

RESPIRALIA 2015 “XVI SWIMMING TOUR AROUND FORMENTERA AGAINST CYSTIC FIBROSIS”

IMPORTANT: This event is for a good cause. If you sign it you understand that you'll be working in the dissemination of Cystic Fibrosis while enjoying the wonders of Formentera. If you register with intent to swim a day or two and the remaining time to go out at night, sleep the next day and then visit the island, this is not your event. The Organization believes that it is disrespectful to those who have lost their seat, volunteers who spend their holidays in this event so it goes best and children and young people with Cystic Fibrosis. **Therefore, anyone who does not get on the organization's boat due to other causes different than a recommendation from our medical team or when this comes caused by effects of the night, will be ejected from the event and, therefore, may not enjoy the infrastructure of the event and will lose his/her inscription money.**

Dates: July 3, 4 and 5. You should be in Formentera on Thursday July 2 to take your participant items. The event will finish on Sunday July 5 at 3:30 pm. At 5:30 pm a bus will take you to the Port.

Inscription: €140.00/person, no matter if he/she comes alone or in a group. As boat seats are limited, children pay the same.

Included:

- Transportation to and fro Port on Thursday and Sunday
- Thursday July 2 dinner (thanks to the local government). It consists of an open-air dinner with some fresh dishes from the Balearics.
- Accommodation from Thursday to Sunday. The Organization will provide a mattress on the ground of a sport center or a School (you will need a sleeping bag or bed clothes and an extension to charge your mobile phone). All participants stay together those 3 nights. You can pay for another accommodation if you wish to.
- Breakfast of Friday, Saturday and Sunday. Toasts, milk, cocoa, butter, pastries and juice. Coffee not included but available at the cafeteria.
- Picnic at midday of Friday, Saturday and Sunday during the challenge. It consists in 2 sandwiches and some fruit and drinks will also be provided. If you need more drinks, you can take it to the mother ship. Please, remember to mark at the inscription form if you don't want our picnic or if you need special sandwiches.
- Medical and rescue service if needed.
- Especial T-shirt and swimming cup of the event.
- Transportation to and fro the Port to the Sport Center or School from Thursday to Sunday.

Not included:

- Transportation from your living place to Formentera.

- Friday and Saturday dinners. Two especial open-air dinners and parties will be organized those days at €10.00 cost each one. Mojitos €3.00 at the after dinner party. People with Cystic Fibrosis are invited to the dinners.
- Sunday dinner. If you choose to stay until Monday, you can enjoy the dinner at the famous Blue Bar, with the show of the best pictures of the challenge. In this case, you can stay at the Sport Center or School for free with just one condition: you must help the volunteers to arrange the Sport Center

Inscription period: The inscription form will be available since May 1 at www.respiralia.org until all seats are all assigned

Staff members:

- Catering staff
- Health personnel (doctors, nurses and physiotherapists)
- Lifeguards
- Captains and boats (canoes, jet skis and pneumatic)
- Mother ship for the transportation of the participants and for the rest of the them when they are not swimming
- Rescue helicopter
- Logistics staff
- Coordinator at Sea and General Coordinator

The system used in the Tour is as follows:

Participants will swim by teams and relays in groups of 3-4 people, each with a safety buoy assigned by the organization which will be returned as instructed by the staff at every stage finish. Each stage will be divided into some legs between 1.5 and 2.0 nautical miles each. The swimmer is not required to swim a certain distance or time, but for a better coordination you are required to mark your swimming category at the inscription form. When a swimmer gets tired, he/she will raise his/her hand and will be picked up by an inflatable boat that will take him/her to the mother ship to rest, feed and hydrate.

The safety of participants is ahead of everything, so the Sea Coordinator may decide whether or not allow the swimming under the conditions of the sea or sailing ships or the existence of banks of jellyfish in the vicinity (Respiralia Foundation has anti jellyfish suits. Available on our website).

It is not allowed to smoke aboard our boats or within the precincts of the School (this event is organized to raise public awareness of breathing problems of people with Cystic Fibrosis).

The aim of the event is to raise awareness of this serious and incurable disease. We call for a minimum of interest to the participants so that, after the event, they can help make

it known.

One more way to help the Respiralia Foundation is to **buy your travel tickets through**
WWW.KEVIAJES.ES