



# Irish Long Distance Swimming Association (ILDSA)

Formed 1966 and affiliated to Swim Ireland / British Long Distance Swimming Association

[www.ildsa.info](http://www.ildsa.info)

## North Channel Solo Swim Attempt Observers Log

NAME OF SWIMMER.		Swimsuit Approved		Using Grease	
Date of Attempt started		Start Time			
Intended Course		Starting Point			
Skipper Name		Name of Pilot Boat			
Lifesaver Name		Name Of Feeder			
Name of ILDSA Observer		Name of Others on board			
Swimmer Understand the rules of the Attempt		Lifesaver and Feeder understand the rules of the Attempt			

Hour	1	2	3	4	5	6	7	8	9	10	11	12
Stroke Rate Per 60sec												
Wind Speed Direction												
Water Temp.												
Time of Feeding												

Hour	13	14	15	16	17	18	19	20	21	22	23	24
Stroke Rate Per 60sec												
Wind Speed Direction												
Water Temp.												
Time of Feeding												

Finishing Point		Finishing Time		Finishing Date	
Total Time Of Swim		Successful Attempt			

I Certify that I accompanied ..... On the Date of .....

And that the swim was made in accordance with the rules of the ILDSA.

ILDSA Observer signature..... Date .....Time.....