

Having obtained a local weather forecast for the day and assessed the viability of the swim, the named authorities must be notified by phone of the organiser's intentions for that day.

HM Coastguard, radio call sign "SOLENT COASTGUARD" should be notified on VHF channel 67, of the passage of the craft to the start point, intentions and the following.

1. Name of the swim organiser, complete with telephone number.
2. Number of swimmers, number of canoeists and total number of persons taking part in the event.
3. Planned start and finish points complete with start time and estimated finish time.
4. Method of communications being used complete with call signs/mobile telephone numbers etc.
5. Name of a contact point ashore from which full details of the event could be obtained should communications with the group be lost.

If swimming in two groups, the groups should be time separated at the departure point; 10-15 minutes is suggested. Swims should be planned so that the two groups either cross the main shipping lane at the same time or are sufficiently separated so that large traffic can safely pass between the groups.

There should be no more than 12 swimmers in one escort group, with no more than two groups attempting the crossing at any one time. This group rating attempts to ensure that the swimmers remain grouped together whilst crossing the shipping channels.

Swim groups are to be carefully corralled to ensure they do not spread out. The maximum extent of the swimmers/kayakers should be no more than 100 metres from front to back, and the group is to be paced to the slowest swimmer in the group, with stops as required to allow slower swimmers to catch up when required.

During the period of the swim the international flag signal "A" shall be displayed on all support boats indicating a swimmer is in the water. This flag/board shall only be displayed when a swimmer is in the water.

The authorities are to be notified at the following positions:

- When the swimmers start e.g. enter the water at Ryde
- Just before the swimmer enters any main shipping channel e.g. at North Sturbridge
- As the last swimmer leaves the main shipping channel
- When the last swimmer is clear of the water and the event is finished.

Further communications should be made to HM Coastguard if a swimmer is removed from the water during the race and requires medical assistance. HM Coastguard should be immediately notified when the safety craft has cause for concern for the safety of those in his charge.

It should be noted that the authorities must also be notified if the swim is cancelled or postponed for whatever reason.

HM Coastguard, VTS Southampton and KHM should be notified when all safety launches and associated craft are safe and secure at their destination.