

SWIM TAYKA ENGLISH CHANNEL RELAY SWIM

TEAM GUIDE – BE PREPARED. SWIM SAFE. MAKE AN IMPACT.

Thank you for being part of Team SwimTayka and taking on the incredible challenge of the English Channel relay swim.

This poster is your quick reference guide to help you prepare, stay safe and know what to expect on swim day.

WE'RE HERE TO HELP

- ✓ Training advice
- ✓ Swim preparation
- ✓ Team support
- ✓ Channel guidance
- ✓ Fundraising assistance

TOGETHER WE SWIM TO PREVENT DROWNING



6 SWIMMERS
One-hour rotation



DAY OR NIGHT
The swim can take place at any time



14–18 HOURS
Approximate swim time



34KM (21 MILES)
Approximate distance



ONE MISSION
Supporting SwimTayka's mission to prevent child drowning worldwide.

1 BEFORE THE SWIM



TEAM CAPTAIN

The Team Captain is the main point of contact with the pilot and crew. All communications regarding the swim should be coordinated through the Team Captain.



COMPLETE TEAM FORMS

Include team details, swim order, emergency contacts and everyone on the boat.



PASSPORT DETAILS

Required for customs 48 hours before the swim. Only people on the form can go on the boat.



BE ON STANDBY

The swim window is not a fixed date. Be ready day or night. The pilot decides based on weather, tides and safety.

2 THE CALL TO GO



SHORT NOTICE

The pilot may decide the evening before. Be ready to go!



MEETING TIME

If the pilot says 01:00, be there before 01:00. Aim to arrive at least 15 minutes early.



BE ON TIME

If anyone is late, the swim can be delayed or put at risk. The tides do not wait.

3 ON THE DAY



MEETING POINT

The Team Captain will confirm the meeting point in Dover.



HARBOUR ACCESS

You cannot access the jetty until the pilot or crew opens the gate. Only swimmers and approved people on the boat.



NO SPECTATORS ON JETTY

Family and friends cannot come onto the jetty for safety reasons. They can watch from Dover Pier.

4 WHAT TO BRING



PACK SENSIBLY

One bag or box per person

- ✓ Passport
- ✓ Swim costume
- ✓ Goggles (plus spares)
- ✓ Swim hats
- ✓ Night lights
- ✓ Warm clothes
- ✓ Waterproof jacket
- ✓ Towels or dryrobe
- ✓ Food and snacks
- ✓ Water & electrolytes
- ✓ Seasickness medication (if needed)
- ✓ Personal medication
- ✓ Spare kit
- ✓ Vaseline or anti-chafing products

STORE FOOD & ITEMS NEEDED ON DECK IN WATERPROOF CLIP-LOCK BOXES OR CONTAINERS.

There is a small galley with hot water and basic cooking facilities, but you must bring your own water and food.

5 THE SWIM



SWIM ORDER

Decided before the swim starts and cannot change. Strongest swimmer normally starts.



CHANGEOVERS

Every hour, on the hour. Outgoing swimmer must not touch the boat until the new swimmer has entered, swum past and the crew confirms it is safe.



SUPPORT SWIMMER SYSTEM

Each swimmer has a designated support person to help with feed, kit and comfort. Communicate clearly!

6 IMPORTANT TO KNOW



SEASICKNESS

Common on Channel boats. Take advice and medicine in advance. Don't try anything new on swim day.



If too seasick before swimming, the team may continue without you. Once removed from the rotation, you cannot rejoin.



If you have already swum and become seasick, you must continue in the rotation unless unsafe to swim.



OBSERVER

The CS&PF observer records the swim. They do not coach or advise on kit or rules.



SAFETY IS OUR HIGHEST PRIORITY

Follow the crew's instructions at all times. Look after yourself, look after each other, and look after our ocean.



WHY WE SWIM

Every stroke you take helps SwimTayka prevent drowning and teach water safety to children around the world.



THANK YOU

Your dedication, training and courage make a real difference. You are part of something truly special.

BE PREPARED. SWIM SAFE. SAVE LIVES.



swimtayka.org