

OPEN WATER SWIMMING - Meridian Triathlon Club, 2020 - group session

As a prerequisite to swimming in OPEN WATER IN A MTC SWIMMING SESSION you are required to read and sign as 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, and am a member of MTC.
 3. I shall ensure that I have paid my club membership fee and completed and returned my declaration including emergency contact details to the entry marshal before entering the water.
 4. I will register my presence with the coach and/or safety officer/marshal on entering and exiting the water, by adhering to the registration system.
 5. I shall exit the water when instructed to do so by the marshal/spotters (whistle/vocal instruction).
 6. **WETSUIT GUIDANCE:** Wetsuit compulsory if water temperature is below 18°C unless stipulated by the safety marshal; water temperature between 18 - 23°C wetsuit optional; water temperature over 23°C wetsuit not advised. All temperatures are guidance only and coach has final decision based on experience level and weather conditions.
 7. A brightly coloured swim hat is to be worn during at all times whilst in the water.
 8. If inexperienced in open water swimming, I will stay in my allocated pair/group during the whole of my time in the water.
 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/marshal or the safety officer.
 10. In the event I get 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 provide the appropriate contact details in the event of emergency and agree these can be kept for the 2020 swim season.
 12. I will not enter into the space of the other water users.
 13. I shall not swim or enter the water if feeling unwell.
 14. I agree to take full responsibility for my belongings whilst within the grounds of Lake Ashmore.
 15. I agree to respect and abide by the safety rules and code of conduct at Lake Ashmore.
 16. I will listen to the safety briefing at the start of each session.
 17. I will complete a warm up and stretching pre- and post- session.
 18. I will follow any instructions given by my swim buddy, coach, spotters or lake safety staff.
- COVID-19 SPECIFIC INSTRUCTIONS**
19. I will do my best to maintain a 2m distance from other participants whether on the lakeside or in the water.
 20. I will wash my hands before and after attending the session.
 21. I will not attend any sessions if I or a member of my family have:
 - a. Shown any symptoms of COVID-19 within last 7 days;
 - b. Been in close contact with someone who has displayed COVID-19 symptoms;
 - c. Seen a GP for guidance regarding COVID-19 symptoms within last few days.

SWIMMERS

NAME:

Age:

Signed by swimmer:

Emergency phone no (if not staying lakeside):

Medical information which may be useful (eg. asthma, allergies, anxiety):

- PLEASE ENSURE YOU HAVE NECESSARY MEDICATION WITH YOU ON THE LAKESIDE -

Other details you think would be useful to know:

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 coach, organisers, landowners and their agents cannot be held responsible for any loss or injury howsoever caused.