



Swim for Hope 2024 FAQs

- 1. How far is the swim?** 1.3 miles, 2092 metres.
- 2. How long will the swim take?** Depending on your ability, anywhere from 30 minutes to 1 hour 30 mins - this is the maximum time allowed.
- 3. Can I swim with my friend?** Yes! If you wish to be paired up with someone in particular, you will be set at the slowest swimmer's time.
- 4. How are swimmers paired?** Swimmers are paired based on swim times, fastest swimmers first (unless you've specified you wish to swim with someone). This is to avoid any overtaking or bunching. Please bear in mind that we receive evidence from different bodies of water, and this is taken into consideration.
- 5. My friend has a similar swim time as me but is paired ahead of me?** We often receive more than two people with similar swim times, and therefore some pairings may have similar times, but we cannot set you all off at once, so you will be one after the other even with similar times.
- 6. How will I know what number pair I am?** We will inform you ahead of the swim, and your number will be written on your hand on the day and the swim cap we provide. You will then need to line yourself up in that order at The Spit ready to start. Your swim partner with the same number will be to one side of you.
- 7. Do I have to wear a wetsuit?** No, if you wish to swim without you are more than welcome.
- 8. Will I have time to get myself ready in the water before I start swimming?** No, please get to the beach with adequate time to be ready in your swim gear.
- 9. Do I need to provide evidence I can swim the distance?** Yes. If you're unable to attend a test swim, you will need to provide evidence that you can swim 1.3 miles. Preferably, this will be in open water, not a pool.
- 10. When do I need to give you swim evidence by?** You need to email your swim evidence to fundraising@wessexcancer.org.uk no later than Monday 13th May 2024. If we do not have your swim evidence of 1.3 miles by this time, you will automatically lose your place in the swim.
- 11. How do I record my trial swim evidence and who do I send this to?** Swim evidence should be in the form of a screenshot or photo of a Garmin/FitBit App, or in the form of event results. This MUST be evidence from a swim that took place within the last month. Swim evidence should be sent to fundraising@wessexcancer.org.uk.
- 12. Do I need a tow float?** No, these are not mandatory, but you may wear one if you wish.
- 13. How will my belongings be transported across the Solent?** Your bags will be transported by boat from Hurst Spit to Colwell. PLEASE keep what you bring to a minimum, NO VALUABLES.
- 14. What conditions will result in the swim being cancelled?** Anything from a force 4 (18mph) and above. If Freshwater Lifeboat deem it unsafe to swim, then the swim will be cancelled.



- 15. How will we know if the swim needs to be cancelled due to bad weather?** We will first update the Whatsapp Group, followed by the Facebook Group, followed by an email. We will aim to make the call by 16:00 the day prior to the swim.
- 16. Will rain mean the swim is cancelled?** Rain alone will not mean the swim is cancelled.
- 17. What weather app do you use?** We use the MetOffice and Windy.com, and we also review the sea conditions via a rib.
- 18. Will the swim be postponed?** An alternative shore-based swim will be offered in the event of cancellation. Alternatively, you can provide evidence of doing the swim virtually and a medal can be sent to you in the post.
- 19. I'm starting on the mainland, how do I get to the Spit?** The only option is to walk, this is a 1.5 mile walk across uneven ground. Please come prepared. This walk is likely to take you 45 minutes on average.
- 20. Is there parking at Hurst?** Yes, there are car parks at Keyhaven (Postcode: SO41 0TP), New Lane, Milford-on-sea, and Saltgrass Lane, Milford-on-sea.
- 21. I'm starting on the Isle of Wight, how do I get to the Spit?** You can either travel over yourself in the morning, ensuring you are there in time for the swim, or alternatively, island residents will meet at Yarmouth Harbour where you will be transported.
- 22. Is there parking in Yarmouth?** Yes, there is a long stay Council car park on River Road.
- 23. How will I get back to Yarmouth when I finish the swim at Colwell Bay?** We will have Wessex Cancer Support staff and volunteers with cars at the finish point who will ensure you get back to Yarmouth safely after the swim.
- 24. How will I get back to The Spit when I finish the swim at Colwell Bay?** We will ask our ribs to kindly take mainland swimmers back to The Spit following the swim.
- 25. Which side of my kayaker do I swim on?** This is personal preference of the swimmer.
- 26. I'm worried about sewage, will this be reviewed?** Yes, we will keep an eye on all available sources including the Environment Agency.
- 27. Can I wear my own swim cap?** No, you must wear the cap provided. This is for safety.
- 28. Can my friends and family come to watch?** YES! We encourage all supporters on land, be that at Hurst or Colwell.
- 29. How will I receive updates?** Updates will be provided via the Facebook group and Whatsapp so you must join one of these. We will also communicate via email.
- 30. I'm supporting by boat, what VHS Channel is used?** This will be confirmed before the day.



- 31. I'm supporting by boat, what flag do I raise during the swim?** If you have a flag you should be showing swimmer in the sea flag, "alpha flag".
- 32. Are the authorities aware of the swim?** Yes, all relevant authorities receive a risk assessment and details regarding the swim.
- 33. I'm supporting by boat, what happens if a boat is approaches where the swimmers are?** You need to do all you can to raise awareness to the boat approaching that they cannot cross in the swimmer's path.
- 34. Is the swim a race?** No. You must NOT leave your paired partner. This is not a race, and if at any point it's deemed, you're putting yourself and / or others at risk, you will be removed from the water.
- 35. What happens when I get to Colwell Bay?** A volunteer will give you a medal and record your name. You must not leave without doing this.
- 36. How long do you anticipate the whole event to take (from first swimmers into the water to mainland swimmers back to The Spit)?** I would allow a maximum of 2 hours and 30 minutes.
- 37. Can I choose my kayak support?** Yes. If you know of someone interested, please ask them to complete the kayak support form online. They must register as kayak support in order to support you on the day.
- 38. I am a kayaker but I only have an inflatable kayak?** Unfortunately, inflatable kayaks are not suitable for this swim.
- 39. Can I choose my boat support?** Yes. If you know of someone interested, please ask them to complete the boat support form online. They must register as boat support in order to support you on the day.
- 40. Will there be a photographer?** We plan to have a photographer at Colwell Bay to ensure you get some photos of your achievement. You can also bring a waterproof camera/Go Pro and ask your kayaker to take some photos.

If you have any further questions, please contact the IOW Fundraising Team on 01983 655 038 or at fundraising@wessexcancer.org.uk.