



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 dates and times of the event as stated on the Swimathon website:

8pm or 9pm on Friday Evening

Between 2.15pm and each hour to and including
5.15pm on Saturday Afternoon

1.30 pm and 2.30 pm on Sunday Afternoon

2. All swimmers are 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 40 minutes with only one member of the team swimming at a time. Then there will 5 minutes of Mayhem with every member of the team swimming at the same time!

(A team of average swimmers may well complete 100 lengths in 45 minutes.)

4. Monies raised will go to the Rotary Club of South Woodham Ferrers Charitable Trust and then allocated to a principal and other deserving projects for the caring community of South Woodham Ferrers. In recognition of the effort made by swimmers, teams if they wish can nominate a specific nominated charity and receive 50% of the sponsorship monies raised on the sponsorship form.

If so please provide name and bank details of the charity

5. Please ask sponsors to sponsor the team for a fixed amount.
6. If your sponsor is an adult, it is likely that they are taxpayers. In which case make sure you write their NAME, HOUSE NUMBER/NAME AND POST CODE and get them to tick your sponsor form in the Gift Aid box. This makes their sponsorship worth 25% more. On average this adds in excess of £1,000 to total sponsorships raised.
7. Properly completed SPONSORSHIP FORMS should be handed to your Team Captain, who will hand them in at the Organiser's Desk before swimming.
8. Please collect the money and give it to your captain together with your form by 1st May.