



Northampton Rotary Club, Nene Valley Rotary Club, Northampton Beckett Rotary Club & Northampton West Rotary Club
 Information for teams wishing to take part in the Swimathon at
 The Chris Moody Centre Moulton College, Gate 4, Pitsford Road, Moulton,
 Northampton NN3 7QL
 Saturday 12th March 2016.

Thank you for indicating that you would like to enter a team or teams into the 2016 Rotary Swimathon. Each team should comprise up to 6 swimmers

- The purpose of the Swimathon is to engage the local community with Rotary in a fundraising event that is fun for those taking part and has the potential to raise money, both for the team’s chosen charity or organisation and Rotary charities, local and national.
- Sponsorship forms will be provided following receipt of entry forms and allocation of swim times.
- A copy of the Rotary Club’s Swimathon Policies (covering data protection, child protection, business sponsorship, sponsorship of swimmers and public liability) are on the Swimathon website or from Rotarian John Roy, tel. 01604 246751

The process for teams wishing to enter





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GUIDANCE FOR Swimmers taking part in the Swimathon

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 make sure they tick the gift aid box and include their name and postcode. There is a 'Just Giving' site for online sponsorship

On the Day

- Please arrive at least 40 minutes before your allocated swim time and report to the Swimathon reception
- Please register your arrival at the reception desk and hand in 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 that can feature on the certificate you will receive after your swim.
- 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 will be free to enter the pool and get acclimatized to the water before your swim.
- The formal start time of your swim is on the hour when the air horn will sound. 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 swimming at any one time but stronger swimmers in your team may swim more lengths than less strong swimmers. Lane stewards will record the total number of lanes 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 take photographs in the pool area.

After your swim

- After the swim please get changed and follow directions to collect your team photo certificate and 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 *The Rotary Clubs of Northampton Charitable Trusts Fund* by the Friday 8th April 2016 deadline.
- Your team captain is your link with the Northampton Rotary Clubs for the handing in of sponsorship money. If in doubt, contact your team captain or Rotarian Richard Arnold tel 01536 791921