



The Rotary Club of Polmont



Swimarathon 2018

GUIDANCE FOR SWIMMERS

Beforehand

· Please ensure that you get a sponsor form from your team captain and try and get as many relatives, colleagues and friends to sponsor you for the swim. If they are a taxpayer please make sure they tick the gift aid box and include their name and postcode.

On the Day

- Please arrive at least 30 minutes before your allocated swim time and report to the Swimarathon reception
- Please register your arrival at the reception desk and hand in any sponsor forms and any sponsor donations you may have received already. (The sponsor forms will be returned to you before you leave the Centre.) You will be assigned a swimming lane and invited to pose for a team photo.
- After changing into your swimwear and getting together as a team please follow the stewards' instructions for your team photograph. (Please do not enter the water before your team photograph has been taken.)
- Once the previous team has left your lane of the pool your team should prepare to start your swim.
- The formal start time of your swim is on the hour. You are free to swim in any style you like any time during the 55 minutes that your team is allocated. Swimming in a relay, you may position team members at either end of your lane. Only one member of a team should be in the water at any one time. Lane stewards will record the total number of lengths completed by your team. At five minutes to the hour the air horn will sound again marking the end of your team's swim.
- Each lane has a steward. If you have any last minute questions please ask him / her.
- Members of the public are **NOT** allowed to stand on the pool surround to take photographs.

After your swim

- After the swim please get changed and follow directions to collect your endorsed sponsor form.
- Please use your sponsor form to collect all your remaining sponsor money. All the outstanding sponsorship must be collected and handed in to your team captain who will pass it to the Rotary Club of Polmont by **31st March 2018** deadline.
- Your team captain is your link with the Rotary Club of Polmont for the handing in of sponsorship money. If in doubt, contact your team captain or Rotarian James Morris on 07802 616227 or by

Email: admin@swimarathon.co.uk

Website: www.swimarathon.co.uk

THANK YOU!!

Rotary Club of Polmont Benevolent Fund — Registered Charity No. SC042733 Web: www.swimarathon.co.uk

