

SWIM TAYKA

SwimTayka Swimmer Handbook

Relay Crossing of the English Channel

More than a swim, it's a journey.



Welcome to Your English Channel Journey

Dear Swimmer,

Congratulations and welcome to one of the most incredible, humbling, and empowering adventures you'll ever undertake.

Crossing the English Channel is more than just a swim – it's a test of resilience, unity, and purpose. You're joining a global community of swimmers who have dared to face one of nature's great challenges and come out stronger. But you're not doing it alone. You are part of a team, supported by a passionate group of volunteers, coaches, and supporters who believe in you every step of the way.

Every splash in cold water, every early morning training session, and every pound raised is a step towards something much bigger than yourself. You're not just swimming for glory – you're swimming to give children in need access to water safety and drowning prevention. That makes every stroke even more meaningful.

There will be tough days. There will be uncertainty, sore muscles, and doubts. But there will also be joy, laughter, new friendships, and unforgettable moments of achievement. When you touch that French shore, it will be because **you committed, you prepared, and you believed** – in yourself, your team, your training, and your "why."

Let this handbook be your guide. Let your heart be your engine. And let your teammates be your anchor.

We believe in you. The Channel is waiting.

SwimTayka was founded in 2017, which was inspired by the need to prevent drowning and teach children vital water safety skills. Since then, our UK-registered charity has delivered free swimming and water safety education in Peru, Brazil, Jamaica, and Indonesia and many other locations around the world..

Every pound raised through the Channel Relay directly supports these community programmes – providing life-saving lessons, drowning prevention education, and hope to children who live beside the water but often fear it.

You are part of that story. Every stroke you take fuels another child's confidence and safety in the water.

Let's make waves – together.

With admiration,

The SwimTayka Team

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Welcome

Welcome to the SwimTayka Channel Relay Programme. You're joining a unique family of swimmers committed not just to endurance and adventure, but to bringing clean water education to children around the world.

This handbook will be your go-to guide throughout your journey – read it, refer to it, and ask if anything remains unclear.

Programme Overview

- **Goal:** Successfully complete a Channel relay as a team.
- **Dates:** Swims are scheduled between June–October, exact windows depend on tides and weather.
- **Teams:** 4–6 swimmers per team, 1 swim hour at a time, rotating continuously until the finish.

The **SwimTayka English Channel Relay Programme** is an extraordinary challenge and a meaningful mission combined. Each year, a team of everyday people – bonded by grit and purpose – cross one of the world's busiest and most iconic waterways to raise funds for SwimTayka's life-saving programmes around the world.

This isn't just about swimming. It's about transformation, teamwork, and purpose.

What's Involved?

- **The Challenge:**
A relay crossing of the English Channel – a 21+ mile swim (often longer due to tides), completed in rotation by 4 to 6 swimmers per team. Each swimmer swims for 1 hour at a time, cycling through until the team reaches France.
- **The Cause:**
Every swimmer raises funds to fund SwimTayka's water safety and drowning prevention programmes for children in communities where access to clean, safe water education is limited or non-existent.
- **The Timeframe:**
The programme runs from **October of one year through to October of the next**, including training, qualifying swims, and the Channel swim window itself.
- **The Team Spirit:**
You will be placed into a relay team with shared goals and complementary strengths. Team Captains lead communication, while our core team supports your growth and success.

- **The Expectation:**

This is a year-long commitment. You'll need to:

- Train regularly (both pool and open water).
- Raise a minimum of **£1,750, setting your target to £2,000** for the charity.
- Complete a qualifying swim in water under 16°C.
- Travel to Dover when your team is called to swim.
- Communicate actively and support your teammates.

Is this for me?

You don't have to be a professional athlete – just committed, coachable, and passionate. Whether this is your first major open water swim or your tenth, this programme is designed to bring out the best in you.

Together, we turn personal challenges into global impact.

SwimTayka Code of Conduct – R.I.C.E.

SwimTayka lives by these four principles:

- **Respect:** Everyone's journey and effort.
- **Integrity:** Honest engagement and communication.
- **Communication:** Ask, clarify, respond.
- **Excellence:** Be your best, uplift others.

Key Contacts & Team Roles

This swim is a team effort – and that includes the people behind the scenes who help guide, support, and communicate with you throughout the journey. Knowing **who to contact for what** can save time, reduce stress, and keep everything moving smoothly.

Role	Name	Contact	Notes
Programme Lead	Bryan	bryan@swimtayka.org	Oversees entire programme
Fundraising & Operations Manager	Ash	ash@swimtayka.org	Admin, forms, fundraising
Team Manager	Scotty	scotty@swimtayka.org	Wellbeing, support
Your Team Captain	See the Portal		First contact for questions
Safeguarding	Neil	Neil Rushton	For any safeguarding, welfare, or conduct concerns,

All swimmers represent SwimTayka publicly and should follow the same safeguarding standards as our volunteers and educators.

Bryan Avery – Programme Lead

Bryan is the visionary behind SwimTayka's Channel Relay Programme and your main contact for all matters related to the swim logistics, team coordination, and overall programme planning. He's passionate about open water swimming and deeply committed to ensuring your experience is meaningful and successful.

Main responsibilities:

- Oversees all swim operations and logistics
- Liaises with the Channel Swimming & Piloting Federation (CS&PF)
- Manages pilot boat bookings and observer coordination
- Hosts webinars and provides strategic updates
- Creates training and team resources

Contact Bryan if:

- You have questions about your boat, team, or swimming slot
- You need help with swim logistics or scheduling
- You're unsure about qualifying swims or team preparation
- You'd like to escalate an issue that your captain can't resolve

Ash – Fundraising & Operations Manager

Ash is the engine behind much of the programme's communication and admin. Ash also support swimmers with fundraising tools, registration processes, and portal access. While Ash is the only paid member of the team, they are fueled by passion and make sure no swimmer feels lost in the process.

Main responsibilities:

- Sends scheduled email reminders and updates
- Supports swimmer registration and onboarding
- Coordinates forms, JustGiving pages, and portal access
- Monitors team fundraising progress
- Ensures data and communications are on track

Contact Ash if:

- You haven't received any important email or link
- You're stuck on JustGiving or need fundraising advice
- You're missing a form or unsure what to submit
- You need login help for the portal or missed a webinar
- You're unsure which messages apply to you

Scotty – Team Manager & Swimmer Support

Scotty is your pastoral lead – the go-to for emotional support, encouragement, and conflict resolution. He's deeply experienced in working with teams under pressure and will help you find your feet when things get overwhelming.

Main responsibilities:

- Supports swimmers during training weekends and swim week
- Offers emotional and motivational guidance
- Helps with team morale and cohesion
- Assists captains in managing group dynamics
- Provides practical support before, during, and after the swim

Contact Scotty if:

- You're feeling anxious, demotivated, or isolated
- There's tension or miscommunication in your team
- You need encouragement or a boost in confidence
- You're unsure where to turn for help
- You want to reflect after your swim and share feedback

Your Team Captain – *Swimmer Liaison & Logistics Buddy*

Each team will have a designated **Team Captain** – a swimmer like you who takes on a leadership role to help keep the group organised, motivated, and informed.

Captain responsibilities:

- Shares webinar notes with the team
- Coordinates team meetings and logistics
- Collects and raises questions on behalf of the group
- Keeps an eye on deadlines and commitments
- Supports team morale and accountability

Contact your captain for:

- Clarifications after webinars
- Team-specific travel or accommodation plans

- Swim order or training updates
- Any general questions before escalating to the core team

Communication Protocol

Channel	Purpose
WhatsApp (Team)	Daily chats, motivation, reminders
WhatsApp (Announcements)	Admin updates – do not reply
Email	Formal updates, documents, deadlines
Portal	Central hub for documents, training plans, team info
Webinars	Monthly sessions, required attendance or team rep present

Timeline & Milestones

Date	Milestone
Sept–Dec	Sign-up & JustGiving page established
Jan–Mar	Cold water acclimatisation & medical checks
April–June	Training intensifies, long swims
May–June	Qualifying swim completed (1.5 hrs in, 1hr out and 1 hr in open water under 16°C)
June–Sept	Swim windows commence
Nov	Swim ratification confirmed by CS&PF, Gala Dinner

This journey spans a full year – and every phase plays a vital role in your readiness, safety, and success but rest assured, we will be there every step of the way to help you through. Below is your month-by-month guide to what's coming, what's expected, and when to act.

September – December: Registration & Foundations

- Confirm your place and pay deposit
- Participate in your 1-to-1 onboarding chat with a programme lead

- Set up your JustGiving fundraising page
- Start attending monthly webinars (live or via team rep)
- Begin cold-water acclimatisation (short dips)

January – March: Training Kicks Off

- Cold water swimming becomes regular (aim for 1–2 open water sessions per week)
- Submit Membership Application, Medical Assessment, and Assessment Swim Form
- Increase pool training to build endurance and pace
- Attend webinars focused on:
 - Cold water safety
 - Channel nutrition and fuelling
 - Building a training plan
- Receive welcome pack and training resources
- Ensure all forms are submitted and updated

April – June: Qualification & Key Training

- Complete your qualifying swim (open water, under 16°C)
- Attend team training weekend in Dover (May)
- Optional pilot boat familiarisation sessions (Dover)
- Webinars cover:
 - Swim order and rotation
 - Team dynamics
 - What to expect on the day
- Team captains confirm availability, travel plans and logistics
- Fundraising checkpoint: Aim to be at least 75% of target

June – October: Swim Window

- Full fundraising target raised 60 days before your swim.
- In Dover waiting for your call
- Your team captain receive a call confirming the go/no-go depending on weather ("Dover Coaster")
- Ensure you're packed and ready with all swim gear, nutrition, and documentation
- Swim rotation begins – 1-hour swims until the relay reaches France
- Celebrate with your team and share your story
- Team photos and feedback collected

October – November: Wrap-Up

- Submit post-swim feedback and reflections
- Await CS&PF swim ratification certificate
- Join final wrap-up session to reflect and share lessons
- Celebrate your fundraising success – impact report released
- Gala Dinner (end of November)
- Consider mentoring future teams or sharing your story at webinars

Key Reminders

- Keep your calendar flexible around your swim window – weather can delay or advance swim days.
- Stay in close contact with your Team Captain and WhatsApp updates as your swim week approaches.
- Prepare to train in a variety of conditions – sun, wind, rain, and cold, and swim in the sea as much as possible.
- Communication is key – if you're unsure, just ask.

Training Expectations

This is not just training for a swim. This is training for a moment that will stay with you for life.

Crossing the English Channel – even in a relay – is a physical and emotional challenge that demands your commitment, your resilience, and your belief in the power of purpose. You don't need to be an elite swimmer to take this on. But you do need to show up – again and again – ready to push past comfort and grow stronger with every stroke.

Your teammates are doing the same. And your effort matters more than you know.

Your Commitment: Show Up With Purpose

This programme isn't about perfection. It's about progress.

You are expected to:

- Train consistently over the next 12 months
- Adapt your body to handle the cold
- Learn to swim smart, fuel well, and recover like a pro
- Support your team – in and out of the water

It's not about being the strongest or the fastest. It's about being dependable – someone your team can trust in the water, no matter the conditions.

Here is the revised **Pre-Swim Risk Assessment** section without icons, formatted for easy inclusion in handbooks or safety documents:

Pre-Swim Risk Assessment for Open Water Training

Before every open water swim—especially cold water training or qualifying swims—it's essential to conduct a basic risk assessment. This ensures you are making safe, informed decisions and minimising risk to yourself and others.

This checklist should become part of your swim routine.

Step 1: Know Yourself

- Are you healthy today? (No illness, dizziness, fatigue)
- Are you well-fuelled and hydrated?

- Do you feel mentally prepared and confident to swim?

If any of these are questionable, reconsider or modify your swim.

Step 2: Assess the Environment

- Water Temperature: Use a thermometer. Is it below 16°C? Adjust your swim duration and recovery plans accordingly.
- Weather Conditions:
 - Wind speed and direction
 - Rain or storms forecast
 - Air temperature (pre- and post-swim)
- Water Conditions:
 - Currents, tides, or swell
 - Water clarity – visibility of hazards
 - Entry and exit points – safe and accessible

Step 3: Plan Your Swim

- What is your swim route and how long will it take?
- Where are your planned entry and emergency exit points?
- What is your turn-back or abort plan?
- Are you wearing appropriate safety gear (bright swim cap, tow float, whistle)?

Step 4: Ensure Support Is in Place

- Are you swimming with a buddy or spotter?
- Does someone on land know your location and expected finish time?
- Is your observer briefed and ready (for qualifying swims)?
- Do you have access to emergency contacts?

Step 5: Post-Swim Readiness

- Do you have:
 - Warm clothing (layers, hat, socks)
 - A hot drink and snack
 - A towel or dryrobe
- Are you prepared to warm up gradually after your swim?
- Do you understand the signs of cold water shock or afterdrop and how to manage them?

Optional Swim Risk Checklist

- ☐ I checked today's weather and water conditions.
- ☐ I confirmed the water temperature: ____ °C.
- ☐ I planned my swim route and emergency exit options.
- ☐ I briefed my swim buddy or observer.
- ☐ I have warm clothes and recovery fuel ready.
- ☐ Someone knows my location and estimated finish time.

Important: If anything feels unsafe or uncertain, adjust your swim or postpone it. Safety comes first—always.

Suggested Weekly Routine

October to March – Build the Foundation

- 2–3 pool swims per week
- 1 cold-water dip or short swim per week to begin acclimatisation
- Strength or mobility work (e.g., yoga, pilates, core) once a week
- Track your progress and celebrate consistency over speed

April to June – Step It Up

- At least 1–2 open water swims per week (45–90 mins)
- Practice feeding, gear testing, and recovery
- Qualifying swim: 2 hours in water under 16°C – you will earn this
- Attend the Dover training weekend in May – it's a turning point

June to Swim Window – Ready for the Challenge

- 2 open water swims a week – one long, one short
- Practice relay-style sessions (e.g. swim/rest/swim)
- Swim in all weathers. Conditions won't be perfect on the day.
- Mentally rehearse your swim. Visualise success. Know you belong.

Cold Water Mastery

The Channel doesn't care how fast you are – but it *will* test how you cope with the cold.

You will need to:

- Train your body to swim for 2 hours in sub-16°C water
- Understand cold shock, shivering, and how to warm up safely
- Stay smart – never swim alone, and always listen to your body
- Build mental strength: cold water is as much mindset as muscle

Every shivery, exhilarating, cold-water swim brings you one step closer to France.

You're Not Alone – Team Matters

- Attend a minimum of one team training weekend (Dover in May or June)
- Complete your qualifying swim as part of your commitment
- Communicate openly with your team captain and group
- Check in with each other. Motivate. Celebrate. Carry each other through.

This journey is shared. The strength of your team will get you through the toughest hours.

Go Further if You Can

- Sign up for open water events or races
- Get coaching support if available to you
- Keep a swim log to track and reflect
- Share your highs and lows – vulnerability builds trust

Final Word: Trust the Process

The sea doesn't ask for perfection. It asks for courage, preparation, and respect.

Every metre you swim is a promise – to your team, to the children you're supporting, and to the version of you that dared to say **yes** to this. There will be days when training feels hard. But there will be a day when you stand on the deck, look across the Channel, and know in your bones: *You are ready*.

You're not just training for a swim. You're training for greatness.

Medical & Safety

Safety is our number one priority.

Swimming the English Channel, especially in open water and cold conditions, carries inherent risks. That's why we put robust safety measures in place – and why every swimmer must take personal responsibility for their health and wellbeing throughout the journey.

This section outlines everything you need to know to stay safe, protect others, and meet your medical obligations as part of this programme.

Medical Assessment – Mandatory (From January Onwards)

*Every swimmer must complete a **Medical Assessment Form**, signed by a qualified doctor, before participating in official SwimTayka training swims or Channel relay events.*

Important:

- *Medical assessments **must not be completed before January***
- *Forms submitted earlier than January will not be accepted*
- *This ensures your health is assessed as close as possible to the event*

You are encouraged to complete your assessment with **your own GP or personal doctor**. If that is not possible, SwimTayka can provide a list of approved doctors who are familiar with the form and its requirements.

You must:

- Download the official **Medical Assessment Form** from the portal
- Schedule your appointment no earlier than January
- Submit your completed form to the CS&PF (office@cspf.co.uk) team by the stated deadline

This is a safety requirement, not a box-ticking exercise. It's about protecting you, your team, and everyone supporting this challenge.

Assessment Swim – Safety Check

You are also required to complete a **Safety Assessment Swim**, where a trained observer will verify that you are:

- Comfortable in open water
- Able to manage cold conditions
- Aware of swim signals and basic safety protocol

This session ensures that all swimmers meet the baseline for safe participation and gives you a chance to familiarise yourself with the conditions you'll be facing later in the year.

Qualifying Swim – Open Water Endurance

A successful qualifying swim is essential for your Channel attempt to be ratified. This swim must be:

- **First Swim** – Swim for at least 1.5 hours in water that is 16°C (61°F) or less.
- **Rest Break** – Exit the water for a minimum of 1 hour and a maximum of 1.5 hours.
- **Second Swim** – Re-enter and swim for 1 hour in the same temperature conditions.
- In water 16°C or colder
- Observed and documented

- Completed **no more than 18 months** before your swim window

To validate a qualifying swim for a Channel relay, the **Channel Swimming & Piloting Federation (CS&PF)** requires that it be observed by a competent and impartial individual. This person must confirm that the swim was conducted in accordance with the rules, particularly regarding water temperature, swim duration, rest periods, and prohibited equipment.

This is a key milestone – both a test and a confidence builder.

Here's a section you can include in your handbook to explain the **contingency plan** if a swimmer fails their qualifying swim:

Contingency Plan – If You Do Not Complete Your Qualifying Swim

Completing the qualifying swim is a **mandatory requirement** for participating in the English Channel relay under CS&PF rules. However, we understand that not everyone will pass on the first attempt due to cold conditions, fatigue, or health concerns.

This section outlines what happens if you are unable to complete your qualifying swim successfully.

What Counts as a Failed Qualifying Swim?

- Not completing the required **1.5 hour swim / 1-hour rest / 1 hour swim** structure
- Water temperature is **above 16°C**
- Wearing unauthorised equipment (e.g. wetsuit, fins, wrong swim hat)
- Observer form is incomplete or incorrectly documented
- Swimmer is unable to remain in the water due to cold, injury, or distress

If You Do Not Pass

If your qualifying swim is unsuccessful:

1. **Do not panic or be discouraged.**
Many swimmers struggle on their first attempt. This is not unusual.
2. **Inform SwimTayka immediately.**
Contact your Team Captain or the programme lead (Bryan) as soon as

possible.

3. **Schedule a second attempt.**

Provided there is time within the season, you will be supported to arrange another qualifying swim.

4. **Review what went wrong.**

We'll help you assess what needs improvement—whether it's pacing, fuelling, cold acclimatisation, or kit setup.

5. **Continue training and acclimatising.**

Focus on addressing any limiting factors and increasing your open water resilience.

Time Constraints

All qualifying swims must be **completed and submitted by 31 July** or **no later than 14 days before your swim tide**, whichever is earlier.

If you do not pass in time:

- **You may be asked to step down** from the relay team for safety reasons.
- This decision is made with your health, your teammates' safety, and the integrity of the swim in mind.

Rebooking Policy

- **Medical clearance** and a successful qualifying swim are non-negotiable. If not achieved in time, you may be offered the opportunity to defer your place to the following year, subject to availability and a new assessment.

Support Available

- Advice and coaching support to help you prepare for a second attempt
- Help finding appropriate swim locations and observers
- Emotional and motivational support from the SwimTayka team

Bottom Line: Failing your first qualifying swim does not mean the end of your Channel journey—but action must be taken quickly to stay on track. We're here to support you, but safety will always come first.

Open Water Safety Expectations

Whenever you swim in open water – whether training or racing – follow these essential safety rules:

- Never swim alone. Always have a swim buddy or spotter.
- Know the local conditions – tides, water temperature, entry and exit points.
- Wear a brightly coloured swim cap and use a tow float when required.
- Exit the water immediately if you feel disoriented, numb, or extremely cold.
- Hydrate before and after every swim.
- Use sunscreen and anti-chafe cream as needed.

Your safety is your responsibility – don't take unnecessary risks.

On the Boat – Swim Day Safety

On the day of your swim, safety is coordinated between the pilot, your observer, your team captain, and the SwimTayka team. You will be briefed fully before boarding, but here are a few things to remember:

- Only one swimmer is allowed in the water at a time
- You must swim beside the boat, never ahead or behind
- Touching the boat or another swimmer results in disqualification
- Listen to the pilot and observer at all times – their word is final for safety decisions
- Prepare for night swimming: glow sticks, lights, and warm clothing are essential

If you're injured or ill, tell someone immediately. Your wellbeing comes first – always.

Emergency Procedures

In the rare event of an emergency:

- The pilot and observer take immediate control
- Lifesaving equipment is on board

- Emergency services can be contacted by VHF radio at any time
- Team members will be briefed on recovery procedures, first aid, and contact protocols

All swimmers are encouraged to learn basic first aid and cold-water shock response.

Fundraising

Fundraising Goal & Timeline

Each swimmer commits to raising a minimum of £1,750, due 60 days before your swim window. This target includes a contribution toward your boat costs and funds for SwimTayka's global drowning-prevention programmes.

Your fundraising journey is part of the adventure:

- **Month 1:** 10% of target (£175) – Launch your JustGiving page and share your story.
- **Month 6:** 50% (£875) – Host a community or workplace fundraiser.
- **60 days before your swim:** 100% (£1,750) – Final push before your swim.

You'll find tools, videos, and templates in the SwimTayka Portal and Fundraising Pack to help every step of the way.

- Minimum fundraising target: **£1,750 per swimmer, target £2,000.**
- Set up a **JustGiving page** after registering:
<https://www.justgiving.com/campaign/englishchannel2026>
- Use fundraising templates, videos and tips provided in our Portal.
- All proceeds support **SwimTayka's water safety programmes** for children worldwide.

Swim Day Logistics

- Swim order is set just before departure (unless strategic changes are required).
- Arrive in Dover **24 hours before** your expected slot.
- Bring: passport, warm layers, nutrition, swim gear, and patience!
- Swims can last **12–20+ hours**, weather permitting.

The Dover Coaster Explained

Conditions in the Channel can change rapidly. You may:

- Be called at the last minute.
- Be delayed by several days.
- Be rescheduled to a different week.

Be flexible, calm, and ready. This is part of the challenge and the charm.

Emergency Protocol Contact Details

In the event of an emergency during your swim week—whether on land or at sea—the following contacts and procedures apply.

On the Boat (During the Swim)

- **Pilot in Command:** The pilot has full authority over the vessel and swim. All safety decisions made by the pilot are final.
- **Official CS&PF Observer:** Acts as the impartial record-keeper and supports the pilot in enforcing safety rules.
- **Emergency Services Contact:**
 - **VHF Marine Radio Channel 16** – For contacting UK Coastguard
 - **Lifeboat Services** are on standby via Dover Coastguard in case of medical evacuation or emergency.

On Land (Team & Support Contact)

- **SwimTayka Emergency Contact (Land-Based)**
 - **Bryan Avery** (Programme Lead)
- **Team Manager – Scotty (Swimmer Support)**
 - **Use if:** Emotional distress, team conflict, wellbeing concerns

Please ensure you:

- Save these numbers in your phone in advance.
- Share your personal emergency contact with your team and Team Captain before arrival.
- Have a printed copy of these details with your swim documentation.

Injury or Illness Protocol – Before Your Swim

Preparing for an English Channel relay requires sustained training and careful health management. If you experience an injury or illness in the lead-up to your swim, it is essential that you act quickly and responsibly—for your own safety and that of your team.

Step 1: Notify the Team

If you are injured, unwell, or managing a condition that may impact your swim:

- **Immediately inform your Team Captain and contact Bryan** (Programme Lead).
- Provide clear details of your condition, how it happened, and any medical advice received.

Step 2: Seek Medical Advice

- Visit your **GP or medical provider** as soon as possible.
- Ask whether you are fit to continue training or participate in the swim.
- If advised not to swim, you must inform SwimTayka in writing and include a medical note if available.

Step 3: Adjust Training (If Applicable)

If your condition is minor and you are cleared to continue:

- Modify your training to allow for recovery.
- Keep the SwimTayka team informed of your progress.
- Consider physiotherapy or sports rehabilitation if needed.

Step 4: Reassessment Before Swim

If your injury or illness occurs close to your swim window:

- You may be **required to provide updated medical clearance** confirming that you are fit to swim.
- A new **Medical Assessment Form** may be requested if the original is outdated or no longer valid due to your condition.

If You Are Unable to Swim

- You may be asked to **step down from your team** if your participation would compromise your safety or the team's ability to complete the crossing.
- SwimTayka will make every effort to find a replacement swimmer if there is time.
- You may be offered the option to **defer your place to the next year's relay**, subject to availability and confirmation of fitness at that time.

Important Notes

- Do **not attempt to swim through illness or injury**. Doing so increases risk and could jeopardise the entire team's effort.
- Team members rely on one another to be physically and mentally fit on the day of the swim.
- SwimTayka's decision, based on medical guidance, is final and will prioritise safety above all.

Final Note

By joining this programme, you've taken on an extraordinary challenge – but you've also joined a community that looks out for each other. Never hesitate to ask for help, voice a concern, or slow down when your body tells you to.

Train smart. Swim safe. And trust that you are backed by a team who puts your health first.

FAQs

Q: What happens if I can't make my swim slot?

A: We will try to accommodate, but team commitment is essential.

Q: Can I change teams?

A: Possible only under exceptional circumstances, but not recommended.

Q: Is food provided?

A: you bring your own.

Resources

- CS&PF Rules – <https://cspf.co.uk/cs-and-pf-rules>
- Fundraising Pack – <https://swimtayka.org/wp-content/uploads/Fundraising-Pack.pdf>
- PodCasts – <https://creators.spotify.com/pod/profile/swimtayka/>
- Your Team Portal – <https://www.swimtofrance.org/portal>
- Email: info@swimtayka.org

For full and more detailed information on the English Channel you can also purchase the '[Conquering the English Channel: Your Journey to Greatness Begins Now!](#)'