



# Great Lengths swim challenge

24 September 2023 - Sea Lanes Brighton

## Frequently asked questions

This is an evolving document. Our candidates kicked us off with questions of their own and we've tried our best to answer any questions that you might have. If you don't see an answer to your question here, please contact [theteam@teamdomenica.com](mailto:theteam@teamdomenica.com).

## The event

### Where and when is the event taking place?

The event is taking place at the Sea Lanes Brighton, 300 Madeira Dr, Brighton BN2 1BX on Sunday 24<sup>th</sup> September 2023.

### Why are you doing a swim event?

Team Domenica is a charity supporting young people with learning disabilities to reach their full potential. We want to raise awareness of our work as well as the crucial funds that we need to do it. We are an organisation that promotes inclusion and we feel that swimming is a great inclusive sport.

### Is it taking place in the sea, or in a pool?

The event will take place in a 50 meter pool. That's double the size of a typical pool

### Will it be open to the public?

No. Sea Lanes is a members-only pool, but participants will have exclusive use of the pool from 3pm (times may change).

### I'm already a member of Sea Lanes, do I still need to pay to register?

Yes, but all Sea Lanes members will be able to register for half price with a discount code.

### What are the event times?

We haven't confirmed the exact timings of the event yet. We will be splitting entries into 'afternoon' and 'evening' blocks, starting no earlier than 3pm and finishing no later than 9pm.

### What are the distance options I can choose from?

You can choose from:

50m | 100m | 400m | 800m | 1.6k | 2.5k | 5k

Getting into water itself could be a challenge for you, so we are including a '*Dip your toe*' option too.

### What is 'Dip your toe'?

If your challenge is to get into the water or swim less than 50m, this is the best choice for you. Please remember to notify us if you have any accessibility requirements or if you need to bring someone to assist you. Entrants may be accompanied by a competent swimmer who will have free entry to the event and we will need to collect the details of this person. Please contact us ahead of the event if you would like to choose this option.

### How long will it take me?

That's down to you. We all swim at different paces, so we'll be relying on you to give us an idea of how long *you* think it might take to complete your chosen distance.

### **What time will I be swimming?**

When you select either an 'afternoon' or 'evening' slot, this will restrict your participation slot to a three hour window. Eg. 3pm-6pm.

As this is a first-time event, we don't yet know what distances our swimmers will chose and this will impact on everyone's start times. Once we have enough information, we'll contact you with your approximate start time. This may change slightly on the day.

### **How many lanes will there be in the swimming pool?**

There will be 6 lanes.

### **How many people will be taking part?**

We are limiting the number of swimmers to six or less per lane; this makes the total number anywhere between 12 and 36 people at any one time. Where possible we will be keeping similar distance swimmers to the same lanes and reducing the number of swimmers per lane as the chosen distance increases. For example, those doing 5k will have a maximum of three people in their lane. In other words, lots and lots of space.

### **I have a disability, can I take part?**

Of course. Sea Lanes has been designed to deliver an accessible and inclusive environment, which includes the following:

- Ramped access to the swimming pool building
- Level access from the reception areas and changing rooms through to the pool
- A 'Changing Places' toilet and changing room
- A wheelchair accessible wc in the main changing area
- Assisted access hoist into the pool

If you have any accessibility needs, please let our team know on registration, or get in touch directly at [theteam@teamdomenica.com](mailto:theteam@teamdomenica.com).

Access to the pool can be done by steps or hoist, and assistance can be provided if we are notified ahead of the event.

Please note that the pool is designed to be safe for swimmers to do tumble turns at both ends, so there is no shallow end.

### **What should I bring?**

We would recommend a change of clothes, a towel, something warm to wear when you have completed your challenge, suncream, water, some food to replace the energy you spend swimming and money for food or drink if you think you might want a little treat or two.

### **Do I need/can I wear a wetsuit?**

You don't need to wear a wetsuit, but you may want to if you are concerned about the temperature, especially if you are doing longer distances or if the air temperature is cool on the day.

### **Can I use a float?**

Yes, we will be able to provide the. You can also carry yours if wanted.

**How cold will it be? How does the temperature compare to the sea or an indoor pool?**

The pool is heated to 19°C, but, at this time of year, the heat from the sun may have heated the pool up to as much as 25°C. An indoor pool is typically heated to between 28-29°C. At this time of year, the sea is usually about 17°C.

**Can you do the swim in fancy dress?**

No. As much as we'd love to see people swimming in fancy dress, for safety reasons, we can't allow people to take part in fancy dress.

**Will there be lockers and changing rooms?**

Yes, there will be lockers and changing rooms.

**Do you provide towels?**

No, we do not provide towels. Participants must bring their own.

**Do you have to wear a swim cap?**

We will provide a swim cap as part of your registration. We'd love to see you wear it, but you don't have to.

**How fit do I need to be?**

Your fitness should be in proportion to the challenge that you're undertaking. We highly recommend that you spend time training before the event. We will have fully qualified First Aiders and Lifeguards on hand to help with any unforeseen difficulties but, if you have pre-existing medical conditions, or are worried about your fitness, we strongly recommend that you seek medical advice before registering.

**How deep is the pool?**

1.275 meters end to end (with no shallow end)

**Is diving allowed?**

No, for this event we ask that participants do not dive.

**Are tumble-turns allowed?**

Yes

**How big is the pool?**

50 meters – that's Olympic-size. Be aware though, a standard swimming pool in the UK is 25 meters, so the Sea Lanes is double the length!

**I can't swim, is there anything else I can do to support Team Domenica?**

You can certainly come and support the swimmers on the day, but if you want to do a fundraising challenge for us, then get in touch at [theteam@teamdomenica.com](mailto:theteam@teamdomenica.com) and we can talk to you about your options. Or you can [donate](#) directly.

**Why is it at the end of September?**

It's when the pool is likely to be close to its warmest. Everyone is back to work and school by then too, so it's easier for everyone to plan their weekend activities.

**Will the pool be lit in the evening?**

Yes, the pool will be lit.



### **What do I get for taking part in the challenge?**

Ahead of the event you'll get a branded swim cap and, on completing the swim, you'll receive an 'edible' medal.

### **Why an edible medal? What's that all about?**

At most challenge events, you get a medal - it's important to celebrate your achievement. However, we want to offer a sustainable (and tasty!) alternative to the usual carbon-heavy medals. Our candidates will be making gingerbread medals with printed icing so we don't impact on the environment and you get something yummy to refuel with when you finish.

### **Is it a race?**

Nope. This isn't a competitive event. The only competition is with yourself!

### **Can you bring your pet? And can they take part?!**

This would be possibly more fun than us humans taking part, but we can't allow pets in the pool or the pool area. Pets will be permitted in the viewing area though, provided they are kept on leads and under control. We reserve the right to ask any participant to remove their dog from the event if we feel they pose a threat to others.

### **Can I bring a guide or assistance dog?**

Yes, but only if you notify us ahead of the event.

### **How many lengths is one mile?**

32

### **Who is organising this event? Are there any other organisations involved?**

Team Domenica are the event organisers. We are working with South Downs Leisure and Sea Lanes to put on this event.

### **Will there be food and drink?**

Yes, we will be providing some snacks of our own, but there are several vendors who provide food and drink as part of the Sea Lanes complex.

### **Can people come and support me?**

Yes, supporters are definitely welcome. There isn't a spectator space on the pool side to watch from like other traditional pools, but there will be space for supporters. Then of course, there's a whole load of beach nearby!

### **I'm not a confident swimmer, can I have a supporter with me on the pool side?**

We need to be very careful about how many people are at the poolside but it's not out of the question. Contact us before 25 August to discuss having someone with you at the poolside.

### **How do I get there? Where can I park?**

There is paid parking along Madeira Drive, though this can fill up quickly on the weekend and is limited to 2 hours. The closest free parking is at Brighton Marina for up to four hours. From there it is a 15 minute walk.

### **Can I change my mind about the distance I have chosen?**

You can change your mind about your distance up until the 25<sup>th</sup> August. This will help us to effectively plan and deliver the event. Contact us at [theteam@teamdomenica.com](mailto:theteam@teamdomenica.com) or phone +447423462931 to notify us.



### **Can I cancel my place?**

You can let us know that you aren't taking part in the event, but we can't offer a refund for your place. As a charity we rely completely on the registration fee to put the event on.

### **What do I do if I'm injured?**

These things happen. If there's good time, we do ask that anybody who has an injury helps us to find a replacement for their place as we can't refund your place. If you have successfully started your fundraising before your injury, we will defer your place to the following year.

### **What safety precautions are the event organisers taking?**

The safety of participants and spectators is paramount. All involved parties will be conducting full risk assessments of the site and our event procedures. The event is organised in line with the policies and procedures of both Team Domenica, South Downs Leisure and Sea Lanes. We will be providing medical support on the day of the event in case of any medical emergencies.

### **How do we contact you?**

You can reach us here:

email: [theteam@teamdomenica.com](mailto:theteam@teamdomenica.com)

phone: +447423462931

## **Fundraising**

Click [here](#) and click 'start fundraising' for Team Domenica with Just Giving.

### **Do I have to raise money for Team Domenica?**

Yes, this is a fundraising challenge designed to support our young people in finding paid employment and reaching their full potential. We ask that every participant raises money towards our candidates' training, education, work experience and ongoing support in the workplace.

### **How much should I aim to raise?**

This depends on your distance, but also how much of a challenge you might find it personally. To help, we've matched what we think are achievable goals to aim for based on what we've seen our supporters do in similar events in the past. Over the years, we've consistently seen our supporters not only achieve their goals, but they often go way beyond them!

'Dip your toe' and 50m: £50

100m: £75

400m: £100

1.6k: £300

£2.5k: £450

£5k: £800

Get in touch if you want to discuss your fundraising or you need any advice.

### **How do I go about raising money for Team Domenica?**

01273 681111 | [info@teamdomenica.com](mailto:info@teamdomenica.com) | [www.teamdomenica.com](http://www.teamdomenica.com) | 5-7 Preston Road, Brighton, BN1 4QE

Team Domenica is a company limited by guarantee and a charity registered in England and Wales.

Registered Charity no: 1165494 | Registered Company no: 9862696



That's the spirit 😊 We ask that all fundraisers use the JustGiving fundraising platform. It's really easy for you and your supporters, and it completely eliminates all administration on our end, saving us thousands of pounds and a lot of time each year. You can create your fundraising page by clicking [here](#).

#### **How much of what I raise goes to the charity?**

All of it! Every last little bit goes to helping our candidates create their own futures. No third parties. No big salaries. No big machine to prop up. We're a small charity so your funds go directly into training, education and ongoing support for our young people.

#### **I've paid a registration fee, does that not count as a donation?**

The registration fee goes towards the cost of putting the event on, covering all sorts of things like venue hire, first aid, lifeguards, staff time, swim caps... all sorts. The fundraising that you do on top is the way that we support our young people through their [training programmes](#).

#### **Will you help me with my fundraising?**

Absolutely, yes. Our team is on hand to help you throughout your process. We will be in touch with support. A few [fundraising tips are available here](#) to get you started, but you can also speak to us directly at [theteam@teamdomenica.com](mailto:theteam@teamdomenica.com) or +447423462931. We're only a teeny tiny team though, so please bear with us.

#### **What is Gift Aid and why is it important?**

Gift aid is a government scheme that allows us to claim 25% in additional funds on top of any donation made by a UK tax payer. All you need to do is make sure that your sponsors know the tick the box when they donate and Just Giving does the rest. You can find out more [here](#).

#### **I'm in a team, what's the best way for us all to raise money?**

The best way to raise the most money is for each team member to set up a separate JustGiving page and then the team captain set up a 'team' via their individual page. You can see how to do this [here](#).

## **Social media/ photography**

#### **Will there be any photographers or film makers at the event?**

There will be professional and amateur photographers and filmmakers at the event. Imagery will be shared for future promotion, on social media, our website, in reports and in print.

#### **Can I take pictures at the event?**

Yes, as long as you know that everyone in the shot is happy to be photographed. If you are taking pictures with identifiable people in, please make sure that they are happy to be photographed.

#### **I don't want to be photographed or filmed.**

If you don't wish to be photographed or filmed, please notify the welcome station staff on entrance.

#### **Can I share pictures online?**

We encourage you to share your pictures on social media using the #SwimYourWay so we



can see how much fun you've had. But please make sure everyone in the photo has given their consent

### **What is the hashtag to use?**

#SwimYourWay but you can tag Team Domenica, Sea Lanes and South Down Leisure on socials too.

## **Registration**

### **How do I register?**

Just go to [www.teamdomenica.com/greatlengths](http://www.teamdomenica.com/greatlengths)

### **How much does it cost?**

50m, 100m and 400m and 'Dip your toe' - £10

800m and 1.6k - £15

2.5k - £20

5k - £25

The price increases with your distance as we need to put more infrastructure in as your time goes up. Half price, early bird entry ends at midnight on Sunday 9<sup>th</sup> July, or when the first 100 places are gone.

### **Can I register a team?**

You can register up to ten people in one go. We can't guarantee that you will be able to swim in a relay and depending on your team size it might not be possible to get you swimming at the exact same time. Please get in touch with us at [theteam@teamdomenica.com](mailto:theteam@teamdomenica.com) or phone +447423462931 to notify us and we will try our best to accommodate your plans. If you'd like to register more than ten people, then please let us know as well.

### **How many people will be taking part?**

We are hoping that between 100 and 180 people will be taking part across the day.

### **Who can take part? Is there an age limit?**

In line with the policies of our partners, to register you must be at least 18 years of age OR if you are 13-17 years old, you may only register under the supervision of a parent or legal guardian.

For distance challenges, anyone over the age of 13, who is able to swim 50m or more, can take part. If you wish to take part but don't want to take on a distance-based challenge, you can choose to 'dip your toe' where the challenge is to get into the water.

### **What happens once I've registered?**

You'll want to start training and fundraising! You'll receive a welcome message with your registration details. We will then be in touch periodically with information about Team Domenica, fundraising tips and event information.

### **What's the latest date I can register?**

The last date for registration is midnight on Sunday 10 September.





**What will you do with my information?**

You can view our privacy policy [here](#).