



Observer's Guide
May 2026

'Nothing great is easy' Capt. Matthew Webb

Useful contacts

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Note: Due to logistical or technical reasons, certain pilots may use different boats

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Message from the Swim Liaison

Dear Channel Swim Observer,

I would like to pass on the gratitude and appreciation felt by all in the CS&PF for our observers. Observing is the core activity and purpose of our organisation and an essential part of every Channel swim. The CS&PF and the sport of Channel swimming relies entirely on individuals like you who are willing to give up their time to help someone's dreams come true.

Observing is a role that is tough and rewarding, and leaves lasting memories for all those involved. Observers hold a special significance for all Channel swimmers. No-one forgets who their observer was. As an observer you will witness some very special feats of endurance and willpower. These memories are both inspiring and humbling.

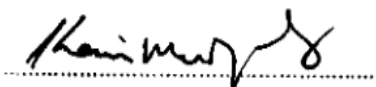
By taking on the CS&PF observing role, you become responsible for representing our organisation and upholding the standards of a swim across the English Channel. It is an endeavour which maintains its unique global status as one of the most extraordinary feats of endurance. Channel swimming as a sport was established in Victorian times and the rules have been almost unchanged since then. This historical consistency adds to the event's unique quality of human versus the elements and connects all Channel swimmers through shared experience.

The rules are strict and clear. This Observers' Manual may be dry reading but it is an essential part of controlling the quality of the observing and ratification process. The role requires physical and mental toughness.

Accepting the role of an observer is not to be taken lightly.

It would seem remiss to leave out the famous quote from Capt. Matthew Webb, the first man to swim the Channel in 1875: "Nothing great is easy". The same applies to the observing role which we hope you will enjoy and remember with pride.

Finally, thank you to all those who have contributed to this guide. I hope you find it useful and comprehensive.

A handwritten signature in black ink, appearing to read 'Kevin Murphy', written over a horizontal dotted line.

Kevin Murphy

(CS&PF Swim Liaison)

May 2025

Duty of Care for an Observer

The CS&PF appoints Observers to join cross Channel swim pilot vessels and report the events for ratification.

This document describes the duty of care of the Observer during a Channel swim. Any attempt to swim across the English Channel is dangerous and the CS&PF holds appropriate insurance cover.

1. The CS&PF

- 1.1. The CS&PF will provide an Observer's Manual that describes the role and requirements for an Observer on a cross Channel swim attempt;
- 1.2. There will be at least one pre-season briefing arranged by the CS&PF's Swim Liaison Officer (SLO) to inform and allow for any questions to be raised;
- 1.3. New Observers will be provided with training in the practical aspects of a cross Channel swim attempt.

2. The Observer

- 2.1. The Observer will conduct themselves in a professional manner, whilst on board an escort vessel in accordance with the health and safety requirements;
- 2.2. The requirements for the Observer are laid out in the Observer's Manual;
- 2.3. The Observer's pre-season briefing organised by the SLO is a valuable resource and the CS&PF strongly encourages all Observer's to attend it each year;
- 2.4. Observers must take reasonable steps to avoid causing injury to people or damage to property;
- 2.5. Observers must be alert to unsafe practices and take action to correct them.

3. The Pilot

- 3.1. The Master/Pilot will provide a safety briefing to each observer on joining the vessel prior to the swim attempt;
- 3.2. The Master/Pilot is responsible for the safety of everyone on the boat.

The role of the observer

One of the key objectives of the CS&PF is to assist, observe and authenticate long distance swimmers in their attempts to cross the English Channel.

Observers are the CS&PF representatives on Channel swims, and their role is to ensure the data and events are recorded in a report. Observers are in sole charge of timing the swim, and are responsible for observing and recording any non-compliance with the Channel swimming rules. An observer's swim report is submitted to the CS&PF office for ratification and archiving.

You are required to include in your pre-swim introduction and briefing to the swimmers the following statement:

Hello,

I am your CS&PF Observer. My role is to monitor every aspect of your swim, keep detailed records, and prepare a report to submit to the CS&PF for ratification. Once the ratification process is complete, the CS&PF will notify you directly.

By signing the CS&PF swim application form you have confirmed that you have read and understood the CS&PF Rules and acknowledged how these rules apply to your swim.

The observer's role on board is to **observe, record and report back**.

The observer is not a referee and does not have the right to terminate a swim if rules are broken. The observer does not have control of the swim, or the course taken. The observer is not directly responsible for the swimmer.

Knowledge and interpretation of the rules is essential, but their enforcement is not part of the job.

If the observer is asked to offer any guidance to the swimmer or swimmers, it should be made clear that this is only the personal view of the observer and does not amount to CS&PF guidance and cannot provide any assurance that, if followed, it will prevent disqualification or secure ratification.

The decision to ratify the swim can only be taken by the Committee.

Observers' reports are sent to every swimmer after ratification and are an important part of the swimmer's record of their day. The observer needs to be aware that the report may also be shared with others should the Committee see fit to do so.

Previously, a swimmer complained an observer became directly involved by making coaching suggestions. It must be emphasized:

“The Observer's role is to observe, record and report events during the crossing attempt.”

Observer's Guide and CS&PF Rules

This Observer's Guide is the CS&PF Committee's directions given with the Federation Rules. The Observer's Guide forms part of the Rules and should be read carefully; if there is any overlap between issues in the Rules and in the Observer's Guide, then it is the Rules which shall prevail. Understanding both the Rules and the Observer's Guide is essential, if each observer is to maintain the high quality of observing and reporting in the CS&PF's ratification process.

Code of conduct

As a CS&PF Observer you are expected to adhere to the following code of conduct.

All Observers must:

- be respectful and polite at all times to the boat pilot, boat crew, swimmers or swim crew
- present themselves at the swim departure in good time, with the correct personal kit and equipment, in good physical and mental condition
- familiarise themselves with the CS&PF rules and contents of this Guide before observing any swims
- not seek to extract any material or professional benefits from observing a CS&PF swim
- declare in full any conflicts of interest if required, or requested by boat pilot, boat crew, swimmers or swim crew, maintain confidential any information about the events witnessed other than disclosure in the Observer report
- follow all boat pilot's safety instructions without question.

Any breach of this code of conduct may result in dismissal of an observer from observing future CS&PF swims.

1. Observer preparation

Call up process

The Channel swimming season typically runs from June to October. Swimmers sign a contract with their pilot years in advance to reserve a swimming slot during a specific "tide" – a period of 5-8 days of either "neap" or "spring" tides.

When the swimmers slot arrives, in conjunction with their pilot, they will agree a start time depending on weather conditions. A swim typically starts in the early hours, but can start at any time. Tides and weather are the main factors in the decision to swim, or not. Once agreed, the pilot contacts the CS&PF Swim Liaison Officer, requesting an observer to meet them at a set time and place for the start of the crossing.

The Swim Liaison Officer will then text potential observers asking for availability. The first observer to respond generally gets it. If an observer is not available he/she does not need to respond, and that is ok.

The observer should only accept an assignment if he/she is rested and able to remain alert without being under the influence of alcohol, or other substances likely to affect their performance. When an observer commits to joining a swim he/she must have free time well in excess of 24hrs, to allow for a slow swim and the 3-4 hour return journey from France to Dover.

The observer should let the pilot, or the pilot's crew know when they are taking a break during the swim. The pilot/crew will take temporary observer responsibility in compliance with the Rules.

Observers should be reasonably rested before accepting to observe a swim in order to avoid any breaks being imposed unduly on the pilot or the pilot's crew. It is not, however, unreasonable for the observer, in consultation with the pilot or crew, to request a 30 minute break, if necessary. During that period the pilot, or crew must agree to take responsibility for observing.

The observer must be aware that the pilot and crew have boat duties.

Kit list

Essential

- Passport
- Phone
- GHIC card (Global Health Insurance Card)
- Mobile telephone and charger
- Waterproof clothing
- Stopwatch
- Clip board
- Two or more pens
- Notebook and/or electronic device
- Head torch and / or small torch
- Personal food and drink for 24 hrs, preferably in a cool bag.
- Anti-sea sickness medication (Stugeron or similar)
- Warm layers (it can be cold at sea in the early hours of the morning)

Optional

- Sun cream
- Woollen hat
- Sun hat
- Camera
- Sleeping bag (for return journey)

2. Call-up to Dover

Check list

- Confirm availability
- Write down where and when to meet the pilot
- Travel to Dover
- Meet the pilot and confirm swim will take place
- Obtain parking permit

From time to time the Swim Liaison Officer may text, email or phone all observers asking who is available for the upcoming tide, weather-window or maybe the next 24 hours. Only reply to texts and emails if you are available for all or part of the period. If you are not available you should not reply.

When you agree to observe, write down the name of the pilot, boat, place and time of meeting. Most swims will meet at Dover New Marina. Instructions for driving there are in Appendix 2.

Travel tips for arriving in good time

It is a big day for the swimmer and the tides and weather determine the swim start window. You should not add to their nerves by arriving stressed, or late. A delayed departure could jeopardise the success of the swim.

If necessary, you may want to book a night's stay in local accommodation, at your own cost, to ensure you are at the dock in good time and fully rested.

On arrival, confirm with the pilot that the swim will go ahead. Sometimes the pilot and swimmer review the latest weather forecast and may decide to abort the swim, if conditions have deteriorated.

If the swim has been aborted, ask the pilot for the swim number and the name of the swimmer or relay and text the cancellation details to the CS&PF Swim Liaison. You will be paid £50 expenses for a cancelled swim.

By car

Note If 'Operation Brock' is in effect, lorries will be parked in the nearside lane of the M20/A20, which can cause delays. In extreme circumstances, the motorway may be completely closed with both lanes used for lorry parking. In this case, cars Dover bound

leave the M20 at Junction 7, and come down the M2/A2. Observers should check before they leave and allow extra time, if necessary.

Please take this into account when planning your journey.

By rail

The nearest railway station is Dover Priory. It is a 15 minute walk, or a short taxi ride to the marina.

3. On the boat, before departure

Check list

- Introductions
- Swim details
- Complete swim form cover page
- Obtain swimmer, support crew, medication and feed details
- Explain
 - Start
 - Feeds / changeovers
 - Support swimmers (for solo swims)
 - Safety swimmers
 - Finish

On arrival at the meeting place, introduce yourself to the pilot and crew. Ask where you should stow your bag if you are unsure.

Ask the pilot for the swim number and the name of the swimmer or relay. If the swim has been aborted, please text the CS&PF Swim liaison.

Forms for the observer

Each pilot boat carries a box containing all Observer Report forms, a copy of the CS&PF rules and fee claim forms. There is also a supply of prepaid addressed envelopes to file the completed forms with the CS&PF Swim Liaison after the swim. Use the appropriate forms.

Procedures for a swim

Introduce yourself to the swimmer, support team or relay team. Complete the details on the front sheets of the Swim Observer Report forms. It is important to record each swimmer's exact name, correctly spelt - this will be on their certificate.

Record every relay swimmer's name. The order of swimmers is determined by when they swim in their first run through. A swimmer/swimmers can drop out before they swim in that first run through. Once all the swimming members of the team have completed their first swims the order has been established. It must be adhered to throughout the rest of the swim. See CS&PF Rules.

Note: If there are junior swimmers (under 16 years of age) in the relay, Carefully record their dates of birth. Relay swimmers must be over 12 years old at least 3 days before the swim starts. To be classified as a Junior Relay, all swimmers must be under 16 years for at least 24 hours after the swim completion.

Junior swimmers, under the age of 16, are not allowed to take part in relays of less than six swimmers.

Medications

Pay special attention to noting all medications taken by swimmers before or during the swim, both over-the-counter or prescription medications.

Note and record all drugs, dosages and times taken.

The relevant CS&PF rules are in Appendix 1. The extract covering drugs is:

“The use of drugs by participants in Channel Swimming, other than for therapeutic reasons in accordance with medical advice, is regarded with complete disapproval and is considered contrary to the spirit of the sport. Any swimmer unable to participate without the administration of banned drugs must submit their application to the Federation Committee with ample time for its consideration. The Federation reserve the right to make random drug tests on Channel aspirants. The Observer may require a sample of any medication given.”

An Observer will be separately briefed on any occasion restricted substance testing is required, but in any event, the Observer should always record the substances, dosage and the time they are taken by the swimmer.

Feeding plan

For a solo swim, ask to see the feeding schedule and note all nutritional products and foods that will be used, or will be available. You may copy the details from the packaging, or better still take a photograph.

Swimming costumes

Advise the swimmer(s) and support team that you will need to check them before they enter the water. Swimmers should be familiar with them:

- swimming costume (normal length and material)
- cap made solely from silicone or latex
- goggles
- nose-clips
- ear-plugs
- lights head and bottom, with fixings
- grease (Vaseline, lanolin or other)
- sun cream

Some things to look for

- swimming costume should be made of material that allows water to pass through
- no neoprene of any sort is allowed
- no heat retention lining in the swimsuit is allowed
- bubble type hats that give insulation may not be worn
- *Costumes commonly known as Tech Suits (using compression to enhance performance and coated material) are not allowed.
- only one swimming cap may be worn
- some devices are designed to be invisible inside a swim hat.

The relevant extract from the rules is:

“The swimmer may wear only one swimsuit in one or two pieces which shall not extend past the shoulder or below the knee. All swimsuits shall be made from textile materials. Caps may not be made from neoprene or any other material which offers similar heat retention properties (as determined by the CS&PF Committee).

Permitted swimwear: No swimmer in a standard attempt to swim the Channel shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy, heat retention or endurance (such as wetsuit, webbed gloves, paddles, fins etc.) The swimmer is permitted to grease the body before a swim, use goggle and one hat. Nose clips and earplugs are permitted. The use of any type of Kinesiology tape (K-tape) / Sports injury tape on the body is prohibited.

Permitted male costumes: Textile non-performance enhancing traditional swimming trunks or jammers from the waist to knee made of knitted (not woven) materials, with sewn (not bonded or taped) seams and without hydrophobic coating.

Permitted female costumes: Textile non-performance enhancing traditional female costume or costumes extending shoulders to knees made of knitted (not woven) materials with sewn (not bonded or taped) seams and without hydrophobic coating.”

Start

Explain the swim start procedure:

- The pilot will stop the boat 50-100m offshore
- The swimmer will jump into the water, swim ashore and clear the water completely
- The swimmer will raise an arm to show that they are ready to commence
- The pilot will sound a loud signal for the swimmer to enter the water and start swimming
- Some pilots may wait until the clock gets to an exact minute before sounding the signal, to simplify record-keeping
- The timing will start the moment the swimmer re-enters the water.

Feeding and no touching rule

For soloists, explain the need to avoid touching the boat during feeds. Touching the boat accidentally or for safety reasons (e.g. using an arm to push directly away from the boat to avoid a wave causing a collision) is acceptable: It will be noted, but will not normally affect the outcome of the swim. It is not acceptable to touch, or hold the boat to gain any benefit by resting or swim assistance. Each contact judged not for safety or not accidental should be recorded.

Support swimmers

Support swimmers are available to soloists, but are not allowed in relays. After three hours, a second swimmer may swim alongside, but not in front of, the soloist for a maximum of one hour. This may be repeated only after two hours of unaccompanied swimming have elapsed. If a support swimmer completes less than an hour, the next support swimmer may enter the water two hours after they came out. All support swimmers must stay behind the soloist at all times.

The relevant extract from the rules is:

“During solo swims a swimmer may be accompanied in the water by 1 person only & not accompanied at all until after the first 3 hours. This accompaniment will be for a maximum of 1 hour & cannot be repeated until at least 2 hours have elapsed after the cessation of the accompaniment.

The second swimmer may swim alongside, but not in front, of the solo aspirant & must not impede the solo swimmer.”

For health & safety reasons the CS&PF pilot/ ships master must agree to any request for a support swimmer before they enter the water to accompany the swimmer.”

Safety swimmers

Safety swimmers are allowed at any time at the discretion of the pilot. They may be used to assist with medical issues, but are frequently used to go ashore at night. A safety swimmer should be asked to keep any French well-wishers at bay and ensure that they do not touch the swimmer until they are clear of the water. All safety swimmers must stay behind the soloist at all times.

The pilot may also allow support crew and fellow relay swimmers to swim ashore, if conditions are suitable.

The relevant extract from the rules is:

“The pilot/ship's master may, at his or her discretion, request that a second swimmer join the solo aspirant outside of these times for a short period on the grounds of safety. (i.e. if a swimmer suffers severe cramps).”

Boat safety briefing

The pilot or a crew member usually gives the swimmers, support crew and observers a safety briefing. It will include the location of life-rafts and lifejackets, areas of the boat that are out of bounds at all times or under certain conditions. This information is essential for everyone on board.

Finish

When landing on a beach in France, they must exit the water and ensure that they are completely clear of the water. There must be no water between them and the French mainland. Landing on an outlying rock or sandbank is not permitted. It is permitted to touch-finish if landing on a steep cliff or a sheer bank when there is no seawater beyond.

The relevant extract from the rules is:

“(c) For a swim to be officially recognised, the swimmer must enter into the sea from the shore of departure, swim across the English Channel (i) to finish on dry land, or (ii) to touch steep cliffs of the opposite coast with no sea-water beyond. Swimmers may finish in harbour water provided they land as in (i)”

Multiple crossings

Special rules apply if a solo, or relay is undertaking a double, or triple crossing. Having landed in the manner above, they must return to the water immediately and may, if they wish, stand or sit in the water for up to ten minutes. They must not be touched, but can be handed food, grease, medicines or swimming apparel. This period is included in the overall swim time and should be added to the subsequent swim leg.

The relevant extract from the rules is:

“(c) For a swim to be officially recognised, the swimmer must enter into the sea from the shore of departure, swim across the English Channel

(i) to finish on dry land, or

(ii) to touch steep cliffs of the opposite coast with no seawater beyond. Swimmers may finish in harbour water provided they land as in (i).

(iii) finish by touching the Calais outer harbour wall if the circumstances are such that the swim might be aborted or stopped by the French authorities because an ebb tide will take the swimmer across the harbour entrance.”

Relays

The two most common rule infringements on relay swims are (i) the inability to keep swim order and (ii) swimmers unable to remain in the water for the entire 1 or 2 hour leg duration. Note: 2 hour legs are only allowed for teams of two or three persons.

The relevant extract from the rules is:

Each standard team shall consist of 6 swimmers each swimming for 1 hour. The order of the swim shall be determined by the order of swimmers entering the water to commence their first swim leg. No team member may start their second swim leg before the first swimmer has completed their second swim leg. Once the first swimmer commences their second swim leg, the same order must be maintained throughout the swim.

Swimmers in relay teams shall be over 12 years old 3 days before the relay swim starts, and for registration purposes, the beginning of the swim period their team is booked to swim in. They shall be under 16 years of age for at least 24 hours after the swim finishes for it to be classified as a Junior Relay team swim.

Junior swimmers (over 12 and under 16 years of age) will only be allowed to swim in 6-person (standard), 7-person or 8-person relay team swims.”

It is extremely important to emphasise, before the start, that once the swimming order is established it must be maintained throughout the swim and that the swim times must be adhered to.

Teams of two or three persons are allowed to choose between 1 or 2 hour swim periods for the duration of the relay swim. The option must be declared before the start of the crossing and maintained throughout the crossing.

Allowable equipment, medication and start are the same as solo swims. Relay swimmers do not normally feed during their swimming spell. However, in cases of seasickness on the

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boat, feeding during the swim is allowed and is subject to the same rule as for a solo swim.

No support swimmers are allowed in relays.

Safety swimmers are allowed only at the discretion of the pilot.

The relevant extract from the rules is:

“The pilot/ship’s master may ask for the accompaniment of a safety swimmer at the very end of a relay swim if the conditions dictate.”

Changeovers

Time each changeover and record it. The time commences when the new swimmer enters the water and ends when the previous swimmers’ feet leave the water, this must not exceed 5 minutes.

Changeovers should be punctual. It is not acceptable for the next swimmer to go in early if the current swimmer is slowing or is in difficulty.

Swimmers do not usually have an opportunity to practice changeovers and are generally quite slow at the beginning, speeding up as they get used to doing it. It is generally best for the current swimmer to drop back level with the stern of the boat. This means that the new swimmer is immediately behind them when they jump in. Once the new swimmer has passed them, the old swimmer should swim quickly to the ladder and exit the water.

Getting swimmers into, and out of, the sea is a dangerous operation. It is normally supervised by a member of the boat crew, although the observer may be requested to undertake it. Swimmers should be advised to take great care. Emerging swimmers should be encouraged to ascend the ladder as quickly as possible.

It is important to note that there is zero tolerance on the timing of the changeover. The swimmer in the water must swim for 60 minutes (or 120 minutes for a 2 or 3 person relay). The next swimmer must enter the water behind the current swimmer and overtake immediately. The swimmer who has completed their leg of the relay must then exit the water within the 5 minutes. Any delay in the changeover (even when it is requested by the pilot on safety grounds) must be noted in the observer report and may result in the swim not being ratified.

The relevant extract from the rules is:

“The change-over/takeover from one swimmer to the next in a relay should take place every 60 minutes or 120 minutes if for a two- or three-person relay option, with the new swimmer entering the water on a signal given by the observer at the end of the completion of the required 60 minute or 120-minute swim period. During the change-over the new swimmer must enter the water from behind and swim past the preceding swimmer. The swimmer that has completed their designated swim period of 60 minutes or 120 minutes must exit the water as quickly as possible and within a maximum of five minutes.

Team members shall rotate in the same order throughout the swim. Pace-making or the use of a support swimmer is NOT allowed.”

4. Start of swim

Check list

- Start time and place
- Text CS&PF Swim Liaison

As a courtesy, the observer wishes ‘good luck’ to the soloist, or first relay swimmer before they leave the boat. The observer should then prepare a stopwatch and ensure the

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swimmer has cleared the water. When the pilot gives the signal to the swimmer to commence the swim, the observer should start the stopwatch as soon as the swimmer enters the water and note down the start time and location.

Every pilot boat carries a global positioning system (GPS) that displays a satellite time and is correct to the second anywhere in the world. It is by far the safest way of recording the swim start and finish times and will be used by the pilot to complete a log of the swim. The observer should check their own reading against this. These should then be entered on the Observer Report Form.

**Text the following information to the
CS&PF Swim Liaison +44 (0) 7730 325884**

- swim number
- soloist or relay name
- [number of relay swimmers]
- start time
- start location
- boat and pilot
- your name
- Social media YES/NO

This information prompts details to be added to the CS&PF website, so friends and supporters may follow the progress of the swim.

5. During the swim

Check list – information to record

- stroke rates
- feeds and medications
- relay changeovers
- support swimmers
- swim kit changes (goggles, night lights, extra grease etc.)
- waypoints (shipping lanes, buoys etc.)
- weather, sea states, passing boats, wildlife, other swimmers
- anything else you deem relevant to the swim

All times should be recorded in British Summer Time, using a 24hr format. It is important that the observer records everything that might be relevant to the decision to ratify the swim or not. In particular, record any conversations with the swimmer that might give an indication of their mental or physical state. Record any complaints, such as sickness, breathing problems, coldness or fatigue. This might involve medical issues with the swimmer, support crew, boat crew or even the observer. There might be technical issues with the boat, severe weather, encounters with coastguards or any number of unpredictable events.

Each pilot maintains a log of the swim on behalf of the CS&PF. The pilot is instructed to give that log to the observer at the conclusion of the swim. It becomes part of the observer's report. It should provide the following information.

- water and air temperature
- wind speed and direction
- state of tide (ebb, flood or slack)
- sea state

Information to record during swim

Stroke rates

Record the swimmer's stroke rate. This is the number of times that either of the swimmer's hands enter the water during a minute. The recommended method is for the strokes to be counted for one whole minute. Consistently maintaining the stroke rate is an indicator of the swimmer's continued wellbeing. For solo swims, it should be counted halfway between feeds. For relays, it should be mid-way through each swimmer's turn.

Feed stops

Record the time and length of each feed, with details of the products and quantities consumed. The stop and start times of feed stops are usually taken from when the swimmer is alongside the boat and stops swimming to when they finish eating and leave the boat area to start swimming again.

Record the name and dosage of any administered medications.

Record any changes in swimmer equipment, such as changing clear goggles for tinted goggles after dawn or replacing a swim cap, ear plug or nose clip.

Support swimmers usually enter or leave the water during a feed stop, although this is not compulsory. This should be recorded.

Waypoints, events and markers

Record the time that the swimmer reaches the major waypoints in the Channel. These will include:

- South West shipping lane
- Separation zone
- North East shipping lane
- French inshore waters

The swim might also go across the Varne sandbank in the South West shipping lane or close to the Varne light vessel or a number of navigation buoys. Also, record changes in the tides, weather or sea states.

Other

The report will be sent to the swimmer and will become a memento of what might be the swimmer's biggest personal achievement of their life; therefore it is appropriate to record any significant details going on around the swim. These might include:

- Sun or moon rise or set
- Passing boats
- Any wildlife
- Nearby swims, including boat, swimmer, relative position, other swims reaching France or aborting.
- Any significant instructions to the swimmer, such as 'we need an hour of power'; notices shown to a swimmer, such as 'your charity donations have reached £x'.

Details of the Observing process

It is not necessary to watch every stroke, although some observers choose to watch from the deck. Others prefer to carry a notebook in which to record happenings on a heaving / wet deck and then go below to the cabin to record them on the observer form in the dry of the saloon table. It is accepted that observers will need to go into the cabin of the pilot boat to complete forms, take refreshments and nature breaks. It is possible to monitor the swimmer for most of this time, either through a window or by listening to their strokes. Go immediately on deck if you notice any change or hear any exchange between the swimmer and crew.

It is important to be seen to be diligently observing. It is preferable not to sit with eyes closed to rest them, especially if the support crew have camera phones! On a two- or three-way swim two observers will be provided. One of them must be awake at all times.

In the event of the support crew being asleep or seasick, observers should not feed the swimmer themselves. However, if they wish, they are able to wake or prompt the support crew and encourage them to attend to their swimmer.

It is important to always be polite and friendly, to ensure that you contribute to their swimmer's or swimmers' great adventure and do not detract from it.

'Nothing great is easy' Capt. Matthew Webb

Stay awake

On a one-way swim, the observer will ideally stay awake for the entire duration, from start to finish. This is likely to result in some sleep deprivation, which makes observing a challenging part of every Channel Swimmer's attempt.

The usual advice from shift workers likely to lose sleep is to start the shift well-rested, eat regularly and drink plenty of water. Caffeine helps put off fatigue for a while but be careful not to drink too much, which can make you feel worse, for example jittery. It is very important that observers stay safe on their journey home after a swim and make use of the fees to pay for accommodation in Dover to rest, if extremely fatigued, or travel by train instead of car.

On two or three-way swims or stroke swim attempts two observers will be provided. One of them must be awake and observing the swim at all times.

Observer and the boat crew

It is very important to maintain a good working relationship with the pilot and their boat crew. Observers must be polite and respectful to them at all times. Take careful heed of the safety briefing given to the support crew / swimmers. Respect the boat and avoid getting in the way as the crew go about their work.

Be aware that the Dover Channel swimming is a very tight-knit community. Boat crew may have been observers, be aware you may be one of the least experienced people on board!

Some observers choose to volunteer to make hot drinks for the crew (and for themselves!), bring a contribution of biscuits or wash-up afterwards and carefully stow mugs. This is not expected, but is always appreciated.

Observers should bring their own food, but are usually invited to share hot meals with the crew. If in doubt check with the pilot in advance of the swim so you know how much food to take with you.

Observer and the swim crew / swimmers

Many swimmers and their support crew can appear surprisingly unprepared, as of course most people won't have swum the Channel before.

It is not the role of the observer to tell the support crew how to undertake tasks, however tempting this might be. If you have a particular concern about any aspect of swim management, it is best raised with the pilot/boat crew and left to them to ignore or address.

Giving advice to swimmers

Any advice given to swimmers and support crew is on a personal basis and not within the official CS&PF duties of the observer. You are encouraged to advise a swimmer or the swimmer's crew of the circumstances when in your opinion a rule's infringement may take place, but you must make it clear that the decision rests with the CS&PF Committee, not the observer.

Rule infringements

Each pilot boat carries an up-to-date copy of the rules and the observer must familiar with them. It is not within the observer's remit to make decisions regarding the way the swim is managed. Note any infringements in the observer's report. Also tell the pilot and the swimmer / team manager of your concerns.

Do not make a ruling or comment on behalf of the CS&PF – your job is to observe and record facts. The committee will read your report, discuss it and make a ruling.

Unsuccessful swims

Most Channel swims that are unsuccessful never reach France and are easy to adjudicate and ratify. Of those that do land in France but fail the rules, the majority are relays that are not able to stick to the swimmer rotation schedule and/or swim leg duration.

A very small number of swims fall outside these two categories into the “grey area” and these swims require special vigilance from the observer and the CS&PF committee ratifiers reading their report.

Do's and don'ts

Do:

- Stay awake during the swim
- Take seasickness medication before joining a boat
- Record anything that could potentially be relevant to the validity of the swim
- Make a note of anything that will add interest to the report, to ensure that it provides an interesting souvenir of their big day.

Do not:

- Make a ruling on the swim validity
- Tell the swimmer how far they have swum or how far they still have to go
- As the swimmers are likely to see your report, do not record:
 - your opinions
 - the pilot's or boat crew opinions
 - support crew performance

6. End of swim

Check list

- brief the final relay swimmer
- brief any accompanying or safety swimmers
- record time and place of finish
- text the CS&PF Swim liaison

Before the final relay swimmer enters the water, the observer should repeat the finishing rules given to them before the swim commenced.

Pilot boats can only get within a limited distance of the French coast. The pilot may or may not send an inflatable dinghy to escort the swimmer to the shore. In some conditions, they may require a safety swimmer to escort the swimmer.

It is traditional that when conditions permit, the pilot may give permission for support crew to accompany solo swimmers on the last few hundred metres. They may also allow the entire relay team to swim in together, to share their big moment.

It is important to brief a safety swimmer and any escort swimmers that they must not swim in front of the solo swimmer or current relay swimmer.

Observers usually remain on the pilot boat. From there they can observe the swimmer exiting the water and ensure that there is no water beyond them.

Make a note of the exact time.

In the dark, the swimmer's lights should be seen when they emerge from the water. Swimmers will normally turn to wave to the boat, at which time their lights will disappear.

This is the end of the swim. If the pilot sends in a dinghy, the pilot or crew member will also record the time.

Enter the time and place that the swim ended on the Swim Observer Report and prompt sheet. Use your watch, but double check it with the pilot. Calculate the total time of the swim.

DO NOT give a copy of your report to the swimmer or relay team members.

**Text the following information at end of swim to
CS&PF Swim Liaison +44 (0) 7730 325884**

- swim number
- solo or team name
- [Number of relay swimmers]
- boat and pilot
- time and place swim ended
- Swim time
- successful or unsuccessful

Collect the ship's swim log from the pilot. Add this to your observer report which you send to the Office.

Check the log shows:

- Distance and bearing from a waypoint plus latitude and longitude for each hour
- Position in latitude and longitude plus the name of the start and finish points.

Content not given to the swimmer/crew/boat crew

If you want to record something for the CS&PF committee to review, without being a part of the report for the swim that is read by the swimmer/crew/boat crew or pilot, record it separately and label "For CS&PF only". This allows observers to flag up potential issues of general significance without including them in the swimmer's report. There is 'NOTES Page' for this purpose, which can be emailed to confidential@cspf.co.uk

This might be any issues between the swimmer, support crew, pilot, boat crew or the observer, or even technical issues with the boat.

7. After the swim

Checklist

- Complete the narrative report
- Email the complete observer swim report and a copy of the pilot's swim log plus your fees claim to the CS&PF Swim Liaison Officer.

Additional, narrative account

Observers supplement the Swim Observer Report form with a separate narrative record of the swim. The intention is that this acts as a souvenir for the swimmers of their big day in the Channel. Many observers choose to transfer their handwritten notes into a typed document. **If a handwritten report is submitted, it must be legible.**

The report will tell the story of the swim, starting from meeting at the marina. A factual sentence or two on each happening is all that is required. It gives a wider perspective of not just the swim, but what is going on around. You may wish to include photographs in your swim report.

Sending in the swim paperwork

You are requested to scan all the observer report documents then email them as a single PDF to observer.liaison@cspf.co.uk. If you have a 'NOTES' page this must be a separate pdf.

The paperwork should then be sent to the CS&PF Observer Liaison Officer in the stamped-addressed envelope. The email and envelope should contain:

- the swim observer's report signed
- a copy of the narrative report
- the pilot's log
- Observer Fees claim signed

8. Fees

The Observer Fees Claim Form should be completed and emailed to the CS&PF Swim Liaison Officer. It must be scanned as a separate page to the rest of the observer report.

It must not be scanned as part of the swim report.

2026 fee rates:

Initial training swim with a senior observer or Pilot	£ 90.00
One-way swim	£180.00
Multiple crossing (for each observer)	£264.00
Call out if the swim is cancelled when the observer arrives at the Marina	£ 50.00

Payments

Please allow up to 2 weeks (10 working days) from sending your report to the CS&PF Swim Liaison for the payment to be processed. Payments will be made by bank transfer using the bank account details you provide on your Fees form.

Appendix 1: CS&PF swim rules

Standard Swim Suit Clarification

The swimmer may wear only one swimsuit in one or two pieces which shall not extend past the shoulder or below the knee. All swimsuits shall be made from textile materials. Caps may not be made from neoprene or any other material which offers similar heat retention properties (as determined by the CS&PF Committee).

Permitted swimwear: No swimmer in a standard attempt to swim the Channel shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy, heat retention or endurance (such as wetsuit, webbed gloves, paddles, fins etc.) The swimmer is permitted to grease the body before a swim, use goggle and one hat. Nose clips and earplugs are permitted. The use of any type of Kinesiology tape (K-tape) / Sports injury tape on the body is prohibited.

Permitted male costumes: Textile non-performance enhancing traditional swimming trunks or jammers from the waist to knee made of knitted (not woven) materials, with sewn (not bonded or taped) seams and without hydrophobic coating.

Permitted female costumes: Textile non-performance enhancing traditional female costume or costumes extending shoulders to knees made of knitted (not woven) materials with sewn (not bonded or taped) seams and without hydrophobic coating.

Previous swims up to and including 2023 will continue to be recognised where they complied with the CS&PF rules in force at the time of the swim.

Silicone or latex hats are permitted .

The observer will have to confirm that the swimwear rules have been observed. The swimmer must be sure that their costume and cap are of an approved type before the swim starts as the swim will not be recognised if they are later found not to conform. If you have any doubt, please seek advice and/or approval from the CS&PF Committee prior to the swim giving sufficient notice for any research or investigations to be completed.

During a swim no physical contact with the swimmer shall be made by any person other than to pass food and drink or secure such items as light sticks for safety reasons.

The use of MP3 players and other electrical audio devices shall not be allowed by the swimmer while swimming during any English Channel swim attempt unless for safety reasons.

Gender: This is determined by swimmer identifying as male/female/other as shown on passport or official documentation.

Special Swim

This is a relay category swim only and listed under Rule 12 "Relay swims"

Assisted Swim

An assisted category swim will be to the same rules as a standard swim except for the allowance, by prior arrangement with the Federation, of the minimum additional aids or contact as is deemed necessary for the safety of the swim on medical or other agreed grounds. An assisted category swim will only be accepted after prior agreement with the Federation Committee.

(c) For a swim to be officially recognised, the swimmer must enter into the sea from the shore of departure, swim across the English Channel

(i) to finish on dry land, or

(ii) to touch steep cliffs of the opposite coast with no seawater beyond. Swimmers may finish in harbour water provided they land as in (i).

(iii) finish by touching the Calais outer harbour wall if the circumstances are such that the swim might be aborted or stopped by the French authorities because an ebb tide will take the swimmer across the harbour entrance.

(d) For a multiple crossing to be officially recognised, the swimmer must, as soon as they make contact with the ground, land as directly as possible in accordance with rule 11(c). They must then return immediately to the water, where they may stand or sit for up to 10 minutes. During this time they must not be touched by any person, but may be handed food, grease, medicines or swimming apparel to be administered by them. They must then, in agreement with the Observer, make the most direct and reasonable way to water deep enough in which to swim, and commence swimming. In all the above conditions, the Observer's ruling will be recorded and subject to official ratification by the Committee.

The time spent before the return swim starts shall be added to the time of the subsequent crossing.

(e) Every application for recognition of a swim must be accompanied by the escort vessel/pilots chart positions and by the Observer's Report, recording incidents, time, tides, method of feeding, etc.

Observer's log: For a swim to be ratified an 'Observer's Boat Log' is required. The pilot must provide this log and give it to the observer at the swim completion and be submitted for ratification by the observer.

The log can be in the form of the sample available, or one that has been approved by the CS&PF for ratification purposes. The Committee may call for additional evidence if they require it.

(f) The appointed Observer shall be in sole charge of the timing of the swim and shall be responsible for observing compliance with the rules, subject to ratification by the Committee.

(g) The timing of a swim shall start from the moment the swimmer enters the water until they complete the swim as laid down in Rule 11(c).

(h) On their arrival in the Dover area the swimmer must advise the Secretary and the Pilot of their place of residence. All documentation must be completed by the time limits laid down in the CS&PF information and any changes in dates or arrangements for Pilots etc must be reported as soon as possible but before the swim starts. The Pilots/managing agents are required to give the Secretary and the Observer Liaison Officer a full 24 hours' notice of the possible departure of the escort vessel. Failure to give such notice could mean that an Official Observer may not be able to be appointed and the swim will not be able to proceed.

(i) The Federation shall not observe solo attempts to swim the Channel by persons under 16 years of age. Swimmers shall be over 16 years at least 3 days before the swim starts, and for registration purposes, at the beginning of the swim period they are booked to swim in. The Committee shall be empowered to examine and to refuse to accept, if thought necessary, the applications of persons to attempt to swim the Channel especially when they are over 55 years of age.

(j) Swimmers must be aged 12 years for at least 3 days before they can swim in a standard relay team, subject to correct registration and to their medicals being accepted. See relay rules 12.

(k) All aspirants must satisfy the Federation of their competence to make a realistic effort to undertake a successful attempt to swim the Channel.

All swimmers taking part in a solo swim must complete a self-assessment swim for at least 6 hours in open water at a temperature of no more than 61F/16C and which is carried out specifically for a purpose or as an organised event which the committee considers (in its discretion) to be a suitable alternative, in either case, which has taken place no more than 18 calendar months prior to the 01 June in the year of the application. Winter Swim Assessments, if a swim is registered to take place between 01 November and 30 April, the qualifying temperature for an assessment swim will be 12c or less, or as defined by the pilot.

All swimmers taking part in a relay swim must complete a self-assessment swim for at least a 1.5 hours swim then leave the water for a minimum of 1 hour and a maximum of 1.5 hours – then return to the water and swim for 1 more hour in open water at a temperature of no more than 61°F / 16°C and which is carried out specifically for the purpose or as an organised event which the Committee considers (in its discretion) to be a suitable alternative, in either case, which has taken place no more than 18 calendar months prior to the 01 June in the Year of application. Winter Swim Assessments, if a swim is registered to take place between 01 November and 30 April, the qualifying temperature for an assessment swim will be 12c or less, or as defined by the pilot.

Every application for a solo or relay swimmer must complete a Swim Assessment Form available for download from the CS&PF web site and submit this together with supporting proof/ratification of the self-assessment swim or (if an organised event wherein satisfactory participation is a matter of public online record) the website address at which such proof is evident.

(l) The use of drugs by participants in Channel Swimming, other than for therapeutic reasons in accordance with medical advice, is regarded with complete disapproval and is considered contrary to the spirit of the sport. Any swimmer unable to participate without the administration of banned drugs must submit their application to the Federation Committee with ample time for its consideration. The Federation reserve the right to make random drug tests on Channel aspirants. The Observer may require a sample of any medication given.

(m) Only Federation registered Pilots who are members of the CS&PF and hold the required recognition will be recognised to pilot CS&PF crossings.

Only Federation registered escort vessels with the required commercial certification and appointed certificated ships master and CS&PF recognised Pilot onboard will be recognised for escorting CS&PF registered crossings.

CS&PF recognised escort vessel documentation and certification are to be produced within 7 days if requested by the CS&PF office.

Pilots' recognition will be reviewed on an annual basis. Pilot and escort vessel details will be registered with the British and French authorities on an annual basis by the Federation office. It is the responsibility of the pilot/managing agent/owner of the escort vessel to inform the Federation of any changes in circumstances which will invalidate the required qualifications and certifications.

(n) In no circumstances shall more than one swimmer at a time be allowed to make their attempt from the same pilot boat.

(o) Only one dinghy or inflatable at a time shall be permitted to operate with a recognised escort vessel.

(p) During solo swims a swimmer may be accompanied in the water by 1 person only & not

accompanied at all until after the first 3 hours. This accompaniment will be for a maximum of 1 hour & cannot be repeated until at least 2 hours have elapsed after the cessation of the accompaniment.

The second swimmer may swim alongside, but not in front, of the solo aspirant & must not impede the solo swimmer.

For health & safety reasons the CS&PF pilot/ship's master must agree to any request for a support swimmer before they enter the water to accompany the swimmer.

The pilot/ship's master may, at his or her discretion, request that a second swimmer join the solo aspirant outside of these times for a short period on the grounds of safety. (i.e. if a swimmer suffers severe cramps). Similarly, the pilot/ship's master may ask for accompaniment at the very end of a solo swim if the conditions dictate. This is to be allowed even if the request is within 2 hours of a previous accompaniment.

No support swimming is to be allowed on a relay swim.

12. RULES FOR CHANNEL RELAY TEAMS

Relay team leaders are responsible for collating and submitting properly completed forms, supporting documentation and fees within the time permitted. No communication will be processed in the event of any failure to include prominently and clearly the Team name and the team leader's name. The CS&PF reserves the right to reject any submission which is incomplete and submitted by anyone other than the Team leader.

Relay swims will be divided into the same categories as solo swims - Standard, Special, Assisted. Any alteration from a standard crossing must be agreed by the federation committee before the start of the swim.

Swimsuit Clarification

The swimmer may wear only one swimsuit in one or two pieces which shall not extend past the shoulder or below the knee. All swimsuits shall be made from textile materials. Caps may not be made from neoprene or any other material which offers similar heat retention properties (as determined by the CS&PF Committee).

Permitted swimwear: No swimmer in a standard attempt to swim the Channel shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy, heat retention or endurance (such as wetsuit, webbed gloves, paddles, fins etc.) The swimmer is permitted to grease the body before a swim, use goggle and one hat. Nose clips and earplugs are permitted. The use of any type of Kinesiology tape (K-tape) / Sports injury tape on the body is prohibited.

Permitted male costumes: Textile non-performance enhancing traditional swimming trunks or jammers from the waist to knee made of knitted (not woven) materials, with sewn (not bonded or taped) seams and without hydrophobic coating.

Permitted female costumes: Textile non-performance enhancing traditional female costume or costumes extending shoulders to knees made of knitted (not woven) materials with sewn (not bonded or taped) seams and without hydrophobic coating.

Previous swims up to and including 2023 will continue to be recognised where they complied with the CS&PF rules in force at the time of the swim.

Silicone or latex hats are permitted .

The observer will have to confirm that the swimwear rules have been observed. The swimmer must be sure that their costume and cap are of an approved type before the swim starts as the swim will not be recognised if they are later found not to conform. If you have

any doubt, please seek advice and/or approval from the CS&PF Committee prior to the swim giving sufficient notice for any research or investigations to be completed.

During a swim no physical contact with the swimmer shall be made by any person other than to pass food and drink or secure such items as light sticks for safety reasons.

The use of MP3 players and other electrical audio devices shall not be allowed by the swimmer while swimming during any English Channel swim attempt unless for safety reasons.

Gender: This is determined by swimmer identifying as male/female/other as shown on passport or official documentation.

Standard Relay Team

(a) Each standard team shall consist of 6 swimmers each swimming for 1 hour. The order of the swim shall be determined by the order of swimmers entering the water to commence their first swim leg. No team member may start their second swim leg before the first swimmer has completed their second swim leg. Once the first swimmer commences their second swim leg, the same order must be maintained throughout the swim.

Swimmers in relay teams shall be over 12 years old 3 days before the relay swim starts, and for registration purposes, the beginning of the swim period their team is booked to swim in. They shall be under 16 years of age for at least 24 hours after the swim finishes for it to be classified as a Junior Relay team swim.

Junior swimmers (over 12 and under 16 years of age) will only be allowed to swim in 6-person (standard), 7-person or 8-person relay team swims.

All swimmers taking part in a relay team swim must supply written proof/ratification of a 1.5 hours swim then leave the water for a minimum of 1 hour and a maximum of 1.5 hours – then return to the water and swim for 1 more 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 within the previous 18 months.

In no circumstances shall more than 1 team be allowed to make their attempt escorted by the same pilot boat.

(b) Each swimmer shall swim for one or two hours - 60 minutes or 120 minutes each time he/she enters the water as designated by the choice of the relay swim leg time period options

(c) The change-over/takeover from one swimmer to the next in a relay should take place every 60 minutes or 120 minutes if for a two- or three-person relay option, with the new swimmer entering the water on a signal given by the observer at the end of the completion of the required 60 minute or 120-minute swim period. During the change-over the new swimmer must enter the water from behind and swim past the preceding swimmer. The swimmer that has completed their designated swim period of 60 minutes or 120 minutes must exit the water as quickly as possible and within a maximum of five minutes.

(d) Team members shall rotate in the same order throughout the swim. Pace-making or the use of a support swimmer is NOT allowed.

(e) The pilot/ship's master may ask for the accompaniment of a safety swimmer at the very end of a relay swim if the conditions dictate.

(f) A CS&PF recognised Pilot and Official Observer of the Federation must be present on any CS&PF Relay Team swim for it to be recognised.

Special Category Relay Swims

A Special category relay will be run under the same rules as a standard relay except for the allowance of the number of persons in the team. Teams can be 2,3, 4, 5, 7 or 8 people. Teams of 2 or 3 persons will be allowed the option of choosing between 1- or 2-hour swim periods for the duration of the relay swim. The option must be declared before the start of the crossing and maintained throughout the crossing.

Assisted Category Relay Swims

An Assisted category relay will be to the same rules as a standard relay except for the allowance, by prior arrangement with the Federation, of the minimum additional aids or contact as is deemed necessary for the safety of the swim on medical or other agreed grounds. An assisted category relay will only be accepted after prior agreement with the Federation committee.

ADDITIONAL RULES

The General Rules of the Channel Swimming & Piloting Federation shall apply at all times.

All swimmers must be fully paid-up members of the Federation before they can swim.

All relay team members must be full members of the Federation.

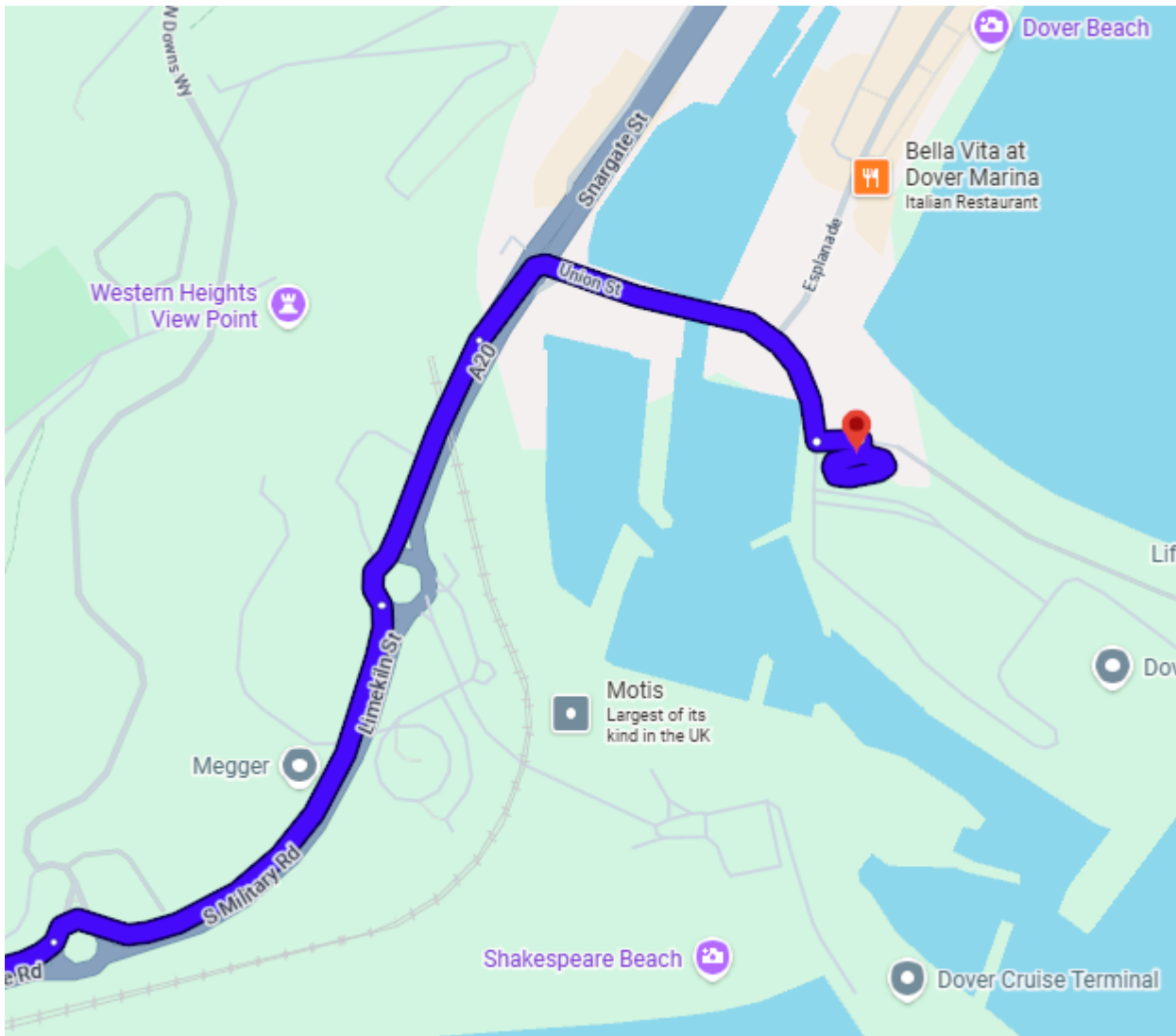
All swimmers taking part in a solo swim must supply written proof/ratification of a 6-hour swim in water 61°F / 16°C or less or proof of completion in a recognised event for a period considered by the CS&PF to be an acceptable alternative within the previous 18 months.

All swimmers taking part in a relay team swim must supply written proof/ ratification of a 1.5 hours swim then leave the water for a minimum of 1 hour and a maximum of 1.5 hours – then return to the water and swim for 1 more 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 within the previous 18 months. Winter Swim Assessments, If a swim is registered to take place between 01 November and 30 April, the qualifying temperature for an assessment swim will be 12c or less, or as defined by the pilot.

Crossings by "any other means" must be approved of and allowed by the authorities and the terms of the attempt are to be agreed by the Federation before they are accepted. The authorities will be advised of all such applications. Ratification forms for 6-hour solo assessment swims and relay assessment swims (1.5 hours swim then leave the water for 1 to 1.5 hours - then return to the water for 1 hour) are available on the CS&PF web site or from the CS&PF office. Winter Swim Assessments, if a swim is registered to take place between 01 November and 30 April, the qualifying temperature for an assessment swim will be 12c or less, or as defined by the pilot.

Appendix 2: Driving instructions for Marina North Car Park

From the West M20/A20



As you approach Dover on the A20 there is the 'Western Heights Roundabout'. Take the 2nd exit towards 'Town Centre'. After about 250m, at the 'Limekiln Roundabout' take the 1st exit towards A20 'Canterbury; Deal; Ramsgate. There is a large BP garage on your left.

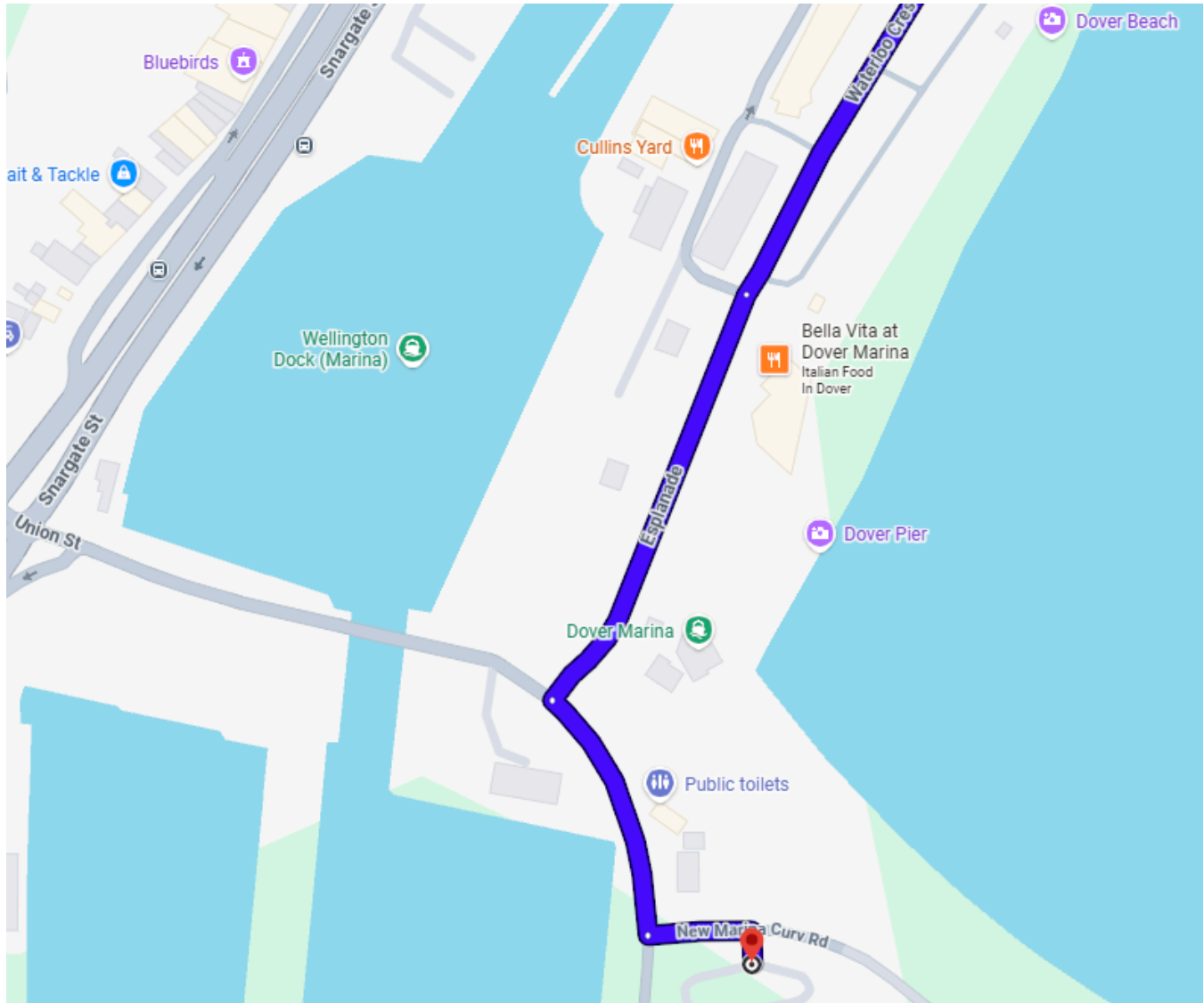
At the next traffic lights 'Prince of Wales Junction' turn right towards Dover Marina on Union Street. The Clock Tower will be to your left, and the Marina North Car Park is signposted on your left.

Location can be identified by

WhatThreeWords
Google Maps

///gain.ideals.shoebox
<https://maps.app.goo.gl/gzCxG3tuieB1LoWg6>

From the North & East A2



As you approach Dover on the A2, Jubilee Way you will come down the hill towards The Ferry Port. At the bottom, at the 'Eastern Docks Roundabout', just outside Dover Ferry Port. Take the 1st exit A20 towards 'Town Centre; Cruise Terminals'.

After about 200m there is a left turn onto Marine Parade. Take this road, past the Premier Inn and the flats on your right, after going over the bridge, with the Clock Tower will be to your left, and the Marina North Car Park is signposted on your left.

Marina North Car Park past the Clock Tower on LHS.

- 24 hours parking
- Use the **RingGo App**
- Location code **49703**
- Select 24 hour park and pay the fee

WhatThreeWords [///gain.ideals.shoebox](https://gain.ideals.shoebox)

Google Maps <https://maps.app.goo.gl/gzCxG3tuieB1LoWg6>

This information is not to be passed on to others because we could lose the concession of using the car park. It is not to be shared on social media or with any unauthorised person.

Appendix 3: Solo Swim Observer Forms




CHANNEL SWIMMING & PILOTING FEDERATION

CS&PF Swim Liaison
5 Charter House
Camden Crescent
Dover, Kent
CT16 1LE
United Kingdom

m: +44 (0) 7730 325884
observer.liaison@cspf.co.uk

SOLO SWIM OBSERVER REPORT

 Swim No: Swim Start Date / /

Observer Notes

- **Remember to read the Observers Guidance Notes before the swim commences. These notes are regularly updated.**
- Please complete this form in block letters.
- Take care and ask the swimmer to spell their first and second name as they would wish it to appear on a certificate.
- Please use 24 hour clock and confirm start & finish times with pilot/crew.
- Swim Log: Please complete a swim log on separate sheets, noting any event of interest that occurred before, after and during the swim. Please record all interactions between the swimmer and the boat, pilot and the crew. This log gives the swimmer, the CS&PF and those involved with the swim an in-depth record which they can refer to.
- **Do not give a copy of this form to the swimmer.** It must be checked and ratified by the CS&PF officers first. Please send this report and your swim log directly to the office as soon as possible on completion.
- By signing the Observer's form, you are certifying that you have made sure that the entire attempt has been observed and that you have read and applied these Notes and the CS&PF Rules and have discharged your obligations as an observer

Swimmer & Crew

First name			Surname		
Nationality			Gender	Male <input type="checkbox"/>	Female <input type="checkbox"/>
Date of birth			Age		
Swimwear					
Medications					
Grease			Stroke		
Any other considerations					
Master			Boat		
Pilot			Boat crew		
Support team					
Trainer			Any other person		

Swim Details

Starting point			Finishing point		
Start date			Finish date		
Start time [hh] [mm] [ss]	Finish time [hh]
				 [mm]
				 [ss]

Swim Outcome

Total swim time [hh] [mm] [ss]	Outcome	Successful <input type="checkbox"/>	Unsuccessful <input type="checkbox"/>
Reason if unsuccessful						

Declaration

I/We hereby certify that I/we observed the swim detailed above and that I/we believe this report to be a true, fair and not misleading record of the attempt in the context of the requirements of the Observers Guidance Notes and the CS&PF Rules.

1st Observer			Signature		
Date					
2nd Observer			Signature		
Date					


Appendix 4: Relay Swim Observer Forms



CHANNEL SWIMMING & PILOTING FEDERATION

CS&PF Observer Liaison m: +44 (0) 7730 325884
 5 Charter House observer.liaison@cspf.co.uk
 Camden Crescent
 Dover, Kent
 CT16 1LE
 United Kingdom

RELAY SWIM OBSERVER REPORT

 Swim No: Swim Start Date / /

Observer Notes

- Remember to read the Observers Guidance Notes before the swim commences. These notes are regularly updated.
- Please complete this form in block letters.
- Take care and ask the swimmers to spell their team name and first and second name as they would wish it to appear on a certificate.
- Please use 24 hour clock and confirm start & finish times with pilot/ crew.
- Swim Log: Please complete a swim log on separate sheets, noting any event of interest that occurred before, after and during the swim. Please record all interactions between the swimmers and the boat, pilot and the crew. This log gives the relay swimmers, the CS&PF and those involved with the swim an in-depth record which they can refer to.
- Do not give a copy of this form to the relay swimmers or captain. It must be checked and ratified by the CS&PF officers first. Please send this report and your swim log directly to the office as soon as possible on completion.
- By signing the Observer's form, you are certifying that you have made sure that the entire attempt has been observed and that you have read and applied these Notes and the CS&PF Rules and have discharged your obligations as an observer

Relay

Relay name			
Swimmer 1 - name		Swimmer 1 - surname	
Nationality		Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of birth		Age	
Swimwear		Stroke	
Medications and other comments			
Swimmer 2 - name		Swimmer 2 - surname	
Nationality		Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of birth		Age	
Swimwear		Stroke	
Medications and other comments			
Swimmer 3 - name		Swimmer 3 - surname	
Nationality		Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of birth		Age	
Swimwear		Stroke	
Medications and other comments			
Swimmer 4 - name		Swimmer 4 - surname	
Nationality		Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of birth		Age	
Swimwear		Stroke	
Medications and other comments			
Swimmer 5 - name		Swimmer 5 - surname	
Nationality		Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Date of birth		Age	
Swimwear		Stroke	
Medications and other comments			

Appendix 5: Observer Fees Claim Form



CHANNEL SWIMMING & PILOTING FEDERATION

CS&PF Swim Liaison
5 Charter House
Camden Crescent
Dover, Kent
CT16 1LE
United Kingdom

m: +44 (0) 7730 325884
observer.liaison@cspf.co.uk



- This invoice form must be completed and signed by all Observers for each fees payment made to them by the CS&PF. Payment of fees will be not authorised without a signed invoice form.
- Complete a separate invoice form for each observed swim.
- Please complete this invoice form in block capitals.
- Signed invoice forms are to be sent to the CS&PF SLO at the above address.
- **Fee payments will be processed only after the confirmation of Observer Report receipt by the CS&PF SLO.**
- All fee payments will be made by bank transfer.
- **Please allow up to 14 days for fee payment processing.**

Observer Details

Full name	
Contact phone(s)	
Email	
Address	

Bank Account

Bank / acc't name			
Sort code		Account no.	

Swim

Swimmer / relay			
Swim ref no		Swim date	
Pilot / skipper		Boat	

Amount claimed

Please tick an applicable rate:

One-way swim	£180	<input type="checkbox"/>
Multiple crossing	£264	<input type="checkbox"/>
Initial training with a senior observer	£90	<input type="checkbox"/>
Call out for an abandoned swim	£50	<input type="checkbox"/>

Observer Signature

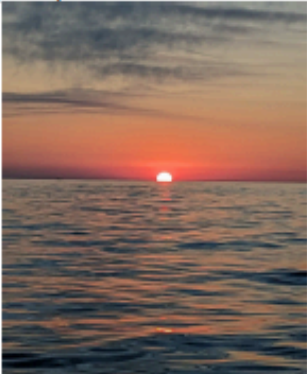
- I claim the above sum in fees from the Channel Swimming & Piloting Federation (CS&PF)
- I hereby confirm that I am solely responsible for any amounts of Income Tax and National Insurance which may be due on any fees payments made to me by CS&PF.

Name		Signature	
Date			

Appendix 6: Example of a swim narrative report

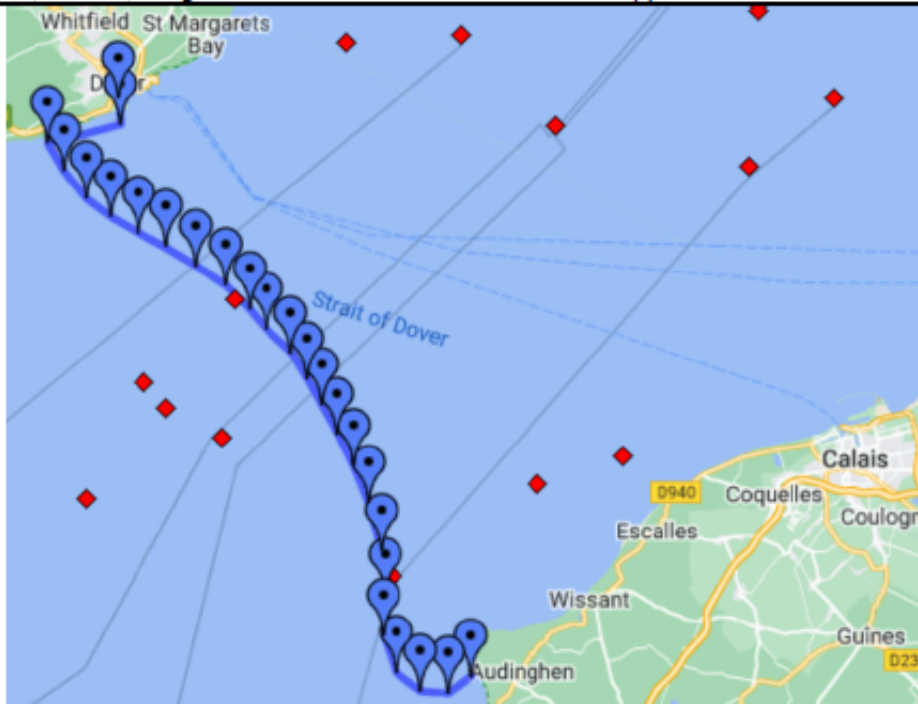
The narrative part of the report differs from observer to observer, both in style and the kind of optional details it mentions. See the first and last page of a solo swim report narrative.

Solo Swim Log Swim 999S 13th August 2023 Denis Smith

Time	Swim time	Notes
		Denis is hoping to achieve his Triple Crown by swimming the English Channel. He is raising money for a charity that helps Special Olympic athletes
04:10		Comprehensive safety briefing completed by Maz
04:15		Cast off leaving the pontoon in Dover Harbour with better than perfect conditions for a crossing attempt that would make the Denis a Triple Crown swimmer The cruise ship AIDA rests quietly in the harbour as we go through the West harbour entrance into open water.
04:54		Well greased up, with a quick last minute feed, washed down with some water, Denis enters the Channel to swim to the beach next to Samphire Hoe. Dawn is breaking and there is not quite enough light so a blue light is attached to Denis's goggle strap. Denis asks as he enters the water 'Did you warm the water up specially for me?' as the water temperature is a comfortable 18.7°C (or 65.7°F in old money) Wind 0.9kt NE Sea state Calm
04:56	0:00	Denis clears the water, High Hopes' klaxon sound loud in the early morning to signal the start of the swim
04:58	0:02	Denis comes alongside starboard as we see Viking Princess II just starting their swim attempt The sun is slowly rising over a very calm sea - better than perfect swimming conditions
05:00		What appears to be a rash is noticed on Denis's back - keep an eye on it His support crew use a whistle to signal when he is drifting away from the boat or getting too close and it is used for the first time to good effect as Denis veers close to High Hope's hull
05:07	0:11	In the pre-swim briefing Denis said his natural stroke rate was 65, but he hoped to manage it down to 55/57. The first stroke count had him at 64 strokes per minute
05:20	0:24	The first feed of the crossing. Denis knew he performed well with frequent quick feeds - every 20 minutes! He planned each feed in advance, giving his crew numbered bags with the appropriate mixture in, which made it very easy for them to follow his plan. He didn't take the light off his goggles as initially planned. Stroke rate 64 per minute The early morning sun is reflected off the liquid metal sea Denis is not a natural bilateral breather and tends to breathe on his right hand side - High Hopes is on his left!
05:35	0:39	

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15:00	10:04	30th feed Lizzie enters the water as Denis feeds watched by a large fish Lizzie glides just behind Denis swimming freestyle S/R 64 Water temp 19.2°C Wind 6.5 NE Sea state Calm
15:08	10:12	Father & daughter swimming in concert S/R 64
15:15	10:19	S/R 64
15:17	10:21	Lizzie exits the water and climbs aboard High Hopes
15:20	10:24	31st feed Denis is a bit stroppy and asks if it his last feed?
15:23	10:27	Support crew discuss if he needs a bit of a lift and decide to add some LMNT Recharge... to address Denis's 'bit of attitude' at the previous feed
15:40	10:44	32nd feed
15:55	10:59	Support crew need a pep talk, Denis is doing so well, 11 hours in and not far to go. They were expecting a push phase to cut through the current off the French coast, but the tides are being kind and it is not required, but they know Denis is expecting it as well... If he keeps moving forwards he will make it!
16:00	11:04	33rd feed 'Do I keep pushing?' errr... 'No, just swim!' Water temp 19.7°C Wind 4.1 N Sea state Calm
16:07	11:11	S/R 70!!! So, 'just doing the same' Ha Ha!
16:12	11:16	S/R 68
16:16	11:20	S/R 68 Pots!
16:20	11:24	34th feed
16:31	11:35	S/R 68 Pots!
16:40	11:44	35th feed 'Is it my last feed? Look I can stand!'
16:47	11:51	S/R 68
16:56	12:00	S/R 68 Denis decides to swim to the beach he has spotted. Simon sounds High Hopes klaxon to get his attention and shouts for him to come back towards the boat and follow it ! Water temp 20.1°C Wind 6.9 N Sea state Calm
17:15	12:19	Denis reaches the French shore and climbs out of the water and stands proudly on the top of a large boulder raising his arms: He has done it! Swim completed in an impressive 12 hours 19 minutes Congratulations to Denis and his valiant support team!



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Appendix 7 Sample Solo Swim 2-Way Observer Report



2-Way Leg 1 CHANNEL SWIMMING & PILOTING FEDERATION

CS&PF Office
12 Vale Square
Ramsgate
Kent
CT11 9BX
United Kingdom

tel/fax: +44 (0) 1843 580 185
email: office@cspf.co.uk
web: http://cspf.co.uk

SOLO SWIM OBSERVER REPORT

Swim No: 001S Swim Start Date 01 / 06 / 2023

Observer Notes

- Remember to read the Observers Guidance Notes before the swim commences. These notes are regularly updated.
- Please complete this form in block letters.
- Take care and ask the swimmer to spell their first and second name as they would wish it to appear on a certificate.
- Please use 24 hour clock and confirm start & finish times with pilot/crew.
- Swim Log: Please complete a swim log on separate sheets, noting any event of interest that occurred before, after and during the swim. Please record all interactions between the swimmer and the boat, pilot and the crew. This log gives the swimmer, the CS&PF and those involved with the swim an in-depth record which they can refer to.
- Do not give a copy of this form to the swimmer. It must be checked and ratified by the CS&PF officers first. Please send this report and your swim log directly to the office as soon as possible on completion.
- By signing the Observer's form, you are certifying that you have made sure that the entire attempt has been observed and that you have read and applied these Notes and the CS&PF Rules and have discharged your obligations as an observer

Swimmer & Crew

First name	CHRIS	Surname	SMITH
Nationality	USA	Gender	Male <input checked="" type="checkbox"/> Female <input type="checkbox"/>
Date of birth	14 / 07 / 1973	Age	50
Swimwear	STANDARD GOGGLES, EAR PLUGS & HAT		
Medications	SEASICKNESS TABLET		
Grease	VASELINE + ZINC	Stroke	FREESTYLE
Any other considerations	N/A		
Master	SIMON ELLIS	Boat	HIGH HOPES
Pilot	SIMON ELLIS MAZ CRITCHLEY	Boat crew	-----
Support team	AMY JONES DAVID MURPHY		
Trainer	STUART LITTLE	Any other person	-----

Swim Details

Starting point	SAMPHIRE HOE	Finishing point	Pt DE LA COURT-DUNE
Start date	01 / 06 / 2023	Finish date	01 / 06 / 2023
Start time	04 [hh] 05 [mm] 00 [ss]	Finish time	16 [hh] 03 [mm] 00 [ss]

Swim Outcome

Total swim time	11 [hh] 58 [mm] 00 [ss]	Outcome	Successful <input checked="" type="checkbox"/> Unsuccessful <input type="checkbox"/>
Reason if unsuccessful			

Declaration

I/We hereby certify that I/we observed the swim detailed above and that I/we believe this report to be a true, fair and not misleading record of the attempt in the context of the requirements of the Observers Guidance Notes and the CS&PF Rules.

1st Observer	KATHERINE BATTS	Signature	
Date	02 / 06 / 2023		
2nd Observer	SUZANNAH MCHUGH	Signature	
Date	02 / 06 / 2023		




2-Way Leg 2

CHANNEL SWIMMING & PILOTING FEDERATION

CS&PF Office
12 Vale Square
Ramsgate
Kent
CT11 9BX
United Kingdom

tel/fax: +44 (0) 1843 580 185
email: office@cspf.co.uk
web: http://cspf.co.uk

SOLO SWIM OBSERVER REPORT

 Swim No: 001S Swim Start Date 01 / 06 / 2023

Observer Notes

- Remember to read the Observers Guidance Notes before the swim commences. These notes are regularly updated.
- Please complete this form in block letters.
- Take care and ask the swimmer to spell their first and second name as they would wish it to appear on a certificate.
- Please use 24 hour clock and confirm start & finish times with pilot/crew.
- Swim Log: Please complete a swim log on separate sheets, noting any event of interest that occurred before, after and during the swim. Please record all interactions between the swimmer and the boat, pilot and the crew. This log gives the swimmer, the CS&PF and those involved with the swim an in-depth record which they can refer to.
- Do not give a copy of this form to the swimmer. It must be checked and ratified by the CS&PF officers first. Please send this report and your swim log directly to the office as soon as possible on completion.
- By signing the Observer's form, you are certifying that you have made sure that the entire attempt has been observed and that you have read and applied these Notes and the CS&PF Rules and have discharged your obligations as an observer

Swimmer & Crew

First name	CHRIS	Surname	SMITH
Nationality	USA	Gender	Male <input checked="" type="checkbox"/> Female <input type="checkbox"/>
Date of birth	14 / 07 / 1973	Age	50
Swimwear	STANDARD GOGGLES, EAR PLUGS & HAT		
Medications	SEASICKNESS TABLET		
Grease	VASELINE + ZINC	Stroke	FREESTYLE
Any other considerations	N/A		
Master	SIMON ELLIS	Boat	HIGH HOPES
Pilot	SIMON ELLIS MAZ CRITCHLEY	Boat crew	-----
Support team	AMY JONES DAVID MURPHY		
Trainer	STUART LITTLE	Any other person	-----

Swim Details



Starting point	Pt DE LA COURT-DUNE	Finishing point	SAMPHIRE HOE
Start date	01 / 06 / 2023	Finish date	02 / 06 / 2023
Start time	16 [hh] 03 [mm] 00 [ss]	Finish time	08 [hh] 21 [mm] 00 [ss]

Swim Outcome

Total swim time	16 [hh] 18 [mm] 00 [ss]	Outcome	Successful <input checked="" type="checkbox"/> Unsuccessful <input type="checkbox"/>
Reason if unsuccessful			

Declaration

I/we hereby certify that I/we observed the swim detailed above and that I/we believe this report to be a true, fair and not misleading record of the attempt in the context of the requirements of the Observers Guidance Notes and the CS&PF Rules.

1st Observer	KATHERINE BATTS	Signature	
Date	02 / 06 / 2023		
2nd Observer	SUZANNAH MCHUGH	Signature	
Date	02 / 06 / 2023		



2-Way COMBINED CHANNEL SWIMMING & PILOTING FEDERATION

CS&PF Office
12 Vale Square
Ramsgate
Kent
CT11 9BX
United Kingdom

tel/fax: +44 (0) 1843 580 185
email: office@cspf.co.uk
web: http://cspf.co.uk

SOLO SWIM OBSERVER REPORT

Swim No: 001S Swim Start Date 01 / 06 / 2023

Observer Notes

- Remember to read the Observers Guidance Notes before the swim commences. These notes are regularly updated.
- Please complete this form in block letters.
- Take care and ask the swimmer to spell their first and second name as they would wish it to appear on a certificate.
- Please use 24 hour clock and confirm start & finish times with pilot/crew.
- Swim Log: Please complete a swim log on separate sheets, noting any event of interest that occurred before, after and during the swim. Please record all interactions between the swimmer and the boat, pilot and the crew. This log gives the swimmer, the CS&PF and those involved with the swim an in-depth record which they can refer to.
- Do not give a copy of this form to the swimmer. It must be checked and ratified by the CS&PF officers first. Please send this report and your swim log directly to the office as soon as possible on completion.
- By signing the Observer's form, you are certifying that you have made sure that the entire attempt has been observed and that you have read and applied these Notes and the CS&PF Rules and have discharged your obligations as an observer

Swimmer & Crew

First name	CHRIS	Surname	SMITH
Nationality	USA	Gender	Male <input checked="" type="checkbox"/> Female <input type="checkbox"/>
Date of birth	14 / 07 / 1973	Age	50
Swimwear	STANDARD GOGGLES, EAR PLUGS & HAT		
Medications	SEASICKNESS TABLET		
Grease	VASELINE + ZINC	Stroke	FREESTYLE
Any other considerations	N/A		
Master	SIMON ELLIS	Boat	HIGH HOPES
Pilot	SIMON ELLIS MAZ CRITCHLEY	Boat crew	-----
Support team	AMY JONES DAVID MURPHY		
Trainer	STUART LITTLE	Any other person	-----

Swim Details


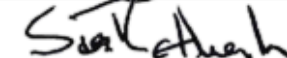
Starting point	SAMPHIRE HOE	Finishing point	SAMPHIRE HOE
Start date	01 / 06 / 2023	Finish date	02 / 06 / 2023
Start time	04 [hh] 05 [mm] 00 [ss]	Finish time	08 [hh] 21 [mm] 00 [ss]

Swim Outcome

Total swim time	28 [hh] 16 [mm] 00 [ss]	Outcome	Successful <input checked="" type="checkbox"/> Unsuccessful <input type="checkbox"/>
Reason if unsuccessful			

Declaration

I/We hereby certify that I/we observed the swim detailed above and that I/we believe this report to be a true, fair and not misleading record of the attempt in the context of the requirements of the Observers Guidance Notes and the CS&PF Rules.

1st Observer	KATHERINE BATTS	Signature	
Date	02 / 06 / 2023		
2nd Observer	SUZANNAH McHUGH	Signature	
Date	02 / 06 / 2023		

Appendix 8: Example 2-Way Narrative extract

9:35	11:34	3 yachts in a flotilla pass very close by, the leading yacht came very close to our bow, seemingly to take some pictures - the third one passes to our stern
9:45	11:44	The sun comes out as if to welcome us to France Buzzed by 2 light aircraft Stroke rate 72 s/m
9:47	11:46	5 light aircraft flying up the French coastline ?off to an air show? With a helicopter buzzing around overhead
9:49	11:48	A solo yacht passes to our stern at a safe distance this time
9:53	11:52	Excitement builds as the dingy is readied to accompany Heather t the beach. There are pots a plenty which make navigating interesting
10:00	11:59	20 FEED duration 0:45 200ml water + 100ml Carbo Pro
10:03	12:02	The dingy is launched to guide Heather ashore, carrying food and goggles etc., as Anastasia manoeuvres gracefully between two pots
10:06	12:05	Yet another light aircraft passes overhead, off to the show?
10:10	12:09	Stroke rate 72 s/m - a very constant stroke as Heather approaches the end of her first leg of her 2-way attempt
10:16	12:15	Heather is handed the food and goggles to swim ashore with - picnic on the beach maybe?
10:17	12:16	Heather clears the water marking the end of the first leg, and the start of the second return leg. Has a chat with Patrice who has taken some photos and a video or two of her arrival. Pointe du Nid de Corbet translated: Crow's Nest Point) 12 hours and 16 minutes Heather has a good 4:00 feed (#21) before re-entering the water to return to England! Changed goggles, same hat, and had a peanut jelly sandwich, Swiss roll and 325ml water
10:23	12:22	Heather comes alongside Anastasia and we make our way back into the Channel
10:30	12:29	It takes some navigating to find a path through the many lobster pots markers. Dingy stowed, back into Channel mode again
10:48	12:47	High Hopes approaches from England and passes to our starboard side with swimmer in tow (not literally!)
11:00	12:59	22 FEED duration 0:40 200ml water + 100ml Carbo Pro
11:07	13:06	Viking Princess II passes to port with their swimmer towards the French coast
11:14	13:13	Stroke rate 72 s/m
11:30	13:29	23 FEED duration 2:00 300ml water + Swiss roll +100ml Skraich + 1x Aleve
11:50	13:49	Steady swimming, stroke rate 70 s/m
12:00	13:59	24 FEED duration 0:40 2x good mouthfuls of peaches 250ml Carbo Pro
12:15	14:14	Cool breeze is picking up but the sea remains smooth and great conditions for swimming Stroke rate 70 s/m
12:27	14:26	Entering the NE shipping lane once again, on the return leg!

Appendix 9: Stroke-regulated swim rules

1. These provisions form part of the Rules of the CS&PF, which Rules shall apply at all times during the swim attempt to the swimmers conduct during the swim together with these provisions. In the event of any conflict of interpretation, these provisions shall prevail.
2. No defined stroke-regulated English Channel swim attempt under the auspices of the CS&PF may be conducted without prior arrangement with the Secretary of the CS&PF, which shall include the requirement for payment of the contribution set by the CS&PF towards its expenses for increased observation of stroke regulated attempts.
3. The CS&PF shall stipulate the number of observers (and their qualifications/experience) which must be present for the swim attempt.
4. Once a swim attempt is arranged with the CS&PF to take place under a declared stroke, it may not be changed to another regulated stroke.
5. At any given time during the attempt the observer (which expression when used in these provisions shall mean the observer on duty at that time, as opposed to any other person on board taking turns to be on duty as the observer and irrespective of whether the duty-observer consults any other such person) shall be deemed to have vested in him/her the full authority of the CS&PF to enforce on the CS&PF's behalf during the swim attempt the Rules in accordance with the following provisions and the observer's interpretation shall be solely within the observer's opinion or discretion and the observer's decisions shall be final as between the observer and the swimmer:
 - a. Each swimmer shall maintain at all times during the swim attempt the declared defined stroke within the Required Parameters stated below which are applicable to the selected defined stroke and in doing so must observe these provisions both to their letter and within their spirit.
 - b. A coloured card system may be adopted during the swim attempt at the option of the observer to assist it with regulation of swim stroke as follows:
 - i. Each attempt (whether solo or relay and whether a single or multiple crossing) may be given up to 3 YELLOW card warnings for occasions of stroke deviation which are minor when considered separately or cumulatively.
 - ii. A RED card notice will be shown at any time a 4th stroke deviation has occurred whether or not considered minor and which takes place after 3 YELLOW card warnings.
 - iii. A RED card notice may be shown at any time irrespective of whether or not any YELLOW card warning has been given beforehand, if there has been a stroke deviation which in terms of the duration, nature and/or context of preceding deviations of that or any other swimmer is sufficient to merit such action.
 - iv. Following the issue of a RED card notice the attempt may not be treated for the purpose of ratification as any more than an attempt if it had been conducted from the outset solely as a standard, undefined and unregulated stroke-swim attempt, irrespective as to whether notification takes place or not (provided that, for a multiple crossing, any RED card notice during a leg of the attempt will not prejudice an already successfully completed stroke-regulated leg during the same attempt).

If a coloured card system is not adopted then the observer may notify the swimmer/swimmers prior to the attempt of the observer's alternative system which the observer intends to adopt for issuing:

- (i) warnings for stroke-deviations considered to be minor in isolation and in the context of any other or all other deviations which have then occurred and

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(ii) issuing notice of disqualification for a stroke-deviation considered to be major in isolation or in the context of any other or all other deviations which have then occurred

The observer's interpretation of whichever system is adopted shall be solely within the observer's discretion and the observer's decisions (including those to relax or waive any provision) shall be final as between the observer and the swimmer. The observer's relaxation or waiver of any provision shall not entitle any swimmer to expect any repetition or continuation of such relaxation or waiver.

- c. The observer (or any nominee, including the pilot) in the observer's discretion may (but shall not be obliged to) video and/or photograph all or any part of the swim for the purposes of assisting with the observer's adjudication of the attempt before, during or after the swim attempt.
- d. Supported breaks/relay changeovers—(subject as stated below) to commence or end a supported rest break (being a rest break taken alongside the support vessel where feeding or other support can be provided by the support vessel to the swimmer) or relay-changeover of swimmers during the swim attempt, the declared stroke can cease to be used for the purpose of manoeuvring towards or away from the support vessel provided such manoeuvring is for a distance not exceeding 15 metres or as the observer determines is appropriate in the conditions. A swimmer may tread water and use any swimming style as part of the manoeuvring process.
- e. Unsupported breaks - (subject as stated below) a swimmer may take an unsupported rest break during which time the swimmer does not approach the support vessel for support but stops all attempts to gain forward momentum.
- f. Where the observer concludes that the frequency, duration or nature of any break or breaks is contrary to the attempt being classified as a regulated attempt for the declared stroke then the observer can warn or disqualify the attempt as a regulated stroke attempt.

REQUIRED PARAMETERS OF EACH DEFINED STROKE (as derived by the CS&PF from the FINA Swimming Rules)

Butterfly

(Subject as stated above with regard to feeding and/or supported breaks/relay changeovers and unsupported breaks, and further subject to the observer's discretion that compliance is being continuously attempted and is only momentarily and unavoidably being interrupted by environmental circumstances such as wave action), throughout the period during which this declared defined stroke must used:

1. The body shall be kept on the breast, underwater kicking on the side is not allowed and it is not permitted to roll onto the back, in each case as part of a process for achieving forward motion.
2. both arms shall be brought forward together simultaneously over the water and brought backward simultaneously under the water.
3. All up and down movements of the legs must be simultaneous and , although the legs or the feet need not be on the same level, they shall not alternate in relation to each other and a breaststroke kicking movement is not permitted.
4. the body shall not be completely submerged without the head breaking the surface at the appropriate point of each stroke.