



## OBSERVERS LOG FOR A SOLO SWIM FOR ILDSA RATIFICATION

### CHECKLIST 1 SWIMMER, PILOT AND CREW DETAILS

<b>SWIMMER</b>	
NAME OF SWIMMER	
D.O.B   AGE	
GENDER	
EMAIL	
CONTACT NUMBER	
COUNTRY REPRESENTED	

<b>OBSERVER</b>	
NAME OF OBSERVER(S)	
OBSERVER(S) CONTACT NUMBER	
OBSERVER(S) EMAIL	

<b>PILOT</b>	
NAME OF PILOT(S)	
NAME OF BOAT(S)	

<b>CREW LIST CREW NAMES AND ROLES</b> (includes kayakers if any)	
NAME   ROLE	



## CHECKLIST 2 PRE-SWIM CHECKS

<p>SWIMMERS ATTIRE <b>ALL</b> 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.</p> <p>DESCRPITION</p>	<p>CHECKED <input type="checkbox"/></p>
<p>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.</p> <p>NOTES:</p>	<p>CHECKED <input type="checkbox"/></p>
<p>GOGGLES, NOSE CLIPS AND EARPLUGS ARE PERMITTED.</p> <p>NOTES:</p>	<p>CHECKED <input type="checkbox"/></p>
<p>ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.</p> <p>NOTES:</p>	<p>CHECKED <input type="checkbox"/></p>
<p>NO WEARABLE DEVICES ARE PERMITTED, MECHANICAL / ELECTRONIC ASSISTANCE IS NOT PERMITTED.</p> <p>NOTES:</p>	<p>CHECKED <input type="checkbox"/></p>
<p>THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM.</p> <p>NOTES:</p>	<p>CHECKED <input type="checkbox"/></p>



### CHECKLIST 3 SWIM START

<b>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</b> <input type="checkbox"/>	
<b>OR</b>	
<b>SWIMMER STARTED STANDING IN WATER NO MORE THAN WAIST HEIGHT AS ADVISED BY PILOT DUE TO HEALTH AND SAFETY REASONS AND AGREED WITH OBSERVER</b> <input type="checkbox"/>	
TRACK.RS LINK IF AVAILABLE	
START LATITUDE CO-ORDINATES	
START LONGITUDE CO-ORDINATES	
DESCRIPTION OF START POINT	
START DATE (Day Month Year)	
START TIME (HH.MM.SS) E.G. (06.15.00)	
WATER TEMPERATURE AT START °C	
AIR TEMPERATURE AT START °C	















## CHECKLIST 6 SWIM FINISH

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



### CHECKLIST 7 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	Sign
OBSERVER 1		
OBSERVER 2		
PILOT (S)		
SWIMMER		

### ESSENTIAL IMAGES FOR SUBMISSION WITH REPORT

START\*, FINISH\* ONE OTHER IMAGE  
YOU CAN UPLOAD OTHER IMAGES