



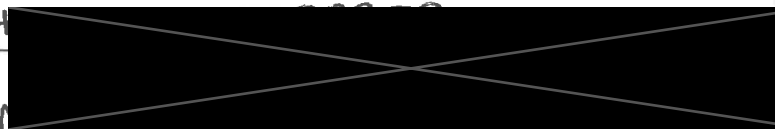

**ILDSA OFFICIAL OBSERVERS LOG FOR A RELAY SWIM**

**CHECKLIST 1 SWIMMER, PILOT AND CREW DETAILS**

SWIMMERS		
TEAM NAME	QA GIANTS	
NAME OF SWIMMER IN SWIM ORDER	Name	DOB /AGE
NAME OF SWIMMER IN SWIM ORDER	CHRIS JUDGE	8 →
NAME OF SWIMMER IN SWIM ORDER	COLIN LINDSAY	3 →
NAME OF SWIMMER IN SWIM ORDER	JOHN McELROY	2 →
NAME OF SWIMMER IN SWIM ORDER	KEITH GARRY	2 →
NAME OF SWIMMER IN SWIM ORDER	DOMINIC MUDGE	1 →
NAME OF SWIMMER IN SWIM ORDER	BILL DONNELLY	2 →
EMAIL FOR LEAD SWIMMER	[REDACTED]	
CONTACT NUMBER	[REDACTED]	
COUNTRY REPRESENTED	IRELAND	

\*Note – relay swimmers 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.

**CHECKLIST 1 SWIMMER, PILOT AND CREW**

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

PILOT	
NAME OF PILOT(S)	Pádraig Mallon
NAME OF BOAT(S)	HIRTA

CREW	
LIST CREW NAMES AND ROLES (includes kayakers if any). NAME	ROLE
Myles M'Court	infinity crew
Adrian Poucher	swimmer's crew.

## CHECKLIST 2 PRE SWIM CHECKS

Special notes as per Official Rules:

- 1.1 No physical contact with the swimmer is allowed.
- 1.2 The use of MP3 players or other electrical audio / communication devices 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: land as per 4.4 and 4.5 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. If there are any special circumstances as ILDSA observer you will be advised of this pre swim by the ILDSA North Channel Secretary.

ALWAYS REFER TO NORTH CHANNEL RULES FOR FULL GUIDANCE.

IF YOU HAVE ANY QUERIES OR CONCERNS / QUESTIONS DURING A SWIM AND NEED CONFIRMATION PLEASE CONTACT THE NORTH CHANNEL SECRETARY.

**CHECKLIST 2 PRE-SWIM CHECKS FOR ALL SWIMMERS AND IN EACH ROTATION AS SWIM WEAR CAN BE DIFFERENT FOR EACH SWIM**

SWIMMERS ATTIRE	Notes if any
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 checked="" 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 checked="" type="checkbox"/>
GOGGLES, NOSE CLIPS AND EARPLUGS ARE PERMITTED. <i>All</i> →	CHECKED Yes <input checked="" type="checkbox"/>
ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.	CHECKED Yes <input checked="" type="checkbox"/>
NO WEARABLE DEVICES ARE PERMITTED, MECHANICAL / ELECTRONIC ASSISTANCE IS NOT ALLOWED.	CHECKED <input checked="" type="checkbox"/>
THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM.	CHECKED <input checked="" type="checkbox"/>

**NON SKINS / ASSISTED SWIMS**

SPECIFY ATTIRE WORN BY SWIMMER	
PLEASE SPECIFY WETSUIT MAKE MODEL AND MM EG: ORCA S7 3MM	
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 <input type="checkbox"/>
GOGGLES, NOSE CLIPS AND EARPLUGS ARE PERMITTED.	CHECKED <input type="checkbox"/>
ANY KIND OF TAPE ON THE BODY IS NOT PERMITTED.	CHECKED <input type="checkbox"/>
NO WEARABLE DEVICES ARE PERMITTED. MECHANICAL / ELECTRONIC ASSISTANCE ARE NOT ALLOWED.	CHECKED <input type="checkbox"/>
THE SWIMMER IS PERMITTED TO GREASE THE BODY BEFORE A SWIM.	CHECKED <input type="checkbox"/>

## 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>	
OR	
<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>	
START LATITUDE CO-ORDINATES	55.34.236
START LONGITUDE CO-ORDINATES	006.16.295
DESCRIPTION OF START POINT	cliff face no visability except for torch light to cliff
START DATE (Day Month Year)	08.08.2020
START TIME (HH.MM.SS) E.G. (06.15.00)	20:00 HRS
WATER TEMPERATURE °C	12.8c
AIR TEMPERATURE °C	16c

## 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.	Seldom 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



• coordinates taken from boat navionics  
 \* coordinates taken from track.rs \*

**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	DISTANCE SWAM IN KM	LATITUDE	LONGITUDE	WATER TEMP °C	AIR TEMP °C	BEAUFORD CODE / WIND DIRECTION	WEATHER CODE	STROKE RATE
0450	3.2K	N54.07.583	W006.18.330	13.7	17	2 NW	0	66
<del>08.08.2020</del> Chris 2019	1.4K	55.33.944	006.16.591	12.8c	16c	0/night NIL	night	62
Oliver 21:31	5.8K	55.31.889	006.18.634	12.8c	15c	0 - NIL	night	60
John 22:40	9.1K	55.30.165	006.19.914	12.2c	13c	0 - NIL	NIGHT	66
Keith 23:27	11.2K	55.29.040	006.20.346	11.7c	12c	0 -	NIGHT	76
<del>09.08.2020</del> Tom 00:16	14.0K	55.27.435	006.19.964	11.8c	11c	0 NIL	NIGHT	74
Sill 01:45	18.0K	55.25.476	006.18.598	11.8c	11c	2 W	NIGHT	62
<del>has start</del> 02:30	19.9K	55.24.423	006.18.144	11.8c	11c	2 W	NIGHT	62
Oliver 03:34	22.8K	55.23.066	006.18.870	11.8c	10c	2 W	NIGHT	60
John 04:33	25.9K	55.22.515	006.21.647	11.8c	10c	2 W	NIGHT	64
Keith 05:44	30.3K	55.21.300	006.25.243	11.8c	9c	2 W (Fair)	DAWN	76
Tom 06:51	34.7K	55.20.380	006.29.195	12.2c	11c	2 SE	C	74
J 07:45	41.5K	55.18.580	006.34.724	13c	14c	2 SE	C	62
Sill 08:07		55.32.453*	006.55.569*	13c	14.1c	6 (5knots) SE	C	64
Oliver 09:52	43.7K	55.17.395	006.35.485	14c	18c	4 SE	C	62
John 10:30	45.1K	55.16.530	006.35.839	14c	19c	4 SE	C	74
Keith 11:30				14c	19c	2 SE	C	78
Tom 12:31	50.9K	55.13.584	006.34.344	14c	20c	2 SE	C	78



















**CHECKLIST 6 OBSERVERS NOTES**

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

TIME	COMMENTS
1840	crew and swimmers meet @ Ballycastle harbour boat stocked; safety briefing & make passage to start point beyond 'mull of ea' monument
1935	CJ enters water; swim to shoreline / touches rocks - no running water behind whistle blows to signify start @ 20:00 HRS
21:00	charge over CJ → CL colic charge over complete as per rules CJ multiple stings across face & arms reported & assisted by crew to recovery CL swimming @ sky fall / sundown.
2200	charge over CL → JM <sup>c</sup> E all rules followed colic cold #; recovered well and in a regulated routine - experienced with this type of recovery
2300	JM <sup>c</sup> E → KG charge over all rules followed JM <sup>c</sup> E reports stings # to lower leg / arms
2400	NEW DAY 9-08-2020. (Adrian Pouché (AP) or jellyfish charge over KG → DM <sup>watch</sup> all rules followed, Keith exhausted: fabulous swim & pace gave all he had. reports stings # recovers well.

**CHECKLIST 6 OBSERVERS NOTES**

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

TIME	COMMENTS
01:00	<p>chargeover Dominic (DM) to Bill Donnelly (BD)</p> <p>BD had been nervous of night swim or run up to his rotation briefing from infinity crew to keep by boat and use advection lights (green) as markers. (AP) on jellyfish watch multiple spotted (mm/c) observing swimmers location to boat &amp; communication with pilot. (DM) recovers quickly</p>
02:00	<p>chargeover (BD) → (CT) all rules followed;</p> <p>once chargeover Chris swam slowly to allow exiting swimmer to board infinity vessel.</p> <p>(BD) recovers slowly / cold * some stings reposted 3/4 moon visible &amp; sea state good / mild fair /</p> <p>(CT) making good pace all swimmers to date outstanding performances</p>
03:00	<p>charge over (CT) → (CL) <del>so</del> all rules followed</p> <p>CT in great tune having covered only 2.7k was a disappointment as off his usual pace</p> <p>pilot advised currents &amp; tides were strong</p> <p>CT recovering but fatigued *. some swimmers in cosy corner resting others taking advantage of calmer seas to rest / quiet time (encourage colleague (CL))</p>

**CHECKLIST 6 OBSERVERS NOTES**

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

TIME	COMMENTS
0400	chargeover (CL) → (JM <sup>c</sup> E) all rules followed (CL) cold <sup>#</sup> recovered well w/ assistance from team mates. signs of dawn appearing; jellyfish visible <sup>#</sup> (AP) continues watch w/ (MM <sup>c</sup> C) taking good care of all the OA GIANTS team.
0500	<del>CHANGE</del> chargeover (JM <sup>c</sup> E) → (KG) all rules followed (JM <sup>c</sup> E) recovers slowly; difficult swim w/ prevailing tides; disappointed at distance travelled; encouraged by team & crew.
0600	chargeover (KG) → (DM) <del>all</del> chargeover rules followed. (KG) benefitting from ↑ tidal flow and encouraged by ↑ distance covered this swim. KG received jellyfish stings again this rotation and recovers slowly. Mood on board encouraging a sun coming up and day break. Team encourage CT now his 3 <sup>rd</sup> swim
0700	chargeover (DM) → (CT) all rules followed DM recovers & rewarms slowly tired <sup>#</sup> /rests excellent swims from each team member CT making ground despite ↑ sea state powerful stroke. Land visible.
0800	chargeover (CT) → Bill Donnelly (BA)



**CHECKLIST 6 OBSERVERS NOTES**

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

TIME	COMMENTS
	Bill happy out as no more night swimming! Mum & baby dolphin pass on starboard side swim progresses some team resting / (AP) and mm <sup>c</sup> e continue their watch on swimmers plot plotting course as wind changes happen swim advancing to finish line!
09:00	changeover (BD) → (CL) all rules followed BD recovers slowly cold + pizza offered! but Hannah's caramel squares win. (CL) swimming well in Beaufort 4 / SE winds mood on board excited as land ahoy however slow progress. infinity crew advise swimmers all may have one more rotation greeted mixed response tired and giving them all they each know they will find another 60 minutes for the greater good
10:00	change over (CL) → (JM <sup>c</sup> E) all rules followed CL recovers slowly and well; exhausted but content at performance: mood on board good swim advances now 44k covered
11:00	changeover (JM <sup>c</sup> E) → (KG) good vibes from all to Keith as land approaching however

15/19

## CHECKLIST 6 OBSERVERS NOTES

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

TIME	COMMENTS
cont'd	tough currents. all rules for charge are followed keith progress limited by tidal push/winds/ push off land
12:00	charge over: (KG) → (DM) land approaching DM advised of rules for touching land - safety first it may be (DM) who makes landfall or may be another rotation @ this time unknown. KG recovers well; (mood good on board)
12:31	(DM) SR: 78 advancing to shore 12:31 distance 50.9k covered (BD) advised he may need to swim again & makes preparations; Boat crew continue watch (MMCG / AP) pilot adjusting course for sea state
12:57	(DM) makes landfall/whistle blew to signify end of pioneering crossing mood static; (DM) returns to board vessel from starboard side. cuts to knees/hands chest/back/stomach. first aid given everyone on board delighted @ result Dunlce castle approx 800 ~ 1m west.

16:57:43<sup>12</sup> 51.8k





**CHECKLIST 6 OBSERVERS NOTES**

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

TIME	COMMENTS				
		TIME	TIME	DISTANCE	TOTAL.
	SWIMMER	↓	↑	TRAVELLED (K)	
8/8/20	CJ	20 <sup>00</sup>	21 <sup>00</sup>	4 KM	4 KM
	CL	21 <sup>00</sup>	22 <sup>00</sup>	3.2 KM	7.2 KM
	JM <sup>c</sup> E	22 <sup>00</sup>	23 <sup>00</sup>	2.7 KM	9.9 KM
9/8/20	KG	23 <sup>00</sup>	00 <sup>00</sup>	3.2 KM	13.1 KM
	DM	00 <sup>00</sup>	01 <sup>00</sup>	3.1 KM	16.2 KM
	BD	01 <sup>00</sup>	02 <sup>00</sup>	2.4 KM	18.6 KM
	CJ	02 <sup>00</sup>	03 <sup>00</sup>	2.7 KM	21.3 KM
	CL	03 <sup>00</sup>	04 <sup>00</sup>	2.5 KM	23.8 KM
	JM <sup>c</sup> E	04 <sup>00</sup>	05 <sup>00</sup>	3.2 KM	27.0 KM
	KG	05 <sup>00</sup>	06 <sup>00</sup>	4.5 KM	31.5 KM
	DM	06 <sup>00</sup>	07 <sup>00</sup>	3.9 KM	35.4(4) KM
	BD	07 <sup>00</sup>	08 <sup>00</sup>	3.9 KM	39.3 KM
	CJ	08 <sup>00</sup>	09 <sup>00</sup>	2.8 KM	42.1 KM
	CL	09 <sup>00</sup>	10 <sup>00</sup>	2.1 KM	44.2 KM
	JM <sup>c</sup> E	10 <sup>00</sup>	11 <sup>00</sup>	2.5 KM	46.7 KM
	KG	11 <sup>00</sup>	12 <sup>00</sup>	2.1 KM	48.8 KM
@ 1130 1.1K ←	DM	12 <sup>00</sup>	1257:43	3 KM	51.8 KM
	-----  ENDS  -----				

**CHECKLIST 7 SWIM FINISH SUCCESSFUL SWIMS**

**FINISH POSITION: SWIMMER MUST FINISH ON DRY LAND OR BY TOUCHING CLIFFS WITH NO WATER BEYOND**

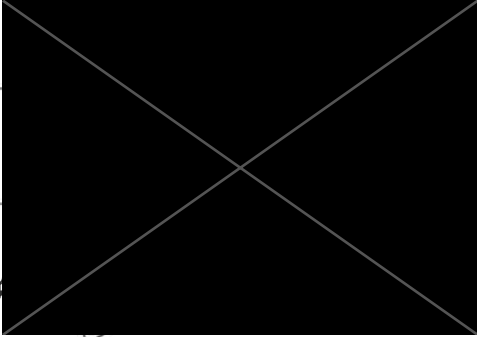
FINISH LATITUDE CO-ORDINATES	55.21.798
FINISH LONGITUDE CO-ORDINATES	006.56.586
FINISH DATE IF DIFFERENT FROM START DATE	09.08.2020
STOP WATCH TIME	16:57:43
CLOCK TIME (HH.MM.SS)	12:57:43 Sunday 9th August 2020
TOTAL DISTANCE SWAM	51.8KM
TOTAL SWIM TIME	16:57:43
AVERAGE WATER AIR TEMPERATURE °C	
AVERAGE 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 AIR 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	Sign
ILDSA OBSERVER 1	Jacqueline McClelland	
OBSERVER 2	NA	
PILOT	Pádraig Mallon	

**CHECKLIST 8 CERTIFICATION IMAGE CATALOGUE UP TO 10 IMAGES INCLUDING: \*ARE ESSENTIAL IMAGES**

1. PRE SWIM
2. FEED PLAN
3. MEDICATION
4. START\*
5. FINISH\*
6. STOP WATCH TIME\*
7. POST SWIM
8. OTHER
9. OTHER
10. OTHER
11. TRACKERS IF AVAILABLE
12. NAVIONICS IF AVAILABLE

Send completed and finalised report to [recorder@ILDsa.info](mailto:recorder@ILDsa.info)

