

Swim100 FAQs



Who can take part in Swim100?

Swim100 is a challenge for people of all ages and abilities. If you're a young person who's under 18, please ask an adult to register your challenge on your behalf to supervise the challenge and receive all Guide Dogs communications.

Can I take part in a team?

Yes, you can take part as a team with friends, family, colleagues or class mates. If you're a young person who's under 18, please ask your team leader (an adult over 18) to register the team on your behalf to supervise your challenge and receive all Guide Dogs communications.

Can I take part with a club or my school?

Absolutely, taking part with your class or club is a great idea, just ask your teacher or club leader to register the team on your behalf.

What is a Swim100 Challenge?

A Swim100 challenge is a personal swimming challenge based around the number 100. It can be swimming 100 metres for the first time or even a mighty 100-mile swimming relay. Check out our fantastic ideas guide for inspiration.

Where do I complete my swim?

Your local pool is great place to complete your challenge but it can be any anywhere like to swim, from the open sea to a hydrotherapy pool. Just make sure to hit the water safely wherever you choose.

When do I need to complete my swimming challenge?

To count as a Swim100 challenge, you will need to complete your swim by the end of the month. It's up to you when you swim, you could spread your challenge over a few sessions or do it all on one go- whatever works you.



I have limited mobility; can I still take part?

Yes, people of all ages and abilities can take part in Swim100. You can tailor the challenge to suit you. Just choose one that is safe, matches your ability and is a challenge for you.

How much do I need to fundraise to get my locker coin or swimming towel?

We are giving away branded Swim 100 locker coin keyrings to the first 250 Swim100 participants to raise £50 and branded Swim 100 towels to the first 350 Swim100 participants to raise £150 or more. Just remember to pay in your fundraising as soon as possible to claim your goodies!

What will I get for completing the challenge?

Everybody who takes part in Swim100 will receive a certificate and embroidered badge to say thank you, regardless of how much money you fundraise. Just remember to register your challenge to make sure you receive yours. There are also some exclusive Swim100 goodies up for grabs for our top fundraisers!

When will I get my locker coin or swimming towel?

We will send out your Swim100 Certificate and embroidered badge along with any goodies, such as your Swim100 locker coin or swimming towel. You can expect to receive them in the post the month after you've completed your challenge and sent us your fundraising.

When will I hear from you once I've registered my challenge?

Once you've registered, you can expect to receive an e-mail welcoming you to Swim100 and a letter in the post. We will often call to say "Hi" in the week after you've registered, which is a great time to ask us any questions.

Can I get additional fundraising materials for my challenge?

You'll find lots of great resources available to download on our website, you'll find them under the Training & Fundraising tab on the Swim100 webpage. You can also request additional fundraising items, us a call on **0345 143 0200** or send us an e-mail at events@guidedogs.org.uk.



I'm the team leader for a club or a school group, can you have sent me a welcome pack for my class or group?

Yes, please e-mail the friendly events team at events@guidedogs.org.uk, we will be able to send you bespoke pack in the post with everything you need.

How do I send you my fundraising?

There are lots of ways to send us your fundraising. Send us a cheque on the post, call us to pay in your fundraising over the phone or arrange a BACs transfer with your bank. Just please don't send us any cash through the post as it's not very safe. We will send you information on how to pay in your fundraising, but if you need help please contact us.

I'm using an online giving page; how do I send you the money I've raised?

If you're using an online giving platform like, Just Giving or Virgin Money Giving, the donations you receive will be transferred to Guide Dogs automatically. Did you know you can join the Swim100 Autumn campaign on Just Giving!

When will I need to send in my fundraising by?

Please pay in your fundraising as soon as you've completed your challenge to ensure you receive the Swim100 badge and certificate. If you pay in more than 2 weeks after the end of the challenge, just send us an e-mail to events@guidedogs.org.uk or call us on **0345134 0200** to claim your goodies.

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