



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

**Please complete this form online.** If you wish to post a paper form contact CS&PF Office for mailing address.

# SOLO APPLICATION FORM 2026



This form must be received before 30th April 2026

Reg No. 26 - CSPF / \_\_\_\_\_ (for office use)

## Notes

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

- Your properly completed and signed Solo Application and Medical forms must be received by **CS&PF by no later than 30th April**, failing which your application will be invalid.
- Any decision by the CS&PF to review an application received incomplete or unsigned or not until after 30th April, shall not change the status of your application, which shall remain invalid unless subsequently confirmed as valid in writing by the CS&PF in its discretion.
- The CS&PF shall notify you if your application is invalid and the reason(s) for this and may (but shall not be obliged to) return any invalid application; following such notification, the CS&PF shall not be obliged to enter in to further correspondence.
- Exercise by the CS&PF of its discretion for one applicant won't imply any relaxation of that requirement for any other person and the exercise of discretion may be subject to the levying of an administrative charge.
- By submitting this form you accept that the decision of the CS&PF on the issue of the validity of your application, is final and binding and that (in the CS&PF's discretion) all or part of your administration fee shall be non-refundable.
- Certification of your Assessment Swim (see below) using the CS&PF Assessment Swim Form should be included with your application wherever possible; otherwise it must be received **by the CS&PF at least 14 days prior to your swim attempt and no later than 31 July (whichever is earlier)**, failing which your application will be invalid, unless confirmed in writing by the CS&PF in its discretion.
- The CS&PF reserves the rights to publish all successful swim details including name, age, gender & nationality of swimmers involved.

## Personal Details

First name		Surname	
Date of birth		Nationality	
Address			
Town/City		Postcode	
County/State		Country	
Contact phone(s)			
Email			
Emergency / land-based contact name & phone number			

## Swim Details

Pilot		Swim tide start	
Position on tide		Attempt	1-way <input type="checkbox"/> 2-way <input type="checkbox"/> 3-way <input type="checkbox"/>

## Swim Assessment Info

No later than 14 days prior to your solo attempt or 31 July (whichever is earlier), you must complete and submit an Assessment Swim Form (downloadable from the CS&PF website) together with the appropriate certification or other evidence of having completed a 6-hour swim in open water under 61°F/16°C within 18 months of your solo attempt, failing which your application will become invalid. If you are completing this form online, you can upload it in the following section. Alternatively, email it to [office@cspf.co.uk](mailto:office@cspf.co.uk).

1 Are you providing evidence or certification with your application? Yes ☐ No ☐

If Yes, please provide details:

## Swim Assessment Info

<b>2</b>	Have you previously attempted to - or swam - the Channel?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If Yes, please provide details (relay or solo, authorizing body, pilot, date, duration, whether or not successful):		
<b>3</b>	Are you a member of any clubs or Associations involved with open water swimming?	Yes <input type="checkbox"/> No <input type="checkbox"/>
If so, please provide details:		

## Fees

For the full breakdown and explanation of CS&PF fees please see <http://cspf.co.uk/cs-and-pf-fees>. For refunds on cancelled, rolled-over or repeated swims please consult CS&PF office. Any swim crossing fees not used in the current year may be reclaimed by no later than 31st of December in that year (failing which they shall cease to be returnable and shall be added to the Federation funds). Any reclaim-application shall be subject to an administration fee to be determined by the Committee in its discretion.

<b>One-way solo swim - combined fees</b> (Administration fee: £170; One-way crossing fee: £200)	.....	£370	<input type="checkbox"/>
<b>Two-way solo swim - combined fees</b> (Administration fee: £170; Two-way crossing fee: £400)	.....	£570	<input type="checkbox"/>
<b>Three-way solo swim - combined fees</b> (Administration fee: £170; Three-way crossing fee: £450)	.....	£620	<input type="checkbox"/>
More than 3-ways/other swims by quotation, please confirm with CS&PF office	.....	£_____	<input type="checkbox"/>
If the CS&PF exercises discretion and validates an application presented after 30th April, there will be an additional £25 administration charge.	.....	£25	<input type="checkbox"/>

All solo swimmers must be members of the CS&PF. Membership period is for 1 year starting from January 1st. If you are applying for CS&PF Membership here you do not need to submit a separate Membership form.

1-year membership	.....	£30	<input type="checkbox"/>
Current CS&PF member (please state membership number)	.....	_____	<input type="checkbox"/>

<b>Total amount (£)</b>	
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## Payment

- Payments must be in £ Sterling
- For credit or debit card payments, please use PayPal and our Cost Calculator page <http://cspf.co.uk/cost-calculator>
- For bank transfers, CS&PF bank account details are:

The Channel Swimming & Piloting Federation  
 Barclays Bank  
 Sort Code: 20-17-92  
 Account no.: 00805610  
 SWIFT/BIC: BARCGB22  
 IBAN: GB49 BARC 2017 9200 8056 10

- Cheques and bankers drafts must be payable to The Channel Swimming & Piloting Federation

<b>Payment method</b>	Credit/Debit card (PayPal) <input type="checkbox"/> Bank Transfer <input type="checkbox"/> Cheque <input type="checkbox"/>
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## Social Media

If you are raising money for a charity and/or if you would like CS&PF to publish your swim on the website and CS&PF Twitter feed, please complete the following section.

If you do **not** wish for CS&PF to publish your swim start, please tick this box ..... ☐

<b>Blog or charity page</b>	
<b>Facebook page</b>	
<b>Twitter</b>	

## Additional Notes

## Observing

The observer is a vital part of every channel swim and its a great way to learn more about channel swimming and give back to the swimming community. Please confirm if you are happy to be contacted about future observing opportunities

Yes ☐ No ☐

## Your Commitment

- I hereby notify the Channel Swimming & Piloting Federation ("CS&PF") that I wish to attempt a crossing of the English Channel - La Manche.
- I have read, understood, and agree to abide by the rules and guidelines of the CS&PF available on <http://cspf.co.uk>. I hereby agree and understand that if I am in breach of any of the rules or guidelines our application may become invalid and/or the crossing will not be recognised or ratified.
- I, the undersigned participant, intending to be legally bound hereby certify that I consider I am physically and mentally fit to undertake the crossing and have not been otherwise informed by a medical practitioner.
- I will advise the CS&PF of any further changes in my medical condition that arise before my swim takes place.
- I acknowledge and understand that Channel swimming is an extreme sport. I am aware of the risks inherent in attempting a Channel crossing and the training for such an event, including possible permanent disability or death. I agree to accept and assume all those risks. I hereby waive any and all rights, to the fullest extent permitted by applicable law, to claim for loss or damages against the CS&PF and/or any body affiliated thereto and any of the Federation officials supervising, observing or organising events, which arise out of my participation in attempting a Channel crossing, or any activities incidental thereto.
- I undertake to remain readily contactable by the CS&PF on the contact details provided above (or on updated details I may provide) and to respond promptly to the CS&PF at all times up to my solo attempt.
- I undertake to give urine and/or blood samples if so requested both during training, before the crossing and after the crossing.
- I acknowledge and accept that the provision of certification for a 6-hour swim and medical/health condition in no way implies any representation by the CS&PF that the applicant has completed sufficient training or is sufficiently fit or healthy to make such an attempt.
- I undertake to be solely responsible for assessing whether I have achieved an appropriate amount and type of training, fitness and health before embarking upon my swim attempt and that I will not make the attempt if for any reason I have failed to achieve this, whilst still acknowledging that I shall remain solely responsible for all lost fees and expenses.

Name		Signature	
Date			

**FOR SWIMMERS UNDER 18 YEARS OF AGE A PARENT OR GUARDIAN MUST ALSO SIGN THIS FORM**