OXFORD TRIATHLETES
Lake Swim Register – Wednesday morning sessions
Strictly members only – must be experienced and competent swimmers

1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Open Water Swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events
2. I am aware of and appreciate the inherent risks involved in such training and events including the possibility of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
3. I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk or injury. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the duty Safety Officer of any concerns I may have with regard to safety.
4. I acknowledge that at Open Water swimming training and events, Oxford Triathletes, British Triathlon or any body affiliated thereto, Worton Farms Ltd or Hanson Quarry Products Europe Ltd cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss and damage.
5. I hereby agree to abide by and be governed by the rules of the British Triathlon Federation and all other laws and regulations applicable
6. I acknowledge that I have read, understood and will comply with the club Open Water Swim Rules for swimming at the Cassington Lake.

Date:	Duty Safety Officer:

Print Name	Signature	Disclaimer Done?	Emergency Contact /Medical info	Prepay or PAYG (£3)	Sign out