsapp group they may be removed and therefore miss vital information.

Make sure you read our [FAQs document](#), and if you have any further questions, please contact the IOW Fundraising Team on 01983 655 038 or at fundraising@wessexcancer.org.uk.