

# THE GIBRALTAR STRAIT SWIMMING ASSOCIATION



## ACNEG

Asociación Cruce a Nado  
Estrecho de Gibraltar

TARIFA

### ADVICES

After a long experience in the arrangement, organisation and escort of open water swimming crossings (Strait of Gibraltar) and after sharing this experience with many swimmers from all over the world, we kindly request you to read attentively the following advices in order to achieve a successful and happy swimming crossing of the Strait of Gibraltar.

The first advice and the most important is to read carefully everything specify in this web, take note of the minimum requirements and the risks of this type of event as well as the procedures to be followed and the documents to be sent.



Swimming crossing of the Strait of Gibraltar is not one of the hardest of the world nor the easiest, therefore, it is necessary to have a minimum training and some experience in open water swimming events. This is the reason why we advise swimmers who would like to apply for a swimming crossing at the Strait of Gibraltar to have a previous curriculum in open water swimming competitions or to acquire it while the crossing date comes in order to have the maximum knowledge of open water swimming (waves, wind and currents) at the crossing date.

All the above is essential when it comes to preparing the feeding and making one's way towards the correct course and in order to be able to breathe from one side or the other depending on sea and wind conditions. This previous knowledge will help you to choose the most appropriate crossing (with or without neoprene wetsuits) and to be aware of the most suitable grease protection. The fact of sharing this experience with

other swimmers or organisations will probably facilitate the success of the Strait swimming crossing.

There are other swimming crossings where speed is not a key factor and which are even harder than those ones at the Strait of Gibraltar. At the Strait of Gibraltar, speed is a key factor to succeed. Although we avoid those hours of maximum currents, we cannot avoid the existence of drifts with certain intensity during crossings depending on the tide coefficient of each day, consequently, we advise you to maintain a speed of at least 3 km/h during several hours. The following table is used as an example to show the approximate crossing times which depend on speed and which can vary depending on currents

SPEED	CROSSING TIME
2 Km./h	almost imposible
2,5 Km./h	up than 6 hours
3 Km./h	4,5 to 5 hours
3,5 Km./h	4 hours
4 Km./h	3 to 3,5 hours
up to 4km/h	less than 3 hours

As a result, we advise you to check speed continuously (time records at open water and pools) so that ACNEG can have this information available as real as possible and we also kindly ask you not to apply for this crossing if you cannot get the minimum speed and resistance requirements. In order to avoid swimmers not correctly informing about their speeds, the members on board of this Organization will pull out any swimmer who cannot comply with the necessary minimum requirements to finish crossing successfully.

If a swimmer is thinking about a round trip crossing, we advise a single crossing during the first year and, once he is aware of the Strait characteristics, we advice to think about the round trip crossing for the next year. The round trip crossing is *not doubly difficult*, but much more. The Organization will accept a double crossing if the swimmer speed is higher than 4 km/h in order to carry out a first crossing in good time (not more than 3,5 hours) and in order to face the second part with total guarantees. However, two extra requirements must be complied: good wind and sea conditions during all day and to finish at Punta Cires or its environs during the first crossing to have enough space so that the current drift do not separate us from the other coast. Another option could be to start the round trip crossing from Morocco coast but crossing would be longer and we would have the risk to finish after sunlight and then we would have to cancel crossing according to the Maritime Spanish Authority requirements.

Our staff can advise swimmers about food and support techniques at any moment but we request swimmers to come in accompanied by a right-hand person who can make their crossing easier and can also act as psychological help. They are the ones who should come on board and we must avoid unnecessary people that could cause additional problems in case of feeling seasick or unwell.



With regard to swimming crossings carried out by a group of swimmers, we insist again that they must go correctly coordinated and that they have to maintain the same speed. They also have to train together so as to be in group during crossing. For the good of the rest of the group, the Organization will pull out any swimmer (s) who put at risk the success of the crossing, and if this decision were made, the swimmer (s) shall immediately come on board and there shall be no argument about that.

Swimmers frequently ask for advice about cold protection by using different types of grease. We have to say that there is not any magic formula for an ideal product, so if you have serious doubts about your resistance to hypothermia, just use a neoprene wetsuit. If you decide to do it in due form, we recommend the typical mixture of Vaseline and lanoline (60%-40%) that you can prepare by yourself or ask a pharmacy to prepare it. This mixture is easy to rub but if you prefer something easier, simply buy vaseline at an ironmonger's (although it is much difficult to apply) and directly apply it in big doses on the most prone areas to reduce temperature (back, trunk, thighs and arms).



When you start crossing you will gradually lose grease and if this mixture is very light you will do not have any in a few hours, therefore, it is advisable that the mixture is made of a high doses of Vaseline (it is much more consistent). Grease shall be applied out of the boats in order to avoid the staff onboard to slip at the deck and we also request swimmers to bring a bathrobe, track-suit or towel on board which will be used by the swimmer when finishing crossing acting as protection and keeping the boat deck clean. It is advisable to have a person for applying the grease to the swimmer as we can carry it out as a last resort but this is not our mission.



When the swimming cross has been confirmed, one time checked the weather conditions, don't forget that we are going to proceed to other continent and other country, so that, *the passports of the swimmer and accompany people* must be carry on board, preferably of the swimmers. The Moroccan authorities, by means of the Royal Army or the gendarmerie, make periodical checks of the swimmer's identities.

We reemphasize that the Organization provides a medical dispositive for the day of the cross that guarantees the assistance to the swimmers but we are not responsible of any accident and/or incident that could have serious consequences, therefore, we

recommend that each swimmer will make a risk and accident insurance policy that cover any unexpected incident on the day of the cross.

The organization doesn't fix any exactly day for the cross, periods of at least one week are assigned; the cross can be do it either of those days depending of the weather conditions and the possibility of other crosses waiting. Is the Organization (analyzing several criteria) who will give priorities to some crosses on others. Therefore we request to the swimmers to avoid granting this privilege.

We inform that this cross in not suitable for inexperienced swimmers in open waters competitions. It's usual that many swimmers come attracted by the comments of other swimmers who had crossed the Strait with a perfect weather and sea conditions (fortunately). Don't deceive, not always is the same conditions and in most cases you have to swim against the elements (wind, sea, currents...). Not two crosses are equal and you must be prepare to swim in certain conditions that are hard for inexperienced swimmers. Therefore, do not apply this event without some preparation.

We are very conscious about the swimmers anxiety and willingness to carry out the swimming crossing but sometimes certain circumstances oblige us to wait for a few days and other times it is necessary to abandon the attempt or make their stay longer. Therefore, we ask swimmers to be patient about weather conditions and to be considerate to other crossings which can be waiting due to bad weather conditions. As we say "*open water crossings is like that*", the only thing we cannot change is weather. Please avoid pressuring the members of the Organization, they will keep you informed and will pay you special attention at your crossing turn.

The Association, following the uses of international open waters Associations, has prepared a medical application form that you can find every year on the main page of this web . When the swimmer (s) is/are accepted to cross the Strait must print it, agree a meeting with their doctor (for an urgent examination) and fill it to be sent to the Association at first of the year (no after 15th of February).

### **PROCEDURES TO GET A PLACE**

Till now and due to the low number of applications, every reservation was accepted by the Association but now the increasing in demand has forced to the Association to prepare the list one year before in order to attend the maximum reservations as possible.

For booking the cross you should send us a previous e-mail explaining the intentions to do the cross and then wait for the answer. Is not necessary to send any documents (only the registration form that comes on the web) periodically, on our website, the deadline will be announced for the allocation of places in a given year based on a number of criteria:

- The swimmers who could not cross the last season by weather conditions.
- The oldest applications.
- The number of swimmers of each application.
- Those in which may incur some special circumstances.
- etc.

Once completed the calendar must wait for an email from the Association to begin sending the required documentation:

1. Copy of passport (s).
2. A brief curriculo of swimmer (s) like speed, other crosses.....etc
3. The application form properly filled (from the web).
4. The medical application form (to be filled by an official doctor).
5. The 20% of the total cost must be sent to consider the cross officially reserved.

The copy of the passport is the first thing to be sent when it has confirmed the presence of the swimmer at the intersection of a given year the rest of the documentation when requested by the Association.

NOTE: NOT SEND ANY DOCUMENT TILL THE ASSOCIATION REQUIRE IT.

### ACCOMODATION

The start place for the cross is located in TARIFA, south of Spain and centered on the Strait of Gibraltar, we say that because we has had swimmers that, confused, has booked hotel in Gibraltar town, belong to the United Kingdom and 35 Km away from TARIFA (please consult the map properly). The nearest airports from **TARIFA** are: **GIBRALTAR** (30 km), **JEREZ** (131 km), **MÁLAGA** (152 km) and **SEVILLA** (214 km). From whatever you can proceed to TARIFA by bus, taxi or renting a car. We suggest you to book accommodation in advance and select the best that adapt to your preferences and economic, been, in some cases, most cheaper to hire an apartment or house if there are many swimmers and accompany people.

Also we recommend you the following hostals:

Hostal Alborada, C/ S. Jose, 52. 11380 Tarifa (Tphn. + 34 956.681140) [www.hotelalborada.com](http://www.hotelalborada.com)

Hotel La Mirada, C/ S. Sebastian, 41. 11380 Tarifa (Tphn.: + 34 956.684427) [www.hotel-lamirada.com](http://www.hotel-lamirada.com)

Hostal Alameda, Paseo de la Alameda 4. 11380 Tarifa (Tphn+34 956681181) [www.hostalalameda.com](http://www.hostalalameda.com)

Other type of accomodation should be the Hostel INTURJOVEN (22€ or 16€ from September, with breakfast) for reservation the swimmers must contact by the telephone + 34 956784035 or by the e-mail [algecirasitj@juntadeandalucia.es](mailto:algecirasitj@juntadeandalucia.es) (you should indicate that is regard with a swimming cross of the Strait.). This hostel is 12 Km away from Tarifa.

**LOCATION OF OUR OFFICE**

**C/ NTRA SRA DE LA LUZ 19, TARIFA (CÁDIZ), SPAIN**

*On this page we will add more advices and/ or warnings that we consider important for you and we therefore advice you to frequently visit it.*

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