

OPEN WATER EVENT PARTICIPATION AGREEMENT 2019 SEASON

- I agree to strictly abide by the swimming times and location advertised on the Inspire2tri web site and displayed on the notice by the Rutland WaterSports Training Centre.
- I will not enter the water until all safety arrangements are in place and the Check-in Manager has indicated that it is safe to do so.
- I shall exit the water at the end of the session when instructed to do so.
- I will enter and exit the water at the specified places(s) and stay within the designated swim route unless instructed otherwise by safety staff from the Rutland WaterSports Centre or Inspire2Tri.
- I will wear a wetsuit when advised by Rutland WaterSports Centre or Inspire2Tri that this is required, a brightly coloured swim hat and goggles. I am aware that neoprene gloves, hat and socks are also permitted if I wish to wear them.
- I will sign the register at Inspire2tri check-in before entering into the water and will exit the water at the check-out position, or return to the check-out position if, for any emergency reason I have exited the water elsewhere and are able to do so.
- I agree to provide emergency contact details and any relevant medical issues and understand that this information will be recorded for my safety.
- I will swim within my ability and respond immediately to any directions given by the safety officer/session coach and anyone providing safety cover, including any instruction to exit the water if required.
- In the event I get into difficulty I will **roll onto my back** and signal for rescue by waving one arm in the air.
- I will not deliberately obstruct or interfere with other swimmers.
- I will not dive into the water from any platform or boat.
- I will not swim if I am feeling unwell, or if I become unwell during a session I will immediately inform the safety staff.
- I have read and understood the general advice for swimmers provided by the WaterSports Centre and Inspire2Tri.
- I agree to take full responsibility for my possessions whilst swimming, which can be left at a supervised Bag Drop at check-in or in the lockers provided.
- I have provided the correct contact details at time of registration and agree to notify Rutland WaterSports centre & Inspire2Tri immediately if changes or updates as required.
- I will abide by any safety advice issued at Registration and water check-in.

OPEN WATER EVENT PARTICIPATION DETAILS 2019 SEASON

| | |
|---|--|
| Surname | |
| First Name | |
| Name you want to be called by for safety purposes. | |
| Date of Birth | |
| Email Address | |
| Your Telephone (mobile and/or landline) | |
| Address | |
| | |
| | |
| Next of Kin (Name & Relationship) | |
| Next of kin contact details (Mobile/ Landline) | |
| <u>Any</u> medical conditions, current medications, allergies or other information that you want us to be aware of, that will enable us to provide you with relevant safety care in the water (e.g. asthma, diabetes, epilepsy, medications that may impact your swim performance, joint issues or disabilities that may influence how we should handle you in rescues etc.) | |

Data Protection & Liability Waiver

I understand that this paper form is required to plan the safest possible open water experience and that it is accessible to any safety staff from Inspire2tri & Anglian Water. It may be used to contact me in the event of a change or cancellation but will not be shared with any other organisation or group. No modification will be made to the form without my permission and I may request to view it or ask for it to be deleted at any time if I cease to attend Open Water Swimming. The form will be renewed annually and previous forms kept for a maximum period of 3 years.

I have read and agree to abide by the safety measures detailed in the **Participant Swim Agreement 2018** and on any other Safety requirements issued on the day from authorised safety staff of Rutland WaterSports or Inspire2tri. I am fully aware of the dangers of swimming in Open Water and am aware of the fitness levels required. I accept that Rutland WaterSports, Inspire2tri and Anglian Water cannot be held responsible for any loss or injury howsoever caused. I swim at my own risk.

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| Signature | |
| Date | |