



The King's Swimmers Ltd
 Sunrays
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Application for Dover / Deal / Kingsdown Swim Training

Dates :	Saturday 6 th June to Friday 12 th June 2026
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Personal Details

Name			
Nationality		Passport No	
Address			
Town / City		Postcode	
County / State		Country	
Date of Birth		Occupation	
Contact Phone(s)			
Email			
Emergency / Land Based Contact Name		Emergency Number	

Swim Details

Brief Swim History	
What is your Ultimate Aim for 2025	

Payment Details

- Payments must be in £ sterling either in Cash or Bank transfers
- Cheques and Bankers Drafts Payable to The King's Swimmers Ltd
- Bank Transfers to 60 09 10 IBAN GB59NWBK60091072021233
71957170 BIC NWBKGB2L
The King's Swimmers Ltd

Total Cost £400.00. **£150 deposit required when booking**

Please tick Method of Payment Cheque. ☐ Cash. ☐ Bank Transfer ☐

T Shirt Size	S 35/37	M 38/40	L 41/43	XL 44/46	2XL 47/49	3XL 50/52	4XL 53/55	5XL 56/58

Your Commitment

- I, the undersigned participant, intending to be legally bound hereby certify that I consider I am physically and mentally fit to undertake this Swim training and have not been informed otherwise by a Medical Practitioner.
- I will advise The King's Swimmers Ltd of any changes in my medical condition that arise prior to the Swim training.
- I shall provide a Medical self-declaration form or a copy of a current CS&PF or CSA Medical.
- I acknowledge and understand that taking part in this swim training can be considered an extreme sport. I am aware of the inherent risks associated with Open Water swimming, including permanent disability or death. I agree to accept and assume all those risks. I hereby waive any and all rights, to the fullest extent permitted by applicable law, to claim for loss or damages against The King's Swimmers Ltd and / or anybody affiliated thereto and any of The King's Swimmers Ltd staff supervising
- I undertake to provide appropriate insurance or self-indemnify prior to any swim training and shall swim at my own risk.
- On this occasion no safety boat cover shall be provided by The Kings Swimmers Ltd
- It is solely incumbent on me to continually assess and appropriately respond to the ongoing risks to the health or safety of me (the swimmer) during and after swimming or other training at Dover Harbour or Kingsdown and at all times to act responsibly when open water swimming with The Kings Swimmers Ltd.

Personal Preparation

Swimming Hats

Swimming Hats are mandatory both for identification and for heat retention. They need to be brightly coloured and strictly no blacks or navy blue in colour are to be worn.

We can provide either a Fluorescent Green or Fluorescent Orange one at a cost of £5 each, please only wear one hat in accordance with CS&PF / CSA / BLDSA regs.

Goggles

Ideally you need to have a spare pair with you in case one becomes dislodged or lost. It is always a good idea to wear the ones you plan to do your big swim in.

Sun Cream

Regardless of what the weather is like it is recommended that you wear a protective barrier to protect yourself from the possibility of sunburn

Drugs and Alcohol Policy

No drugs other than prescribed medication-zero tolerance!

Please ensure you inform the Coaches if you are on any form of medication. If you have an inhaler that you may need access to ensure that the Coaches know where to find it.

If to your knowledge you have an allergic reaction to Jelly Fish please let the Coaches know.

Alcohol in moderation only, please.

We want your experience be an enjoyable one but please don't drink in excess; if we feel you are under the influence of alcohol we will not let you swim.

Valuables

We operate on public beaches so please avoid bringing any valuables with you.

Swimming Safely

If you Swim with Others

One of the golden rules of Open water swimming is never swim alone, however in these unprecedented of times we are faced with the Coronavirus and Covid 19 where the 2 metre rule is essential. There may be an occasion that both swim Coaches are on the beach with one swimmer each and that both swimmers are of a similar speed and find themselves side by side, it is essential that even in the water you maintain a safe 2 metre distance.

When to Get Out

Safety is paramount and the decision of the Coach is final and not open to negotiation. There may be an occasion that the weather suddenly deteriorates, this could be mist, a storm, thunder / lightening or even unexpected boat traffic. If this happens the coach will use a whistle to attract your attention and ask you to leave the water.

It will be one long blast on the whistle.

If the visibility suddenly deteriorates, stop get your bearings, stay as close to the shoreline as possible and swim back (if safe to do so) to your entry point.

If you feel unwell or something 'spooks' you, take a breath and in the case of feeling unwell swim back to the start point (if safe to do so), attract the attention of your Coach or get out onto the beach closest to you. If something spooks you ask yourself 'what has spooked you', is it something you might encounter on future swims, can I talk myself in swimming through this moment of doubt?

The safest choice to exit is ideally your start point, if you decide to exit at another point consider that you will start to get colder until you have access to your clothing.

Feeding

Will be by means of a drinks bottle containing flavoured CNP, this will be thrown to the swimmer and on a line, please maintain the safe 2m distance.

Greasing Up

We shall provide you with a latex glove, please grease yourself, being careful not to get grease on your goggles, Remove your glove and leave on the floor 2m from your coach.

Prior to Camp

An email with a kit list and a full update will be sent to swimmers along with a Covid 19 form (self-declaration) that is required on Day 1.

All swimmers must sign this form

For Swimmers under 18 years of age a parent or guardian must also sign this form

By signing this form, I certify that I have read and understood it's contents and I also declare its contents to be an accurate statement.

Name	
Date	
Signature	

Office Use Only	
Date Received	
Acknowledgement Sent	