



Disclaimer form

Introduction

Open water swimming is an exhilarating and liberating experience but swimmers must understand that it has some serious safety implications. Please read and abide by these rules to ensure a safe and enjoyable swim. In addition, St John's Hospice has permission to use RNLI Slipway on the understanding that we adhere to the rules outlined in this document so please help us to maintain good relations with the owners by swimming responsibly.

Understanding the Risk

It is important to understand that the sea is an unsupervised open water venue. Unsupervised open water swimming is significantly more risky than a supervised pool session and as such, St John's Hospice will ensure that every person fully understands these risks before being permitted to swim in the sea. However, all swimmers agree to swim entirely at their own risk and in the unlikely event of injury, accident, loss or damage suffered, regardless of however it may be caused, no responsibility whatsoever shall be attached to the organisers.

Safety

Safety boats will be in the water, please adhere to any instructions they give you, failing to do so will lead to a possible hazard. If you get in difficulty roll onto your back and place your arm in the air. They will be with you in seconds.

RULES.

1. All Swimmers and dippers must;
 - a) Have signed a disclaimer with declaration of health and swim ability.
2. **Sign in and out.** All swimmers must wear the band that is given to them on paying for each session. The Supervisor of the session will count how many

bands have been handed out. Please hand your band back in as soon as you exit the water, so that your safety can be accounted for.

3. **Children.** Children must be supervised at all times
4. **Entry and Exit.** Only enter the sea at the designated entry and exit point.
5. **Wetsuits are not compulsory..**
6. **Responsible Swimming.** There are some very simple measures that will dramatically reduce your risk of having an accident.
 - a) Swim within your limit
 - b) Do not swim if you are feeling tired, unwell or if you are under the influence of drugs or alcohol.
 - c) If you are struggling, STOP, try and get your breath and relax.
 - d) If you feel in need of assistance, roll onto your back and signal the safety boat by raising your arm.

Hygiene Advice

- a) Minor cuts and abrasions must be covered with a plaster. If you have any deep cuts it is recommended that you do not swim.
- b) Do not swim if unwell or taking medication which affects you adversely, and please do not endanger yourself or others if you are under the influence of alcohol or drugs.
- c) Try not to ingest any water, and after swimming it is good practice not to eat until you have washed your hands in fresh water, and take a shower at the earliest opportunity.
- d) If you are unwell after open water swimming and suffering with flu-like symptoms / severe headaches, see your GP as soon as possible, and state that you have been swimming in open water. You could be suffering from Leptospirosis (or Weil's disease) and early diagnosis and treatment is paramount. These conditions are rare but can be picked up from open water swimming.
- e) Please do not attend if you have any Covid symptoms or have had a positive test 10 days prior to the event
- f) Please take a lateral Flow test up to 24 hours before the event

ACKNOWLEDGEMENT OF RISK

The Big New Year Day Dip

(Please complete in clear capitals and hand in to the organising team)

If you have not signed and completed this form you will not be allowed to swim.

- | | Please Tick |
|---|--------------------------|
| 1. I acknowledge that I have read, understood and will comply with the Open Water Swimming Rules. | <input type="checkbox"/> |
| 2. I completely understand and appreciate the inherent risks involved in unsupervised open water swimming including the possibility of serious injury or death. | <input type="checkbox"/> |
| 3. I understand that I swim entirely at my own risk. In the unlikely event of injury, accident, loss or damage suffered, regardless of however it may be caused, no responsibility whatsoever shall be attached to the organisers, landlords, or any persons involved in the organisation of the Big New Year Day Dip | <input type="checkbox"/> |
| 4. I hereby certify that I am physically fit and well to participate in any such training and events and that I do not know of any medical condition which would make it inadvisable for me to swim in the sea. Furthermore, I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. | <input type="checkbox"/> |
| 5. I undertake at all times to use my best endeavours to train in a safe manner and not to do anything that would expose me or fellow swimmers to unnecessary risk or injury. | <input type="checkbox"/> |
| 6. I hereby declare that within the past 12 months, I have swum 1500m or 60 x 25m lengths unassisted and without stopping, in a pool. | <input type="checkbox"/> |

By signing this document you are stating that you acknowledge, understand and will comply with the relevant points outlined.

First Name	<input type="text"/>	Surname	<input type="text"/>
Address	<input type="text"/>	Date of Birth	<input type="text"/>
Signature	<input type="text"/>	Today's Date	<input type="text"/>

CONSENTING PARENT
ACKNOWLEDGEMENT OF RISK

The Big New Year Day Dip
(Please complete in clear capitals and hand in to the organising team)

If you have not signed and completed this form you will not be allowed to swim.

- Please Tick**
1. I acknowledge that I have read, understood and will comply with the Open Water Swimming Rules for Children between 14-16 years old.
- I understand that I am swimming with my child, entirely at my own risk. In the unlikely event of injury, accident, loss or damage suffered, regardless of however it may be caused, no responsibility whatsoever shall be attached to the organisers, landlords, or any persons involved in the organisation of the Big New Year Day Dip.
2. I hereby certify that my child is physically fit and well to participate in any such training and events and that I do not know of any medical condition which would make it inadvisable for them to swim. Furthermore, I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of their health.
3. I undertake at all times to use my best endeavours to train in a safe manner and not to do anything that would expose me, my child or fellow swimmers to unnecessary risk or injury.

By signing this document you are stating that you acknowledge, understand and will comply with the relevant points outlined.

Childs First Name

Childs Surname

Parents First Name

Parents Surname

Childs Date of Birth

Signature

Today's Date