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 2024 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.

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| **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.