

Solo Swim Observation Log: Instructions



- An observer log is one element of the required documentation for MSF Documented Swims. Other requirements - including support crew list, route definition, rules, swimwear, equipment, feed plan (fields for these on the observer report cover sheet), GPS tracking data, photos, video, and narratives - should be submitted separately.
- Each log sheet contains 14 rows - sufficient for 7 hours of half-hourly observations (recommended) or 14 hours of hourly observations (minimum). Print as many log sheets as necessary for the maximum anticipated duration of the swim.
- Column instructions:
 - **Time:** use 24-hour time OR include AM/PM
 - **Stroke Rate:** means number of hand-splashes (not cycles) per 60 seconds.
 - **Water & Air Temperature:** You will need a waterproof thermometer for this. Recommend attaching to rope and leaving it in the water except when taking measurements. Do not leave the thermometer exposed to the sun.
 - Don't forget to indicate the units - Celsius (C) or Fahrenheit (F).
 - **Wind Speed & Direction:** Wind speed can be visually estimated from water surface conditions. Whitecaps appear at ~12 knots. We recommend using an anemometer unless you are experienced estimating wind speed.
 - Don't forget to indicate the units - knots, mph, kph, or Beaufort Force.
 - Wind *direction* is the direction from which the wind *originates*. A "northwest" wind blows from NW to SE.
 - **Notes:** feeds consumed, description of conditions, sea life encounters, location/landmarks, distance to finish, dialogue on the boat, & other notable incidents. The notes column is sufficient for *brief* notes only. Please record longer notes - with timestamps - on the reverse/blank side of the log sheet.
- Please ensure page #, date, route, swimmer name, observer name, and observer signature are completed for each sheet.