



The Rotary Club Of  
South Woodham Ferrers  
**Swimarathon 2020**  
[www.swfswimarathon.co.uk](http://www.swfswimarathon.co.uk)



Chairman: For more info use the  
contact us page

**FOR SAFETY  
PLEASE ALWAYS  
SWIM ON THE LEFT**

*giftaid it*

## GUIDANCE FOR SWIMMERS

1. Your team will swim at the SWF Leisure Centre Pool at a time to be advised by your team captain on any of the following dates and times:
  - Between 6 pm and 9 pm on Friday 13<sup>th</sup> March 2020
  - Between 1 pm and 6 pm on Saturday 14<sup>th</sup> March 2020
  - Between 1 pm and 6 pm on Sunday 15<sup>th</sup> March 2020
2. With your team mates and Captain please report to the Pool's reception at least 40 minutes before the swim time. You will be met and guided through registration and photographs.
3. Teams of up to six members (8 members for teams of under 8s), swim lengths one after another within 50 minutes with only one member of the team swimming at a time. Then there will 5 minutes of Mayhem with every body swimming at the same time!  
(A team of average swimmers may well complete 100 lengths in 55 minutes.)
4. Monies raised will go to the Rotary Club of South Woodham Ferrers' Charitable Trust and then allocated to a principal charity and other **deserving projects for the caring community of South Woodham Ferrers.** In recognition of the effort made by **the teams**, where teams prefer, they can nominate a REGISTERED CHARITY to receive 25% of the sponsorship they raise on the sponsorship form indicate this on sponsorship form.
5. Please help us to raise a worthwhile amount of money.
6. Please ask sponsors to sponsor the team for a fixed amount.
7. **If your sponsor is an adult, it is likely that they are taxpayers. In which case make sure you write their NAME & ADDRESS clearly and get them to tick your sponsor form in the **Gift Aid** box. This makes their sponsorship worth 25% more. On average this adds almost £1-2,000 to the TOTAL.**
8. Download as many sponsorship forms as you require from our website.
9. **Properly completed SPONSORSHIP FORMS should be handed to your Team Captain, who will hand them in at the Organiser's Desk before your swim.**
10. The sponsorship forms will be checked, officially stamped, and returned to you by your team Captain after your swim. Swimmers will be responsible for obtaining the pledged sums of money from their sponsors, which should be handed over to your Team Captain.
11. Please collect the money and give it to your captain together with your form by the middle of April 2020
12. Captains should return the Team's forms and money to the Swimarathon Treasurer by end of April 2020.