

Penguin Plunge



St Richard's
Hospice
Caring for life

Swimmers declaration

I accept that taking part in open water swimming is by its nature hazardous and contains certain inherent risks. I accept that I owe a significant duty of care to Lenches Lakes and other swimmers to act responsibly and follow all safety instructions. This includes but is not limited to:



- Only enter the water when given the all-clear to do so by the Session Leader
- Wearing a brightly coloured swim hat always when in the water
- Swimming with a tow float
- Following the prescribed swim course
- Complying with any instruction to exit the water
- Being aware of other swimmers and summoning assistance if I notice a swimmer in difficulty
- Bringing appropriate clothing (including hat, gloves and warm socks) to change into post swim
- Drinking /sipping a warm drink post swim
- Not attempting to drive until warmed up post swim OR being driven by a supporter (who has not been swimming) if having to leave before warmed up
- Not swimming when I am unwell (for example: a cold, chest infection, feel that I am coming down with a cold, open wounds, ear infection) or under the influence of alcohol or drugs (including medications which might make me drowsy or impair my performance)

Safety Code, Conduct and Waiver Disclaimer

I have read, understood and accept Lenches Lakes Swimmers Responsibility and Registration Statement and agree to abide by it. I agree to adhere to the rules of swimming at Lenches Lakes outlined on Information Boards and will only enter the water at times authorised by the Session Leader. I also accept that open water swimming involves an element of inherent risk including the potential for serious injury and property loss. I take part at my own risk and certify that I am physically fit and capable to do so and have no pre-existing medical conditions that would affect me swimming in open water.

I acknowledge that Lenches Lakes has relied on this statement (in its entirety) in accepting my participation in open water swimming Sessions at Lenches Lakes and that if I was unable or unwilling to agree to all the matters set out above in this statement of responsibility Lenches Lakes would not allow me to participate. All statements of fact are true.