

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

## Open Water Swimming at County Showground & Walford College (members only)

As a pre-requisite to swimming in river at the County Showground & lake at Walford, Shrewsbury the designated times of each swim session will be as agreed between SYTri (Shrewsbury Triathlon UK) and the County Showground/Walford and will be published on the Club website ([www.sytri.org](http://www.sytri.org)) or informed to Club members by email.

**Participants:** - You are required to read and sign this disclaimer to confirm your agreement to abide by the strict safety measures and conditions detailed below:

**Conditions:** -

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 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.
3. I will register my name with the Club safety officer/marshal on entering and exiting the water.
4. I shall exit the water when instructed to do so, or at the end of the designated swim session.
5. It is mandatory for a wetsuit and a brightly coloured swim hat to be worn whilst in the water.
6. I will stay in my allocated pair/group during the whole of my time in the water.
7. 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.
8. 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.
9. I will provide the appropriate contact details in the event of emergency and agree these can be kept by Club officials until the end of the swim session.
10. I will not enter into the space of other water sports users.
11. I shall not swim or enter the water if feeling unwell.
12. I am aware of waterborne diseases such as Weils Disease and Blue Green Algae
13. I agree to take full responsibility for my belongings whilst within the grounds of the County Showground/Walford
14. I shall ensure all pets or children are kept away from the waters edge or pontoon areas of the County Showground.
15. I have read and agree to respect and abide by the safety rules and code of conduct of both the Club and County Showground and Walford College.
16. I have filled in correct contact details below, of next of kin etc
17. I am aware that if I am not a current member of the British Triathlon Federation, I need to ensure that I am covered by a policy of insurance that covers me for this open water swim session.

**To Be Completed in Block Capitals**

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

**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.

Signature: \_\_\_\_\_ (parent/guardian if under 17yrs of age)

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

Tel: \_\_\_\_\_

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

B.T.F. number: \_\_\_\_\_

Tri Club (If Any): \_\_\_\_\_