

The Alexa Trust

Supporting Parents with Babies in Neonatal

Registered Charity Number 1168705



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