

OPEN WATER SWIMMING CRAVEN ENERGY TRIATHLON CLUB 2011

As a pre-requisite to swimming in Coniston Hotel Lake at Coniston Cold at the designated time, as agreed between the lake owners and Craven Energy Triathlon Club, you are required to read and sign an 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 500 metre continuous swim,
*am a member of the "British Triathlon Federation"
* and I am over the age of 14 years. Members under 14 must be accompanied by a parent or an adult at all times.
* Delete if not applicable.
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 session swim leader 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 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 the session leader.
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 open water swim season.
11. I will not disturb any birds on or around the water or people fishing in their designated area.
12. I shall not swim or enter the water if feeling unwell.
13. I agree to take full responsibility for my belongings and my own litter whilst within the grounds of Coniston Hotel.
14. I shall ensure all pets or children are kept away from the waters edge.
15. I agree to respect and abide by the safety rules and code of conduct of Craven Energy Triathlon Club and their instructions.
16. I have read and understood the 'Code of Conduct', Risk Assessment and Normal Operating Procedures which are available on Craven Energy Triathlon Club website.
17. I agree to drive no faster than 20mph through the grounds of Coniston Hotel and park my car in the designated areas near the stables or tennis courts
18. I will endeavour to car share wherever possible to help minimise the number of cars
19. 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 Coniston Hotel and the lake

Details in case of emergency. Please type or print neatly

SWIMMER DETAILS	
FULL NAME:	Medical Problems: (e.g. Heart disease, Asthma, Diabetes, epilepsy etc...)
Current Medication:	Medication Allergies:
EMERGENCY CONTACT DETAILS	
Name	Relationship to swimmer
Contact phone number:	

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 club, organisers and landowners cannot be held responsible for any loss or injury howsoever caused.

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

Date: _____ Email: _____