

## KLTC Open Water Swimming Disclaimer

Name .....

Address .....

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Phone .....

Emergency contact details .....

Any Medical conditions .....

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I am aware of the dangers and difficulty of open water swimming. In order to reduce this risk, and for mutual support, I wish to swim with a group.

**“I take responsibility for my own actions and absolve the individuals I swim with and King's Lynn Triathlon Club from any liability arising from injury or death whilst, or consequent to, open water swimming.”**

I am at the present time capable of swimming 750 metres in one go in a swimming pool.

I am medically fit to undertake open water swimming.

I do not suffer from epilepsy or fits.

I agree to support the people I swim with by observing the following procedures :

- Wear a wet suit to aid buoyancy, retain body heat, and protect from water borne infection.
- Wear a bright swim hat for visibility.
- Before entering water, group into a pair (or three) of similar ability, and when swimming always keep an eye on partner.
- When I have finished swimming I will check that my partner is out of the water.
- If I am inexperienced at open water swimming, or if for any other reason, or because a partner is inexperienced, I will swim close to the bank.
- When entering the water I will keep a look out for any object in the water, foreign or natural, which might cause harm, e.g. glass metal or stone.
- Before swimming discuss exactly where the group will swim, the route, and any regrouping point.
- Before swimming discuss water conditions and any potential conflict with other water users.
- Before swimming discuss with the group any deviation from these numbered procedures.
- If I get into difficulties try to attract the attention of my partner, turn on my back and try to make my way to the bank or shallow water.
- The signal to attract attention is to turn onto back and raise one arm in the air.

Signed .....

Date .....