



Swim

4

Léman  
hope

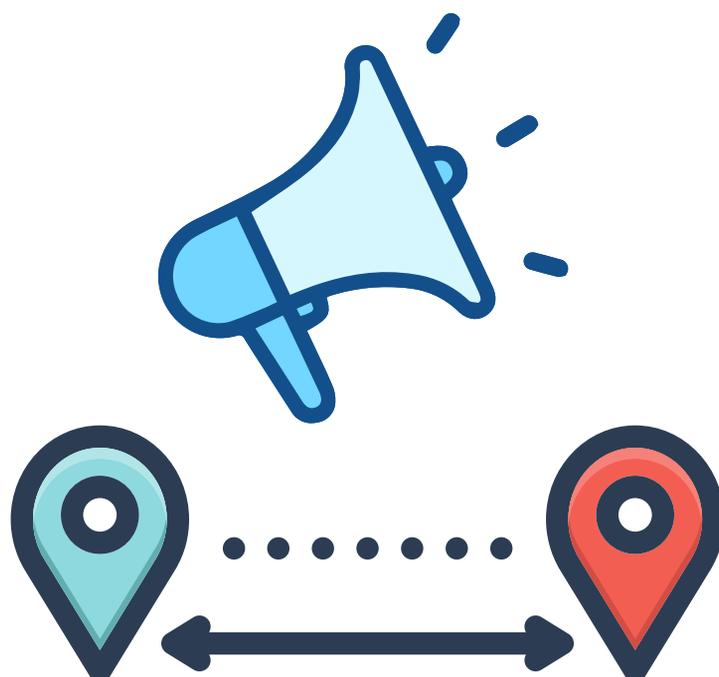
# The 10 key points



1

# Distance/time

Before getting in the water, inform the skipper and your team of the distance/time you will be swimming. Once in the water, **inform the paddler of the distance or time you wish to cover and what side you breath when swimming front crawl**



2

## First swimmer

The first swimmer must be able to swim **crawl for at least 30 min at 3km/h min**



3

## Breaststroke

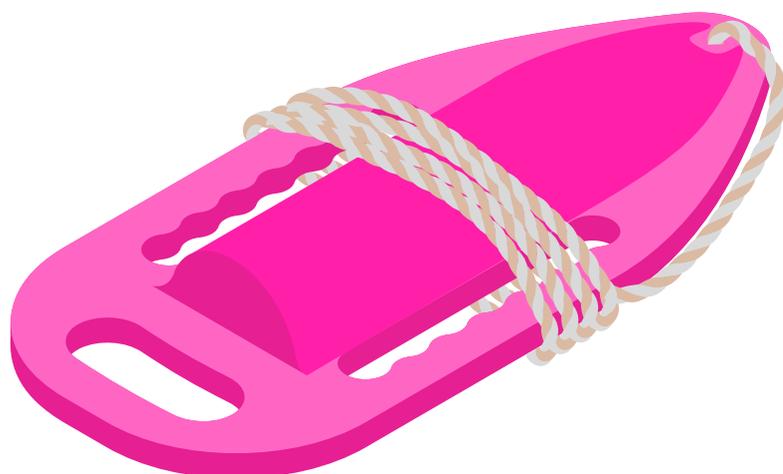
If you swim **breaststroke**, you should limit your swimming session to **15 minutes per session**. You can return to the water several times.



# Floats

Before going in the water: **inflate the float well and hold it when you jump in** to avoid breaking the strap. Ensure you have the **right number** on it (lane n°).

**Ensure the waist strap is very tight**, and untwisted, around your waist - when you go in the water it will become looser, so it should feel 'too tight' when on the boat.



# Security

The paddler accompanies you throughout your swim.

**Do not leave without them.** If you have to change paddles, wait until the new paddler is ready.



**Don't worry if the paddler falls in the water,** it happens! They are trained to handle the situation.

6

# Paddler

The paddler (3-5m from you on the side you breath) **shows you the direction to follow**: if they're close, you should move away. If they're far away, move closer. If you do breaststroke, the paddler may be in front



Even if the paddler shouts, you probably won't hear them. **To communicate with you, they will splash the water with their paddle** to get your attention

# Change of swimmer

## End of swim

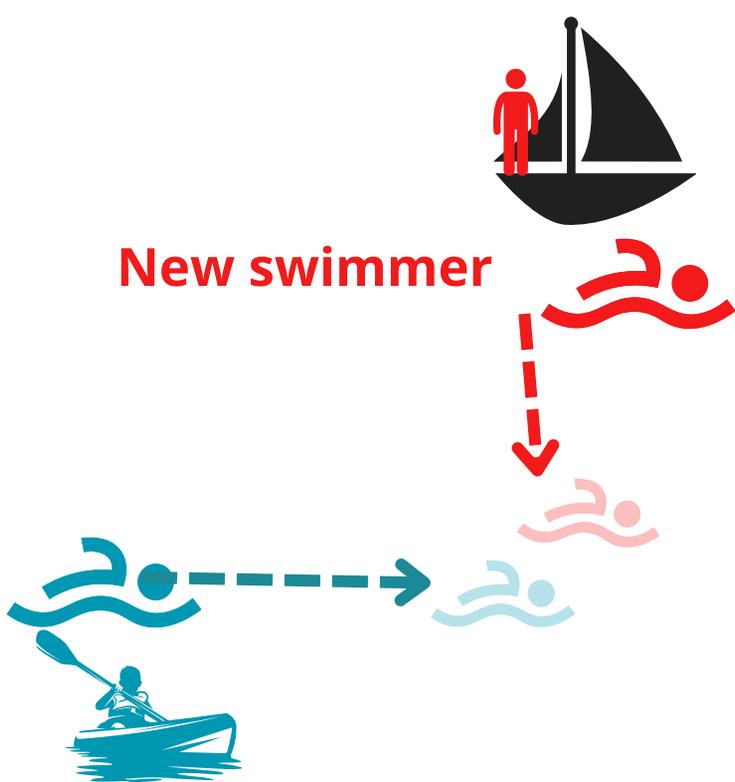
At the end of your swim, **do not swim towards the boat - continue to follow the paddler until the new swimmer arrives** and intercepts your trajectory. Once you've tapped out, you can rejoin the sailboat.



## New swimmer

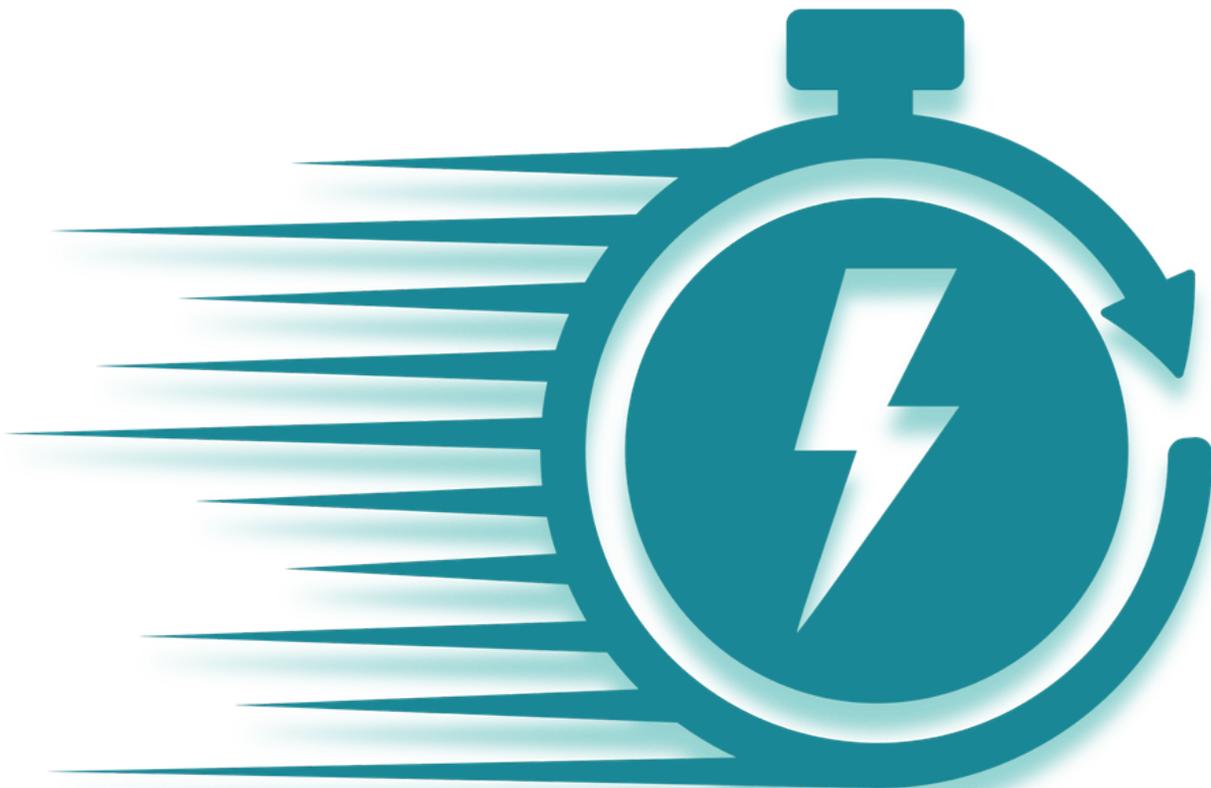
Only enter the water from the boat when the **skipper says its ok** to go in.

Do not swim towards the existing swimmer - but instead swim to **a point ahead of their direct route**



# Challenge

Be careful **not to lose time in the transitions** – this is a tough challenge, every second counts!



# Fatigue

If you feel tired, **inform the paddler and change swimmers.**

You can return to the water several times, but it's better to swim shorter distances faster than longer ones slower.

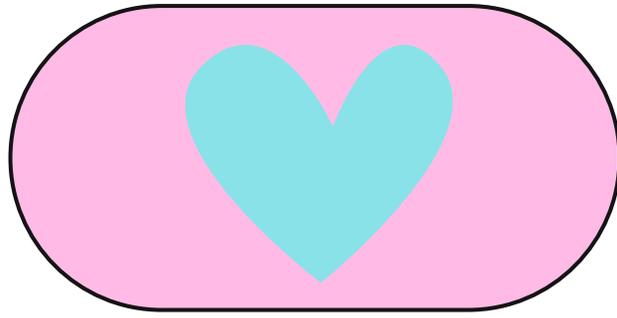


# Difficulty

If you **feel unwell** at any time,  
**STOP** swimming.

You have a whistle on your tow float – if for some reason you are in difficulty and the paddler is not next to you, **use the whistle to attract their attention**





# Your implication

Enjoy the Swim4Lémanhope  
challenge and test your  
limits while thinking of the  
**young cancer survivors**  
we are helping!

