

Section A - To be completed by the swimmer

Swimmer Details

Full Name:	
DOB:	Nationality:

LGSA Swim

LGSA Swim (please tick): SOLO <input type="checkbox"/> RELAY <input type="checkbox"/>
Relay Name (if applicable):
Swim Window (start/end date):

Recognised Swim Event

Please indicate if you wish the LGSA to consider a recognised swim event in place of your own, observed, Self-Assessment Swim.
Recognised Swim (please tick): Yes <input type="checkbox"/> No <input type="checkbox"/>
If yes, please provide below the name, date and details (including but not limited to water temperature, time(s) in and out of the water, fresh or salt water, etc), of the recognised swim event which you wish the LGSA to consider in place of your own, observed, Self-Assessment Swim.

Self-Assessment - First Swim

Date:	Location:		
Time In:	Time Out:	Duration:	Distance:
Water Type: FRESH WATER <input type="checkbox"/> SEA WATER <input type="checkbox"/>	Water Temp:		

Self-Assessment - Second Swim

Date:	Location:		
Time In:	Time Out:	Duration:	Distance:
Water Type: FRESH WATER <input type="checkbox"/> SEA WATER <input type="checkbox"/>	Water Temp:		

Swimmer Signature

Full name:	
Date:	Signature:
Parent/Gardian (if Under 18):	
Date:	Signature:

Observer Details

Full name:
Address:
Email:
Phone:
Club/Association and position:

Observer signature

I certify that I observed the entire swim and that the information provided is true and not misleading.

Observer Name:	
Date:	Signature:



LGSA Self-Assessment Swim

Notes

- Please read the current LGSA information and rules on www.lakegenevaswimmingassociation.com before completing this form.
- Upon completion please upload a scan of this form on your swimmer portal.
- This form must be received by the LGSA no later than 14 days before the start of your swim window for your attempt, failing which your application will be invalid, unless confirmed in writing by the LGSA in its discretion. This form is not for use for any other purpose.
- It is the responsibility of all swimmers to consider and assess their swimming aptitude, ability and fitness in the context of an attempt to swim Lake Geneva/Lac Léman as part of a relay team or as a solo crossing (as applicable) under the auspices of the LGSA. It is the responsibility of all swimmers to research and assess the risks presented by the range of possible conditions which may be faced as part of that attempt.
- This Self-Assessment Swim form is to help provide the LGSA and your skippers and lifeguards with evidence that each applicant has carried out that self-assessment.
- The form must be used to provide details and evidence (e.g. by attaching relevant documentary proof) that you have satisfactorily completed a required swim, as follows:
 - For a solo attempt:** Two swims over two consecutive days, the first swim lasting 10 hours (e.g. on Saturday) and the second swim lasting 7 hours (e.g. on Sunday) and in water 17°C/62°F or less (or proof of completion in a recognised event for a period considered by the LGSA to be an acceptable alternative), without exiting the water, wearing no clothing or aids to enhance heat-retention, buoyancy or speed and conducted at any time up to 18 months before the start of the swim window which you have booked.
 - For a relay attempt:** Two swims of two hours each completed on the same day in water 17°C/62°F or less (or proof of completion in a recognised event for a period considered by the LGSA to be an acceptable alternative), without exiting the water, wearing no clothing or aids to enhance heat-retention, buoyancy or speed and conducted at any time up to 18 months before the start of the swim window which you have booked.
- These swims are short compared to your Lake Geneva/Lac Léman swim attempt and should not be treated as training swims. Your training should include regular swims of longer durations.
- Relay team leaders: It is your responsibility to assess your and your team's ability and make everyone aware that they are responsible for their own actions and the care of the other team members. Please note that the team leader is responsible for submitting certificates for all team members in the same email and applicants understand and accept that failure to submit the forms together may cause your application to become invalid unless ruled otherwise by the LGSA (in its sole discretion).
- You acknowledge and accept that the completion of a required Self-Assessment Swim, as described in this form, in no way implies any representation by the LGSA that you have completed sufficient training or that it's appropriate for you to make such an attempt.