

## **HOWL MULTISPORTS / OPEN WATER SWIMMING CLUB**

As a prerequisite for swimming at lakeside country Park at the designated times, as agreed between Eastleigh Borough Council and HOWL-Multisports Openwater Swimming Club (from now onto be known as HOWL), you are required to read and sign as agreement to abide by the strict safety measures detailed below:

1. Open water swimming is class as a activity with risk. HOWL will provide a suitable environment. 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 or any persons involved in the organisation of HOWL
2. 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.
3. I am a competent swimmer capable of completing an 200 metre continuous swim, am a member of HOWL or the "British Triathlon Federation" and am over the age of 16 years.

Under 16's must be accompanied by an adult and parent or guardian must sign Junior waiver.

4. I shall ensure that I have paid the appropriate club (or BTF) membership fee and completed and returned my declaration including emergency contact details to the club safety officer before entering the water.
5. I will register my presence with the club safety officer/marshal on entering and exiting the water, by adhering to the recording system used by HOWL at the session I am attending.
6. I shall exit the water when instructed to do so by the duty spotters (Air horn or red flag)
7. A brightly coloured swim hat is to be worn during at all times whilst in the water, and if the water temperature is below 14degrees C then a wetsuit is also compulsory.
8. I will enter and exit the water at the specified place and stay within the designated swim route unless instructed otherwise by a marshal or the club safety officer.
9. 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. If you see another swimmer in difficulty, do not assist, but help raise the alarm.
10. I will not instruct or coach any other swimmer.
11. I will provide the appropriate contact details in the event of emergency and agree these can be kept in the appropriate record files for subsequent swim seasons,
12. I will only swim in the water-sport lake and not enter into the space of the other water users, e.g. fishermen.
13. I shall not swim or enter the water if feeling unwell and ensure I am suitably hydrated
14. I agree to take full responsibility for my belongings whilst within the grounds of Lakeside Country Park.
15. I shall ensure any of my party are under control whilst within 2 meters of the water's edge .I shall ensure children are kept away from the waters edge or pontoon areas of Lakeside Country Park.
16. I agree to respect and abide by the safety rules and code of conduct of both HOWL and Lakeside Country Park Rangers and their instructions.
17. I will leave the changing rooms in the same or better condition than I found them and report and breakages or unacceptable condition to HOWL or park officer. I shall take my rubbish home or dispose in the bin supplied and follow the country side code whilst around the lake and Lakeside Country Park.

18. Environmental statement: The water is tested regularly and assessed to European safe water standards however without chemical treatment bacterial contamination can occur in the water. If this does occur between testing periods you may come into contact with such contamination. If the level fall below the expectable standard the venue will be closed. We are advised that swimming in contaminated water may render the swimmer open to such diseases as Salmonellosis or Shigellosis (at worst typhoid but more generally stomach upsets); Amoebic dysentery; Poliomyelitis; Infective hepatitis; Sore throats, noses, ears etc. caused by streptococci pseudomonas or staphylococci. These are only some of the possibilities; there are others, including Weil's disease and botulism. HOWL or Eastleigh Borough Council will not be responsible for any injury or infection caused by contamination of the water. If the venue is closed due to contamination or the water falls below the expectable quality standard due to circumstances beyond the control of HOWL, HOWL will offer credits on pre booked swims for future use.

Contact/Next of Kin details required in case of emergency

Members Surname	
Forename	
Date of birth	
Address	
Next of kin NAME	
Contact details of next of kin Tel. number	
Medical Problems: (e.g. Heart disease, Asthma, Diabetes etc...)	
Please indicate if you have ever in your life even if just the once had a fit , seizure or blackouts	
Current medication	
Medication allergies	
Other details	

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

Signature: \_\_\_\_\_ (parent/guardian if under 16 yrs of age)

Date: \_\_\_\_\_ Email: \_\_\_\_\_ Mobile: \_\_\_\_\_

**HOWL is an inclusive venue. Tick box if you are registered**

Para-tri     Disabled

If you are a BTF home nation member please provide your BTF number or details of any other insurance cover you may have for open water swimming:

BTF Number or Insurance Details: \_\_\_\_\_

**Junior members & Swimmer under the age of 16 years of age**

19. All JU16 will agree to the same rules as full members.
20. Any Junior members & Swimmer under the age of 16 years of age(from now onto be known as JU16) must be accompanied by parent/guardian at all times.
21. When JU16 is in the water you must swim as a pair with your parent/guardian.
22. Parent/guardian may supervise their JU16 from the side of the lake, but must be in sight of your JU16 at all times. Supervising parent/guardian are not allowed to stand on the jetties or blocks to view HOWL safety personnel or staff viewing the lake.
23. JU16's must use gender appropriate changing rooms. parent/guardian are responsible for their JU16 when in the change rooms and should be supervised at all times.
24. Parent/guardian of JU16 must be a full member of HOWL.

As the parent/guardian of: **Childs Name:** \_\_\_\_\_

My child understands and agree to abide by the safety measures herein and any other local safety requirements issued on the day of the swim.

My child and I am fully aware my child is of the dangers of swimming in an open water environment and the fitness levels required and My child and I accept the organisers, landowners and their agents cannot be held responsible for any loss or injury whatsoever caused.

Signature: \_\_\_\_\_ (parent/guardian of JU16)

Contact/Next of Kin details required in case of emergency if different from above

JU16 Surname	
JU16 Forename	
JU16 Date of birth	
Next of kin NAME	
Contact details of next of kin Tel. number	
JU16 Medical conditions: (Asthma, Diabetes etc)	
Current medication	
Medication allergies	
Other details	

### Non wetsuit / skin swim

**HOWL strongly recommend the use of swim wetsuits by all Swimmers when participating in open water swimming training and/or racing at Lakeside Country Park, which is an open-water lake.**

#### Critically, wetsuits provide:

- Additional buoyancy (swim wetsuits are not life saving, but they will help you to float in the water)
- Protection against cold water temperatures

Non-use of wetsuits **may** be agreed on a case by case basis, provided that the following provisions (“the Provisions”) are met;

- You are able to satisfy the HOWL operating staff, safety personnel and/or Coach that you are safe and competent to swim without a wetsuit, based on an acceptable level of experience of swimming in cold, open water conditions previously and that you may be asked to produce evidence of this or complete an open water swim test in a wetsuit.
- You agree to wear appropriate swimming costumes; NO nudity is permitted
- You are over the age of 16.
- You understand that the session safety officer and/or marshal may deem it necessary for you to wear a wet-suite even if this waiver has been completed.
- You accept that HOWL reserves the right to remove this permission at any time without notice
- You agree to ensure that, at each swim session attend, you have appropriate warm clothing and a flask with a hot beverage to drink after you swim

#### **Waiver Declaration**

I understand the risks associated with swimming in open water at HOWL / Lakeside country, and by choosing to swim in HOWL without a wetsuit may mean that some of these risks are increased; particularly with regards to reduced protection from cold water conditions and the potential onset of cold water shock and hypothermia.

I hereby waive any and all rights of action against HOWL landowners and their agents for any injuries and other actionable events, arising from my decision to swim in this venue without a wetsuit.

I, the undersigned, have read, understand and agree to the above disclaimer with regards to my choice to swim in this venue without a wetsuit and agree to the Provisions and all other terms and conditions of use for swimmers at HOWL events.

<b>Name</b>	<b>Date:</b>
<b>Signature</b>	
<b>Coach Assessment</b> Based on the information they have provided and my assessment, I agree to the above named person swimming without a wetsuit at this venue	
<b>Coach Name:</b>	<b>Date:</b>
<b>Coach Signature:</b>	

