

English Channel Relays



The Alexa Trust

Supporting Parents with Babies in Neonatal

Registered Charity Number 1167805

The Alexa Trust would like to thank you for showing interest in swimming for us. In becoming a 'Team Alexa' relay member, or solo swimmer, you will help support **Parents with Babies in Neonatal**.

The trust was set up by both Esmari and I, after we spent time at the William Harvey Neonatal Unit in Ashford Kent, UK. To find out more about our projects, past and present, please follow the link www.thealexatrust.org.

The Alexa Trust form six-person relay teams swimming 1 hour each on loop across the 21 miles of 'The English Channel.' The swims take place under Channel Swimming Association rules. We ask swimmers to fill in the application, informing us of their swimming vitae and why they feel they would like to swim the E/C. On confirmation to the team, The Alexa Trust look forward to following you with your training and acclimatisation regimes and of course will be here to help with information and training ideas. We can also help towards getting your fundraising page set up. We do ask for a minimum of **£2,250** to be raised per team as stated in the application.

Your position on the team will be confirmed once your application has been processed and on paying your first instalment (deposit). The first instalment will be **non-refundable** if you decide later you are unable to commit to your team. If you cannot continue your journey with us, all other instalments will be refundable.

All our relays have been successful to date and we are sure future swims will be no different. The Alexa Trust have a good rapport with Louise Jane Charters. Their safety and knowledge are fantastic. Rest assured you will be in good hands.

Please feel free to make contact if you have any questions whatsoever.

Yours Sincerely

Howard James

Trustees

howard@thealexatrust.org

English Channel Relays & Solo PRICING STRUCTURE 2021

6 PERSONS RELAY TEAM

Pilot Boat	3,400.00*
Channel Swimming Association Fees - Relay Membership and Ratification	475.00*
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	3,875.00*
For Teams of Six Divided by Six	646.00
Divided by Instalments of (3)	215.20

FIRST INSTALMENT	ASAP
SECOND INSTALMENT NO LATER THAN	1 st OCTOBER 2020
THIRD INSTALMENT NO LATER THAN	1 st APRIL 2021

International payment will incur an additional £7 fee. This is a charge made by the bank, not us.

*These amounts are CSA and Pilot Boat fees as of 2021, thus can change.

All fees so far are that of the CSA and Pilot Boat, without these the channel swim would not be able to go ahead.

In addition to submitting your application, on it being successful and paying your first instalment, you will agree to help fundraise a minimum amount of £375 per team member, that will go on to Support Parents with Babies in Neonatal through The Alexa Trust (charity number: 1168705)

Bank Details

The Alexa Trust
Lloyds Bank
Sort Code: 30-99-08
Account Number: 21840660
BIC: LOYDGB21244
IBAN: GB22 LOYD 3099 0821 8406 60

Or PayPal - fundraising@thealexatrust.org

Payment Reference: TATECR2021

3 PERSONS RELAY TEAM

Pilot Boat	3,400.00*
Channel Swimming Association Fees - Relay Membership and Ratification	475.00*
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	<u>3,875.00*</u>
For Teams of Three Divided by Three	1,292.00
Divided by Instalments of (3)	430.50

FIRST INSTALMENT	ASAP
SECOND INSTALMENT NO LATER THAN	1st OCTOBER 2020
THIRD INSTALMENT NO LATER THAN	1st APRIL 2021

International payment will incur an additional £7 fee. This is a charge made by the bank, not us.

*These amounts are CSA and Pilot Boat fees as of 2021, thus can change.

All fees so far are that of the CSA and Pilot Boat, without these the channel swim would not be able to go ahead.

In addition to submitting your application, on it being successful and paying your first instalment, you will agree to help fundraise a minimum amount of £750 per team member, that will go on to Support Parents with Babies in Neonatal through The Alexa Trust (charity number: 1168705)

Bank Details

The Alexa Trust
Lloyds Bank
Sort Code: 30-99-08
Account Number: 21840660
BIC: LOYDGB21244
IBAN: GB22 LOYD 3099 0821 8406 60

Or PayPal - fundraising@thealexatrust.org

Payment Reference: **TATECR2021**

2 PERSONS RELAY TEAM

Pilot Boat	3,400.00*
Channel Swimming Association Fees - Relay Membership and Ratification	475.00*
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	<u>3,875.00*</u>
For Teams of Two Divided by Two	1,937.50
Divided by Instalments of (3)	646.00

FIRST INSTALMENT	ASAP
SECOND INSTALMENT NO LATER THAN	1st OCTOBER 2020
THIRD INSTALMENT NO LATER THAN	1st APRIL 2021

International payment will incur an additional £7 fee. This is a charge made by the bank, not us.

*These amounts are CSA and Pilot Boat fees as of 2021, thus can change.

All fees so far are that of the CSA and Pilot Boat, without these the channel swim would not be able to go ahead.

In addition to submitting your application, on it being successful and paying your first instalment, you will agree to help fundraise a minimum amount of £1,125 per team member, that will go on to Support Parents with Babies in Neonatal through The Alexa Trust (charity number: 1168705)

Bank Details

The Alexa Trust
Lloyds Bank
Sort Code: 30-99-08
Account Number: 21840660
BIC: LOYDGB21244
IBAN: GB22 LOYD 3099 0821 8406 60

Or PayPal - fundraising@thealexatrust.org

Payment Reference: **TATECR2021**

SOLO SWIM

Pilot Boat	3,400.00*
Channel Swimming Association Fees - Relay Membership and Ratification	475.00*
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	<u>3,875.00*</u>
Divided by Instalments of (3)	1,292.00

FIRST INSTALMENT	ASAP
SECOND INSTALMENT NO LATER THAN	1 st OCTOBER 2020
THIRD INSTALMENT NO LATER THAN	1 st APRIL 2021

International payment will incur an additional £7 fee. This is a charge made by the bank, not us.

*These amounts are CSA and Pilot Boat fees as of 2021, can change.

All fees so far are that of the CSA and Pilot Boat, without these the channel swim would not be able to go ahead.

In addition to submitting your application, on it being successful and paying your first instalment, you will agree to help fundraise a minimum amount of £2,250, that will go on to Support Parents with Babies in Neonatal through The Alexa Trust (charity number: 1168705)

Bank Details

The Alexa Trust
Lloyds Bank
Sort Code: 30-99-08
Account Number: 21840660
BIC: LOYDGB21244
IBAN: GB22 LOYD 3099 0821 8406 60

Or PayPal - fundraising@thealexatrust.org

Payment Reference: TATECR2021

English Channel Relays & Solo Swims TERMS & CONDITIONS

updated 01-10-2020

1. YOU CAN MAKE YOURSELF AVAILABLE ON DATES 11th - 23rd JUNE 2021 AT SHORT NOTICE.
2. YOU ARE HAPPY TO RAISE THE ADDITIONAL AMOUNT FOR THE ALEXA TRUST (2,250 POUNDS STERLING PER TEAM).
3. YOU WILL BE REQUIRED TO HAVE A 'CHANNEL SWIMMING ASSOCIATION' **MEDICAL EXAMINATION** BY YOUR GP DONE AT YOUR OWN COST IN 2021 BEFORE END OF MARCH.
4. YOU WILL / CAN MEET CHANNEL SWIMMING ASSOCIATION **PAPERWORK AND DEPOSIT DEADLINES** AS THIS WOULD INCUR EXTRA COSTS IF DEADLINES NOT REACHED.
5. CANCELLATIONS /PULLING OUT WILL UNFORTUNATELY MEAN FORFEITING OF FIRST DEPOSIT.

It will be up to the swimmer to do the relevant training needed to comply with a 2-hour continuous swim in water 16 degrees Celsius or below, without wetsuit in the year leading up to swim date.

(Failure to make this 'CHANNEL SWIMMING ASSOCIATION' requirement will mean you lose your place on the team)

The Alexa Trust does not cover insurances/you will need to find your own cover at whatever level you feel fit.

ALWAYS SWIM IN GROUPS/ALWAYS WITH A TOW FLOAT/BE AWARE OF TIDE TIMES AND TIDAL CHANGE/NEVER DIVE IN AT THE DEEP END

Step 1

Complete the online application form

<https://thealexatrust.org/index.php/event/english-channel-relays-2021/>

Example:

ONLINE APPLICATION FORM

PLEASE NOTE SUCCESSFUL APPLICANTS WILL BE REQUIRED TO PAY A DEPOSIT NO LATER THAN 1st MAY 2020

Your Name (required)

Your Surname (required)

Your Age (required)

Your Date of Birth (required) day, month and year, for example 14031982

Your Address (required)

Your Email (required)

Your Mobile Number (required) (add international dialing code, for example 0044)

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Name & Surname (required)

Your Telephone Number (required) (add international dialing code, for example 0044)

Please submit a short piece on your swimming experiences, both open water and pool swimming:
Time/Distance/Hours a Week/Swim Events

Please read the following:

TERMS & CONDITIONS

1. YOU CAN MAKE YOURSELF AVAILABLE ON DATES 11th - 23rd JUNE 2021 AT SHORT NOTICE
 2. YOU ARE HAPPY TO RAISE THE ADDITIONAL FUNDRAISING AMOUNT OF 375 POUNDS STERLING
 3. YOU WILL BE REQUIRED TO HAVE A 'CHANNEL SWIMMING ASSOCIATION' MEDICAL EXAMINATION BY YOUR GP DONE AT YOUR OWN COST IN 2021 BEFORE END OF MARCH.
 6. SUCCESSFUL APPLICANTS WILL HAVE UNTIL 1st MAY 2020 TO SEND DEPOSIT THAT WILL GUARANTEE THEM A PLACE ON THE TEAM.
 7. YOU WILL / CAN MEET CHANNEL SWIMMING ASSOCIATION PAPERWORK AND DEPOSIT DEADLINES AS THIS WOULD INCUR EXTRA COSTS IF DEADLINES NOT REACHED. (PAPERWORK WILL BE FORWARDED TO YOU BY US)
 8. CANCELLATIONS /PULLING OUT WILL UNFORTUNATELY LOOSE THEIR DEPOSIT ANY TIME AFTER 1st MAY 2020. (WE WANT SWIMMERS TO COMMIT AND GIVE THE RESERVES A CHANCE TO FIND ADDITIONAL FUNDS IF CANCELLATION/PULLING OUT WAS/IS GETTING CLOSER TO THE SWIM)
- IT WILL BE UP TO THE SWIMMER TO DO THE RELEVANT TRAINING NEEDED TO COMPLY WITH A 2 HOUR CONTINUOUS SWIM IN WATER 15 DEGREES OR BELOW WITHOUT WET-SUIT WITHIN A YEAR OF SWIM. (FAILURE TO MAKE THIS 'CHANNEL SWIMMING ASSOCIATION' REQUIREMENT WILL MEAN YOU LOSE YOUR PLACE ON THE TEAM)
- THE TRUST DOES NOT COVER INSURANCE/YOU WILL NEED TO FIND YOUR OWN COVER AT WHATEVER LEVEL YOU FEEL FIT.
- ALWAYS SWIM IN GROUPS/ALWAYS WITH A TOW FLOAT/BE AWARE OF TIDE TIMES AND TIDAL CHANGE/NEVER DIVE IN AT THE DEEP END
- BY SUBMITTING THIS APPLICATION FORM I AGREE THAT I HAVE:

a) provided The Alexa Trust with accurate and up to date PERSONAL INFORMATION (required)

Personal Information

b) read and fully understand the TERMS AND CONDITIONS above (required)

Terms & Conditions

c) looked at and agree to the PRICING STRUCTURE detailed in the link below (required)

Personal Information

SUBMIT

Step 2

You will receive a confirmation email from The Alexa Trust trustee **Howard James**

howard@thealexatrust.org

Please save this email address to your email CONTACTS, to prevent it from landing in your Junk/Spam folder.

Step 3

After the application closing date has been reached, The Alexa Trust will select swimmers for the teams.

You will receive an email whether your application has been successful or not.

If you have been accepted on a team, you will receive four attachments by email.

- The Alexa Trust English Channel Relays
- Terms & Conditions
- Cost
- Additional

The documents will also be available on our website to view or download.

Step 4

To secure your place on one of our teams, please pay the deposit no later than the date stated in **COST DOCUMENT**.

Step 5

After deposit payment has been made, you will receive a confirmation email. You are now officially a relay team member. 😊

FURTHER INSTRUCTIONS TO FOLLOW...

Additional Information

The Alexa Trust Website

www.thealexatrust.org

Facebook

<https://www.facebook.com/TheAlexaTrust>

Instagram

<https://www.instagram.com/the.alexatrust/>

Twitter

<https://twitter.com/thealexatrust>

fundraising@thealexatrust.org

Email

howard@thealexatrust.org

