

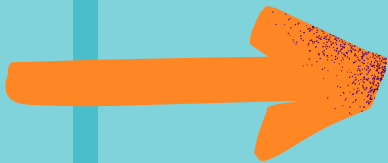


November
Swimming
Challenge



Saving babies' lives.
Supporting bereaved families.

M	T	W	T	F	S	S	Weekly total
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	Total:



It all
adds up!



Halfway
there!

Keep
going!

Nearly
there!



November Swimming Challenge

? Frequently asked questions



Thank you for taking on our November Swimming Challenge. We know you must be so excited to start and counting down the days until 1st November – we are too!

You may have questions about the upcoming challenge. Check out our FAQs here for the answers. If your question isn't answered here please visit www.sands.org.uk/sands-november-swimming-challenge-2025 or contact a member of our team by emailing swim@sands.org.uk.

How do I raise money?	Your online fundraising page was set up for you when you registered. Check your email inbox to find your confirmation and fundraising page link. It's really easy to share the page link with your family and friends.
Will I get a reward?	Everyone who raises over £175 will get a limited edition November Swimming Challenge swim badge and certificate after the challenge ends. You don't need to do anything to get this. If we need any extra details from you, we'll be in touch. If you move house, please let us know by emailing swim@sands.org.uk .
My family want to do the challenge with me. Can they have t-shirts and swim caps?	No problem! Simply ask them to fill out the registration form on our website here - www.sands.org.uk/sands-november-swimming-challenge-2025 and we will send them fundraising packs, swim caps and t-shirts. If they're just supporting you and not fundraising, they can buy these on the Sands shop - www.shop.sands.org.uk
Can I just raise money offline with a sponsorship form?	Absolutely. You can collect sponsorship in any way you like. If you'd like a sponsorship form, you can download one from here: www.sands.org.uk/get-involvedfundraisingfundraising-resources/sponsorship-form .
Can I raise money on another online platform like JustGiving?	Yes, if you would like, you can set up a fundraising page on another online platform, we recommend JustGiving. Go to www.justgiving.com/campaign/sandsnovemberswimmingchallenge25

How do I keep track of how many kilometers I've done?

Typically, local swimming pools are 25m long, so to do 1km it would be 40 lengths of the pool. Remember to check the size of your pool before starting the challenge. 5k is 5000 metres so you'd need to divide this by the length of your pool to work out how many lengths you'll need to do.

You can log your swims once you're out of the pool on Strava. The link to the November Swimming Challenge page is - www.strava.com/clubs/1697728 Once you're home, use the tracker on the reverse of this sheet to record how many kilometers you've swam or add your distance to your online fundraising page under 'My Fitness Activity'.

When you registered for the challenge you would have chosen to do 2k, 5k or 10k but do change this distance if you need to.

Can I start late or early?

Of course! So long as you complete either 2k, 5k or 10k in the month of November, it doesn't matter if you start early, late or need to miss a day. Just adapt the challenge to work best for you.

Where will my friends' money go?

Directly to us at Sands. All donations added to your page will automatically be sent to Sands. You don't need to do anything or have to worry about this. It happens automatically through your fundraising page.

Do I have to prove I've completed the challenge?

You don't need to prove you've completed the distance – we trust you! You can post videos, pictures and updates on your fundraising page though. Sharing updates is also a great way to show those who have sponsored you that you're committed to completing the challenge.

How do I send you my sponsorship form?

If you've collected cash donations and added to them to your fundraising page and have a completed sponsorship form, do scan and email this to us at swim@sands.org.uk so we can claim any gift aid. If you're not able to scan or send us a clear photograph, drop us an email anyway and we can let you know where to send your form to us via the post.

How do I pay in my fundraising?

If you've collected offline fundraising, the easiest way to pay this to Sands is by donating on your fundraising page or on our website. You can donate via our website here: www.sands.org.uk/donate. Make sure to say that your money is for your November Swimming challenge so that we can make sure it is added to your total.