

# JERSEY TO FRANCE

## SWIM FACT SHEET

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## LOCATION: CHANNEL ISLANDS TO FRANCE

### POPULARITY

Historically, this swim was only offered by the Jersey Long Distance Swimming Club (JLDSC) volunteers and saw a handful of swims each year. However, as open water swimming has boomed in recent years, you now need to book further in advance to secure a slot, with either the JLDSC or another, privately engaged pilot. It's a fabulous point-to-point swim for someone looking for something to bridge between a swim like Windermere and the English Channel. It's one of open water swimming's best kept secrets - ssshhhhh!

### KEY CONTACTS

#### Swim recognition

Records are kept by **JLDSC**:  
jerseyseaswims.org

#### Pilots:

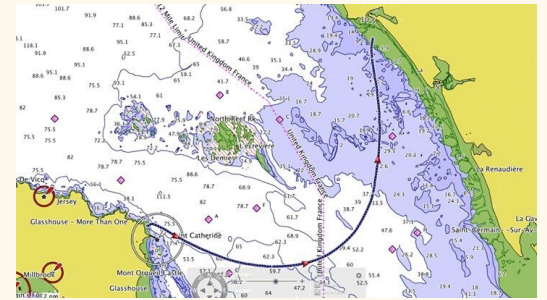
- Volunteer based pilots offered by **JLDSC**
- Commercial pilot via **Lionheart Pilotage** (lionheart.je)
- Other pilots may be recognised from time to time. Contact JLDSC if unsure

Whether you swim with the JLDSC or one of the other pilots, you can request that your swim is recognised by being a JLDSC member and paying to have a JLDSC observer on board

### QUALIFYING CRITERIA

#### Qualifying Criteria:

- 6 hour swim in water that is 16C or below within 18 months of your swim
- Other swims may be accepted in lieu of a 6 hour swim (contact JLDSC for information if this is something that you'd like to consider).
- Medical assessment (can use CS&PF medical form)



### RULES

#### A Swimmer may:

- Grease the body before the swim,
- Use goggles
- Wear one hat
- Nose clips and ear plugs are permitted
- The swimmer may wear only one swimsuit in one or two pieces which shall not extend past the shoulder or below the knee.
- All swimsuits shall be made from textile materials
- During solo swims a swimmer may be accompanied in the water by 1 person only. The second swimmer may swim alongside, but not in front

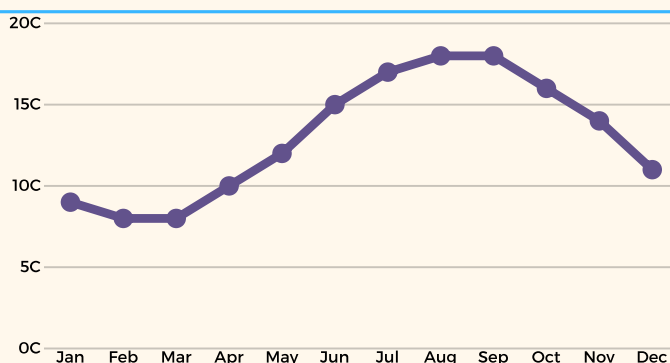
#### A Swimmer may not:

- Wear any device or swimsuit that may aid speed, buoyancy, heat retention or endurance
- Wear any kind of tape on the body unless approved by the observer
- Have any physical contact with another person other than to pass food and drink or secure such items as light sticks.
- Gain support from contact from the escort vessel
- Use an mp3 player or equivalent
- Be under 16 years of age

### FINAL THOUGHTS

- The island is super friendly. You will be able to join club swims whilst you are on the island. These are held at a variety of locations.
- The JLDSC annual dinner is held in November each year
- As a holiday destination, there are lots of places to see and things to do. There are numerous hotels and guesthouses around the island. You can also find charming cottage rentals.
- You can get to the island by plane or ferry. You can get around with public transport (buses), but it makes sense to hire a car
- Much like the English Channel, this swim is very dependent upon the weather
- There are generally very few jellyfish
- If you're lucky you will see dolphins!

### AVERAGE WATER TEMPERATURE



### QUICK VIEW

	-VE	+VE
Temperature	●●●●●	●●●●●
Distance (16.3m)	●●●●●	●●●●●
Conditions	●●●●●	●●●●●
Success rate	●●●●●	●●●●●
Price (varies greatly)	●●●●●	●●●●●
Iconic	●●●●●	●●●●●
Marine life	●●●●●	●●●●●