




CS&PF Office  
email: [office@cspf.co.uk](mailto:office@cspf.co.uk)  
web: <http://cspf.co.uk>

**Please send a scan of this form to [office@cspf.co.uk](mailto:office@cspf.co.uk).**  
If you wish to post a paper form contact CS&PF Office for mailing address.

# ASSESSMENT SWIM FORM 2019

 This form must be received no later than 14 days before the swim tide and no later than 31st July

Reg No. 19-CSPF/\_\_\_\_\_ (for office use)

## Notes

Read the current CS&PF information and rules on <http://cspf.co.uk> before completing this form

- This Assessment Swim Certificate should be included, if possible, with your Solo or Membership form. Completed and signed form can be sent to the CS&PF by uploading its scan during the completion of either Solo or Membership online forms or alternatively emailed to [office@cspf.co.uk](mailto:office@cspf.co.uk).
- This form must be received by the CS&PF no later than 14 days prior to the start of your swim tide for your attempt and no later than 31st July (whichever is earlier), failing which your application will be invalid, unless confirmed in writing by the CS&PF in its discretion. This form is not for use for any other purpose.
- It is the responsibility of all swimmers to consider and assess their swimming aptitude, ability and fitness in the context of an attempt to swim the English Channel as part of a relay team or as a solo crossing (as applicable) under the auspices of the CS&PF, as well as researching and assessing the risks presented by the range of possible conditions which may be faced as part of that attempt.
- This Assessment Swim Certificate is to help provide the CS&PF and your pilot with evidence that each applicant has carried out that self-assessment.
- The form must be used to provide details and evidence (e.g. by attaching relevant documentary proof) that you have satisfactorily completed a required swim, as follows: For a solo attempt - a 6-hour swim in water 61°F/16°C or less (or proof of completion in a recognised event for a period considered by the CS&PF to be an acceptable alternative) wearing no clothing or aids to enhance heat-retention, buoyancy or speed and conducted at any time up to 18 months before the start of the tidal period during which you have booked your swim
- For a relay attempt - a 2-hour swim in water 61°F/16°C or less (or proof of completion in a recognised event for a period considered by the CS&PF to be an acceptable alternative) wearing no clothing or aids to enhance heat-retention, buoyancy or speed and conducted at any time up to 18 months before the start of the tidal period during which you have booked your swim.
- These swims are short compared to your Channel swim attempt and should not be treated as training swims. Your training should include regular swims of longer durations.
- Relay team leaders: It is your responsibility to assess your and your team's ability and make everyone aware that they are responsible for their own actions and the care of the other team members.
- You acknowledge and accept that the completion of a required 6-hour swim (for a solo) or a 2-hour swim (for a relay) in no way implies any representation by the CS&PF that you have completed sufficient training or that it's appropriate for you to make such an attempt.

## Swimmer

<b>First name</b>		<b>Surname</b>	
<b>Date of birth</b>		<b>Nationality</b>	
<b>Address</b>			
<b>Town/City</b>		<b>Postcode</b>	
<b>County/State</b>		<b>Country</b>	
<b>Email</b>			
<b>Contact phone(s)</b>			

## CS&PF Swim

<b>CS&amp;PF Swim</b>	Solo <input type="checkbox"/> Relay <input type="checkbox"/>	<b>Relay name</b>	
<b>Pilot</b>		<b>Tide start</b>	

## Recognized Swim

Indicate if you wish CS&PF to consider a recognised swim event in place of arranging your own, observed, Assessment Swim. If yes, please provide details in the Additional Notes section and attach appropriate certification or other evidence. Otherwise please complete the Assessment Swim section.

**Recognized Swim?** Yes  No

State the name, date and details of your attempt for any recognised swim event which you want the CS&PF to consider in place of your own, observed, Assessment Swim:

<b>Notes</b>	
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## Assessment Swim

<b>Date</b>		<b>Location</b>	
<b>Time in</b>		<b>Time out</b>	
<b>Duration</b>		<b>Distance (approx.)</b>	
<b>Water</b>	Fresh <input type="checkbox"/> Saline <input type="checkbox"/>	<b>Water Temp</b>	

## Swimmer's Signature

For swimmers under 18 years of age a parent or guardian must also sign this form

I certify that the information provided is true and not misleading.

<b>Name</b>		<b>Signature</b>	
<b>Date</b>			

## Observer's Details

<b>First name</b>		<b>Surname</b>	
<b>Address</b>			
<b>Email</b>			
<b>Contact phone(s)</b>			
<b>Club/Assc'n and position</b>			

## Observer's Signature

Observer should sign if you arranged your own Assessment Swim\*.

I certify that I observed the entire swim and that the information provided is true and not misleading

<b>Name</b>		<b>Signature</b>	
<b>Date</b>			

\*CS&PF will accept a separate certificate signed by selected observers, in place of the observer signing this form - check with the CS&PF Office if not sure.