



ADULT (18+) ACKNOWLEDGEMENT OF RISK 2016 OPEN WATER SWIMMING at RIPON RACECOURSE LAKE

please
tick

1. I acknowledge that I have read, understood and will comply with the NYP Tri Open Water Swimming Rules for Ripon Racecourse Lake.
2. I completely understand and appreciate the inherent risks involved in unsupervised open water swimming including the possibility of serious injury or death.
3. I understand that Ripon Racecourse Lake is an unsupervised Open Water Swimming venue and as such, 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 open water swimming at Ripon Racecourse Lake.
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 lake. Furthermore, I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health.
5. I undertake at all times to use my best endeavours to train in a safe manner and not to do anything which would expose me or fellow swimmers to unnecessary risk or injury.
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

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

First Name	Surname
House no/ name	Postcode
Signature	DOB
	Today's date
NOK Phone No.	
NOK First Name	NOK Surname
Health Concerns	

FOR CLUB USE ONLY:

Name of person conducting induction	Date induction completed
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Signature