

## **OPEN WATER SWIMMING MEYNELL VALLEY HUNTERS TRIATHLON CLUB 2010**

As a prerequisite to swimming in the Manor Park Sailing Club lakes at the designated times, as agreed between the Sailing Club and Meynell Valley Hunters Triathlon Club, you are required to read and sign as agreement to abide by the strict safety measures detailed below:

1. I will not enter the water until all safety measures have been put in place and will abide by such safety measures at all times ensuring I swim within the designated area.
2. I am a competent swimmer capable of completing an 800 metre continuous swim, am a member of the "British Triathlon" and am over the age of 14 years. Members under 14 must be accompanied by a parent or an adult at all times.
3. I shall ensure that I have paid the appropriate fee and completed and returned my declaration including emergency contact details to the club safety officer before entering the water.
4. I will register my name with the club safety officer/marshal on entering and exiting the water.
5. I shall exit the water when instructed to do so or at the end of the designated swim session
6. A wetsuit and brightly coloured swim hat are to be worn during at all times whilst in the water.
7. I will stay in my allocated pair/group during the whole of my time in the water.
8. I will enter and exit the water at the specified place and stay within the designated swim route unless instructed otherwise by a marshal or the club safety officer.
9. In the event I enter into difficulty during the swim session I shall roll on to my back and signal for rescue by raising either the left or right arm in the air.
10. I will provide the appropriate contact details in the event of emergency and agree these can be kept in the appropriate record files until the end of the swim season.
11. I will not enter into the space of the other water users.
12. I shall not swim or enter the water if feeling unwell.
13. I agree to take full responsibility for my belongings whilst within the grounds of the Sailing Club.
14. I shall, and ensure any of my party are, at all times wearing a life jacket or wetsuit whilst within 2 meters of the waters edge.
15. I shall ensure all pets or children are kept away from the waters edge or any pontoon areas of the Sailing Club.
16. I agree to respect and abide by the safety rules and code of conduct of both the Meynell Valley Hunters Triathlon Club and the Sailing Club and their instructions.
17. I have read and understood the 'code of conduct', Risk Assessment and Normal Operating Procedures which are available on the MVH Tri Club website.
18. It is my responsibility to have the correct insurance to cover against any injuries or losses I may incur whilst on-site or swimming within the grounds of the lake or sounding areas including the showers, canteen areas, car park or entering/exiting the grounds of the sailing club by any means (not checked by the club).

Contact/Next of Kin details in case of emergency.

Surname:	
Forename:	
Date of Birth:	
Address:	
Next of Kin:	
Next of Kin Contact Details:	
Medical Problems: (e.g. Heart disease, Asthma, Diabetes etc...)	
Current Medication:	
Medication Allergies:	
Other Details:	

I agree to abide by the safety measures herein and any other local safety requirements issued on the day of the swim. I am fully aware of the dangers of swimming in an open water environment and the fitness levels required and I accept the organisers, landowners and their agents cannot be held responsible for any loss or injury howsoever caused.

Signature: \_\_\_\_\_ (parent/guardian if under 16 yrs of age)

Date: \_\_\_\_\_ Email: \_\_\_\_\_