

**OPEN WATER SWIMMING LEICESTER TRIATHLON CLUB 2008**

As a prerequisite to swimming in King Lear lake at the designated times, as agreed between Leics. Council, Watermead Park Rangers and Leicester 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 route.
2. I am a competent swimmer capable of completing an 800 metre continuous swim, am a member of the "British Triathlon Federation" or the LTC and am over the age of 14 years.
3. I shall ensure that I have paid the appropriate club (or BTF) membership 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 presence with the club safety officer/marshal on entering and exiting the water, by adhering to the recording system currently used by LTC.
5. I shall exit the water when instructed to do so or at the end of the designated swim session
6. A brightly coloured swim hat is to be worn during at all times whilst in the water, and if the water temp. is below 14degrees C then a wetsuit is also compulsory
7. If **inexperienced in openwater** swimming, I will stay in my allocated pair/group during the whole of my time in the water and wear a **white** cap.
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 Watermead Park.
14. I shall ensure any of my party are under control whilst within 2 meters of the waters edge (see 15).
15. I shall ensure children are kept away from the waters edge or pontoon areas of King Lear lake.
16. I agree to respect and abide by the safety rules and code of conduct of both Leicester Triathlon Club and the Park Rangers and their instructions.
17. I have read and understood the 'code of conduct' and Normal Operating Procedures which are available on the Leicester Tri Club website, or from one of the Club Committee members..

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: \_\_\_\_\_