Gulf of Maine Open Water Swimming Association

Swimmer Narrative

What was your inspiration for the swim? Why did you decide to take on this particular swim?

Describe your training plan. Include coaching, timeline for preparedness, ramp up/taper schedule, and any dryland training.

What considerations did you make for the swim? Include crew, weather, tide, time of year, etc.

The following information is not required by GoMOWSA for consideration or ratification of your swim, but providing this information assists other swimmers (and the swim community) in making informed decisions about their swims and events. Please provide as much detail as you wish about your decision-making and any related outcomes.

Safety information

List any agency approvals that you chose to obtain or notifications that you provided to authorities. For example US Coast Guard, Marine Patrols, or local Harbormaster.

Escort vessel details

List any licensing or certifications of the pilot or crew. Does the operator hold any insurance policies (Y/N)?

Swimmer Insurance Policy

Did you, as the swimmer, opt to enroll in a specific insurance policy covering the swim (Y/N)? Please provide any details of the coverage that you are comfortable sharing.

Please provide the above information in a word or google document.