

SWIMMERS NAME: _____ 1



ILDSA OFFICIAL OBSERVERS LOG FOR A SOLO SWIM

CHECKLIST 1 SWIMMER, PILOT AND CREW DETAILS

SWIMMER	
NAME	
EMAIL FOR SWIMMER	
CONTACT NUMBER	
COUNTRY REPRESENTED	
AGE / DOB	

OBSERVER	
NAME OF OBSERVER(S)	
OBSERVER(S) CONTACT NUMBER	
OBSERVER(S) EMAIL	



CHECKLIST 1 SWIMMER, PILOT AND CREW DETAILS

PILOT	
NAME OF PILOT(S)	
NAME OF BOAT(S)	

CREW	
LIST CREW NAMES AND ROLES (includes kayakers if any)	
NAME	ROLE
"	
"	
"	
"	
"	
"	



CHECKLIST 2 PRE SWIM CHECKS

Special notes as per Official ILDSA North Channel Rules:

- 1.1 No physical contact with any swimmer is allowed whilst in the water.
- 1.2 The use of MP3 players or other electrical audio / communication devices including Garmin SUNNTO or similar watches is not permitted.
- 1.3 Swimmers provide their own support crew (minimum of 1 who also must be fluent in English for safety purposes), who are responsible for your wellbeing, but may not interfere with the decisions of the Pilots or Observers. One additional vessel (kayak, canoe or other) is permitted under the supervision of the pilot.
- 1.4 Starting Position: Swimmers must enter the water from the shore, or from the Pilot boat and swim to beach or rocks with no running sea water behind and start from there. Under health and safety reasons the pilot may direct swimmer to start from a standing position with the water level more than waist height. This must be agreed with the observer prior to the start the swim or it may not be ratified.
- 1.5 Finishing: Swimmers must finish on dry land or by touching cliffs with no sea water behind.
- 1.6 Turning on two way swims: touch land as per 1.5 above. You should immediately return to the water, where you may stand or sit for 10 minutes. You may not be touched by any person, but can have grease, food, medical supplies or swim apparel handed to you. This stop time is added to your overall time.
- 1.7 Support swimmers. Solo swimmers may have support swimmers after the first period of 3 hours has elapsed and for a period of 1 hour. The support swimmer may not re-enter the water until a period of two hours has elapsed. The support swimmer may swim alongside, not in front of, the swimmer. The Pilot may request, at their discretion, the support swimmer to join the swimmer outside these times for health and safety reasons, e.g. major cramp. Relay swimmers are not permitted to have support swimmers or pace makers.
- 1.8 Relay swimmers (minimum 2) must swim for at least 1 hour each, in the same order each time. At change over, swimmers shall enter the water from behind the current swimmer and swim past. The swimmer in the water shall exit as soon as possible, with change over taking no more than 5 minutes. The rota (order of swimmers, length of each swim) for the relay team members must be agreed in advance with the ILDSA Observer.
- 1.9 Any adaptations to these rules required for swimmers with additional needs, must be agreed in advance the ILDSA.

ALWAYS REFER TO THE ILDSA NORTH CHANNEL RULES FOR FULL GUIDANCE.

NO TIPPEX TO BE USED – CROSS OUT AND INITIAL THE ERROR

IF YOU HAVE ANY QUERIES OR CONCERNS / QUESTIONS DURING A SWIM AND NEED CONFIRMATION PLEASE CONTACT ILDSA .



CHECKLIST 2 PRE-SWIM CHECKS

SWIMMERS ATTIRE	Notes if any in comments pages
ALL SWIMSUITS MUST BE MADE FROM TEXTILE MATERIALS, AND MUST BE IN ONE OR TWO PIECES. SWIMWEAR MUST NOT EXTEND PAST THE SHOULDER OR BELOW THE KNEE.	CHECKED Yes <input type="checkbox"/>
ONE SINGLE LAYER SWIMMING CAP IS PERMITTED, AND MUST BE MADE FROM SILICONE OR LATEX. CAPS MAY NOT BE MADE FROM NEOPRENE OR OTHER HEAT RETAINING MATERIALS.	CHECKED Yes <input type="checkbox"/>
GOGGLES, NOSE CLIPS AND EARPLUGS ARE PERMITTED.	CHECKED Yes <input type="checkbox"/>
ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.	CHECKED Yes <input type="checkbox"/>
NO WEARABLE DEVICES ARE PERMITTED, MECHANICAL / ELECTRONIC ASSISTANCE IS NOT ALLOWED.	CHECKED <input type="checkbox"/>
THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM.	CHECKED <input type="checkbox"/>

NON SKINS / ASSISTED SWIMS ** BY PRIOR APPROVAL ONLY WITH ILDSA

SPECIFY ATTIRE WORN BY SWIMMER	
PLEASE SPECIFY WETSUIT MAKE MODEL AND MM EG: ORCA S7 3MM	
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THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM.	CHECKED <input type="checkbox"/>



CHECKLIST 3 SWIM START

STARTING POSITION: SWIMMERS MUST ENTER THE WATER FROM THE SHORE, OR FROM THE PILOT BOAT AND SWIM TO SHORE LINE, BEACH OR ROCKS WITH NO RUNNING WATER BEHIND.	
OR	
SWIMMER STARTED STANDING IN WATER NO MORE THAN WAIST HEIGHT AS ADVISED BY PILOT DUE TO HEALTH AND SAFETY REASONS AND AGREED WITH OBSERVER.	
START LATITUDE COORDINATES	
START LONGITUDE COORDINATES	
DESCRIPTION OF START POINT ILDSA Recorder requires a description of land point EG: Location / address / rocky headland / sandy beach etc.	
START DATE (Day Month Year)	
START TIME ON CLOCK (HH.MM.SS) E.G. (06.15.00)	
WATER TEMPERATURE °C AT START	
AIR TEMPERATURE °C AT START	



CHECKLIST 4 ACCOUNT OF THE SWIM

BEAUFORT SCALE					
Beaufort Number	Name	Knots	MPH	Effects Observed Far From Land	Effects Observed On Land
0	Calm	Under 1	Under 1	Sea like mirror.	Calm; smoke rises vertically.
1	Light Air	1-3	1-3	Ripples with appearances of scales; no foam crests.	Direction of wind shown by smoke drift, but not by wind vanes.
2	Light Breeze	4-6	4-7	Small wavelets; crests of glassy appearance, not breaking.	Wind felt on face; leaves rustle; ordinary vane moved by wind.
3	Gentle Breeze	7-10	8-12	Large wavelets; crests begin to break; scattered whitecaps.	Leaves and small twigs in constant motion; wind extends light flag.
4	Moderate Breeze	11-16	13-18	Small waves, becoming longer; numerous whitecaps.	Raises dust and loose paper, small branches are moved.
5	Fresh Breeze	17-21	19-24	Moderate waves, taking longer form; many whitecaps; some spray.	Small trees in leaf begin to sway; crested wavelets form on inland waters.
6	Strong Breeze	22-27	25-31	Larger waves forming; whitecaps everywhere; more spray.	Large branches in motion; whistling heard in telegraph wires; umbrellas used with difficulty.
7	Near Gale	28-33	32-38	Sea heaps up; white foam from breaking waves begins to be blown in streaks.	Whole trees in motion; inconvenience felt in walking against the wind.
8	Gale	34-40	39-46	Moderately high waves of greater length; edges of crests begin to break into spindrift; foam is blown in well-marked streaks.	Breaks twigs off trees; generally impedes progress.
9	Strong Gale	41-47	47-54	High waves; sea begins to roll; dense streaks of foam; spray may reduce visibility.	Slight structural damage occurs (chimney pots and slate removed).
10	Storm	48-55	55-63	Very high waves with overhanging crests; sea takes white appearance as foam is blown in very dense streaks; rolling is heavy and visibility reduced.	Seidom experienced inland; trees uprooted; considerable structural damage occurs.
11	Violent Storm	56-63	64-72	Exceptionally high waves; sea covered with white foam patches; visibility still more reduced.	Very rarely experienced; accompanied by widespread damage.
12	Hurricane	64 and over	73 and over	Air filled with foam; sea completely white with driving spray; visibility reduced.	

WEATHER CODE	DESCRIPTION	O	OVERCAST
B	BLUE SKY	P	PASSING SHOWERS
C	DETACHED CLOUDS	Q	SQUALLY
D	DRIZZLING RAIN	R	RAIN
F	FOG	S	SNOW
G	DARK, GLOOMY	T	THUNDER
H	HAIL	U	UGLY (THREATENING)
L	LIGHTNING	V	VISIBILITY (UNUSUAL TRANSPARENCY)
M	MISTY (HAZY)	W	WET, DEW



CHECKLIST 4 ACCOUNT OF THE SWIM

RECORD DATA HOURLY OR IF NEEDED ON A MORE REGULAR BASIS. USE CHECKLIST 5 FOR NOTES ON FEEDS, MEDICATIONS, OBSERVATIONS CONDITIONS, OTHER INCIDENTS / COMMUNICATIONS.

TIME 24 hour	LATITUDE	LONGITUDE	DISTANCE SWAM	WATER TEMP °C	AIR TEMP °C	BEAUFORD CODE / WIND DIRECTION SEE PAGE 6	WEATHER CODE SEE PAGE 6	STROKE RATE
EXAMPLE 0450	N54.07.583	W006.18.330		13.7	17	2 NW	0	66



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CHECKLIST 5 FEED PLAN
 SWIMMERS FOOD / DRINKS INTAKE / MEDICATIONS TAKEN

TIME	TYPE OF FOOD / DRINKS / MEDIATIONS AND AMOUNT TAKEN



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SWIMMERS NAME: _____ 12

CHECKLIST 5 FEED PLAN

SWIMMERS FOOD / DRINKS INTAKE / MEDICATIONS TAKEN

TIME	TYPE OF FOOD / DRINKS / MEDIATIONS AND AMOUNT TAKEN



CHECKLIST 6 OBSERVERS NOTES

USE THIS SPACE TO RECORD YOUR VIEW OF THE DAY COLLATED FROM YOUR NOTES

TIME	COMMENTS



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USE THIS SPACE TO RECORD YOUR VIEW OF THE DAY COLLATED FROM YOUR NOTES

TIME	COMMENTS



**CHECKLIST 7 SWIM FINISH
FOR SUCCESSFUL SWIMS**

FINISH POSITION: SWIMMER MUST FINISH ON DRY LAND OR BY TOUCHING CLIFFS WITH NO WATER BEYOND	
FINISH LATITUDE CO-ORDINATES	
FINISH LONGITUDE CO-ORDINATES	
FINISH DATE IF DIFFERENT FROM START DATE	
CLOCK TIME (HH.MM.SS)	
TOTAL DISTANCE SWAM	
STOP WATCH TIME / TOTAL SWIM TIME	
AVERAGE WATER TEMPERATURE °C	
AVERAGE AIR TEMPERATURE °C	

FOR UNSUCCESSFUL SWIMS

REASON FOR STOPPAGE	
LONGITUDE CO-ORDINATES	
LATITUDE CO-ORDINATES	
FINISH DATE IF DIFFERENT FROM START DATE	
STOP WATCH TIME	
CLOCK TIME (HH.MM.SS)	
TOTAL DISTANCE SWAM TOTAL SWIM TIME	
AVERAGE WATER TEMPERATURE °C	
AVERAGE AIR TEMPERATURE °C	



CHECKLIST 8 CERTIFICATION

WE CERTIFY THAT THIS IS A TRUE AND ACCURATE ACCOUNT OF THIS SWIM ATTEMPT, AND THAT THE SWIM WAS CONDUCTED IN ACCORDANCE WITH THE ILDSA RULES AND REGULATIONS FOR ILDSA NORTH CHANNEL SWIMS.

	Print	Signature
OBSERVER		
PILOT		

TRACK.RS / GARMIN LINK IF AVAILABLE



CHECKLIST 9 CERTIFICATION IMAGE CATALOGUE UP TO 10 IMAGES INCLUDING:

1. PRE SWIM
2. FEED PLAN
3. MEDICATION
4. START or first light photo if start in in the hours of darkness
5. FINISH*
6. STOP WATCH TIME*
7. POST SWIM
8. OTHER - ILDSA NC OBSERVERS CHOICE
9. OTHER - ILDSA NC OBSERVERS CHOICE
10. OTHER - ILDSA NC OBSERVERS CHOICE
11. TRACK.RS SCREEN SHOT IF AVAILABLE
12. NAVIONICS IF AVAILABLE

***ARE ESSENTIAL IMAGES**

PLEASE ENSURE THAT ALL SECTIONS ARE COMPLETED WITH A DETAILED ACCOUNT OF THE SWIM

PLEASE ENSURE THAT THESWIMMERS NAME IS WRITTEN ON THE TOP RIGHT OF ALL PAGES

PLEASE ENSURE THAT THE REPORT IS SIGNED BY THE PILOT

SCAN ALL PAGES USING APP 'ADOBE SCAN'
(FREE DOWNLOAD PHONE APP)

SEND

1. COMPLETED AND FINALISED REPORT VIA FIRST EMAIL
2. IMAGES VIA SECOND EMAIL

TO
RECORDER@ILDSA.INFO

SUBJECT HEADING: SWIMMERS NAME AND DATE OF SWIM

COMMENTS SECTION FOR RECORDER

