



Guernsey Swim Adventures Herm 360

SATURDAY 12th AUGUST 2023

Reserve Date – Sunday 13th August 2023

TRIDENT : GSY to HERM – 10:15 or 11:15 HERM to GSY – 17:35 or 22:45 Dinner Boat.

SWIM CHECK IN : 12:30

SWIM START : 13:10/40

EVENTS : 6/6.5km circumnavigation swim or swim walk TIME LIMIT: 2 hours 30 mins.

CONDITIONS : This event will be organised by Guernsey Swim Adventures however all swimmers take part at their own risk.

ENTRIES : Entries will be restricted.

QUALIFYING CONDITIONS : There will be no official qualifying event. Swimmers will need to submit proof of completing a 4km swim within the required time of 1 hour 30 minutes.

The swim can be completed either with or without a wetsuit. Swimmers intending not to wear a wetsuit will need to complete their 4km swim without one and notify the organisers on the entry form. Swimmers can complete the swim wearing fins if they so choose.

TRAVEL : Travel to and from the event is not included in the entry fee. Trident return travel cost is £15.00. Various suitable sailing times are detailed above. If the event takes place on the reserve date GSA will charter Herm Trident to return to Guernsey.

CHECK IN : All swimmers and escort kayaks to be at the start area – Oyster Point, Mouisonniere Beach a minimum of 40 minutes before the start time to check in and be ready for a safety briefing.

EVENTS – choose between a 360 swim or swim/walk around the beautiful Herm Island. Both events will run at the same time, starting and finishing as close to Oyster Point as the tide allows.

THE FORT GROUP GSA HERM 360 SWIM – 6.5km circumnavigation swim, tracking along the coastline and passing by a variety of scenery from rocky cliffs to golden sand.

THE FORT GROUP GSA HERM 360 SWIM/WALK - Swim 1. - 1.5km along the west coast to Rosaire landing. Walk - 2km along the rugged cliff path with views of Guernsey and Sark. Swim 2 - 2.5km starting from Belvoir Bay: heading along the golden sands of shell beach: swooshing around Alderney Point and homeward bound to Oyster point.

SAFETY SUPPORT : All swimmers/swim walkers will need to be accompanied by a support kayaker. The kayaker can support two or three swimmers as long as the swimmers stay within 5 metres of each other and the kayak. Unfortunately paddle boards are not acceptable.

GSA will offer a limited number of kayak supported places to visitors.

All kayakers must be experienced and wear a buoyancy aid at all times. The kayak must transport the swimmers' shoes and some warm dry clothes in the event the swimmer exits the water early or they are involved in the swim/walk event. They must also have on board the following equipment: An A flag displayed on a pole big enough to be seen by other boats (available locally from Boat works, Dive Guernsey and Donkey Divers); a throw rope or leash; a whistle and a means to communicate with other boats or officials.

The swimmers must stay with their kayakers and under no circumstances shall any swimmer start or finish swimming without kayak support. This includes swim/walk events.

GSA will provide motorised support boats. The swim will only go ahead if the conditions are suitable and there are enough motorised support boats.

All decisions regarding the event will be made by Guernsey Swim Adventures. Their decision will be final. If conditions do not allow the swim will be moved to the reserve date. If the conditions are unsuitable on the reserve date the event course and venue may change.

KAYAKS : Kayaks can be transported on the Herm cargo boat the week before the swim and returned the week following the swim – exact dates, times and arrangements to be confirmed. Alternatively, you can hire kayaks directly from Outdoor Guernsey in Herm. Kayaks will need to be collected and returned to Outdoor Guernsey at Shell Beach. You will require the kayak for approximately 3 hours.

REFRESHMENTS : GSA will provide post event refreshments at Hotel Beach.

MERCHANDISE : Hoodies and beanies will be available to order. Details will be posted on the THE FORT GROUP GSA HERM 360 FB group.

ACCOMMODATION IN HERM: Fully catered tents and hotel rooms are available to book - www.herm.com

Further details and any updates will be posted on THE FORT GROUP GSA HERM 360 FB group.

Guernsey Swim Adventures 'Safe passage over water'

THE FORT GROUP GSA HERM 360 COURSE MAPS



Guernsey Swim Adventures 'Safe passage over water'



Guernsey Swim Adventures HERM 360

ENTRY FORM

DATE - Saturday 12th August 2023 (Reserve Date – Sunday 13th August)

PARTICIPANT

NameEmail.....

Estimated time for 4km in open waterWetsuit / Skins.....

ENTRY FEE WITH OWN KAYAKER		£80.00	<input type="checkbox"/>
ENTRY FEE WITH SHARED GSA KAYAKER AND KAYAK	(VISITORS)	£97.50	<input type="checkbox"/>

EVENTS

THE FORT GROUP GSA HERM 360 swim	<input type="checkbox"/>
THE FORT GROUP GSA HERM 360 swim/walk	<input type="checkbox"/>

Entry fee to include – entry; swim insurance; safety support; The Fort Group GSA Herm 360 event swim cap & merchandise; use of cargo boat for transport of kayak if required; post swim refreshments.

Payment – BACS to GSA account – 74618733 sort code 60-09-20

GSA reserve the right to cancel or change the course or venue of this open water swim in the event that conditions are deemed unsuitable. NO REFUNDS will be given.

Declaration:

- I have read, understood and will abide by the Guernsey Swim Adventure conditions.
- I acknowledge that I am aware of all the risks involved with participation in open water events. I hereby waive any and all rights to claim for loss or damages, arising out of my participation in THE FORT GROUP GSA HERM 360 Event against Guernsey Swim Adventures or any individual associated with the organisation of the event.
- I acknowledge that Guernsey Swim Adventures rely entirely on the contents of this entry form and Participation Agreement in accepting my request for inclusion in THE FORT GROUP GSA HERM 360 Event for 2023.
- I have completed a GSA Participation Agreement and confirm that the details are correct.
- I apply to swim without a wetsuit. YES/NO
- I confirm that my kayaker (named below) is medically fit and an experienced open water kayaker. YES/NO
- REFUNDS – I acknowledge that the entry fee and associated costs are non-refundable. YES/NO

Signature of Swimmer.....Date.....

KAYAKER DETAILS (if using own kayaker)

Name

Mobile Tel. no.Email

Kayaker will be carrying a VHF Radio or mobile phone PLEASE CIRCLE

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