

## SYTri (Shrewsbury Triathlon UK) - Open Water Swimming

### Open Water Swimming Disclaimer at Walford College Lake, Baschurch, SY4 2HL and Greenhouse West Midlands Showground, Shrewsbury SY1 2PF

**Participants:** - You are required to have read the contents of the swim session page and the contents of this disclaimer prior to booking the session on the Nifty booking system and will be required to confirm on booking to confirm you have done so and also your agreement to abide by the strict safety measures and conditions detailed below:

**Conditions:** -

1. I confirm I am a current member (Walford venue and River) of SYTri (Shrewsbury Triathlon UK) or a entrant (river Swim only ) to the Shrewsbury Triathlon event on a familiarisation swim.
2. I confirm I am fit and healthy to take part in this session.
3. I confirm I am a confident swimmer.
4. 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.
5. I am aware the swim session is pre booked in advance using the clubs website/Nifty booking system and am aware I will not be allowed entry into the water unless I have done so.
6. I will register my name with the Club lakeside/river assistant prior to entering and equally importantly on exiting the water. I will provide the appropriate contact details when pre entering the Event including in the event of emergency and agree Club officials can keep these until the end of the swim sessions.
7. I shall also inform the coach of any relevant medical condition.
8. I shall exit the water when instructed to do so, or at the end of the designated swim session. It is mandatory for a wetsuit and a brightly coloured swim hat to be worn whilst in the water subject to British Triathlon guidelines.
9. I will enter and exit the water at the specified place and stay within the designated swim route unless instructed otherwise by the coach or a kayaker.
10. 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.
11. I will not enter into the space of anglers.
12. I shall not enter the water or continue to swim if feeling unwell.
13. I am aware of waterborne diseases such as Weils Disease and Blue Green Algae
14. I agree to take full responsibility for my belongings whilst within the grounds of the open water swimming venue.
15. I understand no pets or children are allowed on the site of Walford College Lake. I shall ensure all pets or children are kept away from the waters edge or pontoon areas of the Showground.
16. I have read and agree to respect and abide by the safety rules and code of conduct of the Club.

**Disclaimer:-**

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 that there is not always life guard cover. I am also aware of fitness levels required, and I accept the Club, organisers, landowners and their agents cannot be held responsible for any loss or injury howsoever caused. I acknowledge that I swim at my own risk and agree to indemnify the Club against any losses or claims arising from my participation in this event.