

OPEN WATER EVENT PARTICIPATION AGREEMENT 2021 SEASON

COVID-19 Advice Included

Preparation to swim

- I will not swim if I am feeling unwell, or if I become unwell during a session I will immediately inform the safety staff. If I develop symptoms of COVID within 2 weeks of my swim I will inform Inspire2tri to enable other swimmers in the group to be contacted and advised.
- I will endeavour to maintain at least 2m distance from other swimmer at all times on land.
- I agree to provide an emergency telephone number that must be contactable for the duration of the session and kept for a maximum of 21 days for Track and Trace purposes.
- I understand that Risk Assessments and procedures are in place to lower the risk of accidents and incidents' however I agree that I am aware of the possible dangers involved with Open Water Swimming and agree to follow the safety guidance of Rutland Watersports and Inspire2tri provided before, during or after the session.
- I declare that I am medically fit to swim and will provide any medical information which will help to keep me safe and respond accordingly to any issues duration of the session.
- If the Watersports Centre Changing facilities are shut I agree to leave my possessions in my car or with a third party who has accompanied me.
- I will wear the single use wristband allocated to me and dispose of it responsibly in the bin provided after my swim.

Whilst swimming

- I will endeavour to maintain at least 2m distance from any other swimmer at all times.
- I will not enter the water until all safety arrangements are in place and the instructor or check-in Manager has indicated that it is safe to do so.
- I will enter and exit the water at the specified places(s) and times and stay within the designated swim route unless instructed otherwise by safety staff from the Rutland WaterSports Centre or Inspire2Tri.
- I will wear a wetsuit when advised by Rutland WaterSports Centre or Inspire2tri that this is required, a brightly coloured swim hat and goggles and a tow float (if needed). I am aware that neoprene gloves, hat and socks are also permitted if I wish to wear them.
- I will swim within my ability and respond immediately to any directions given by the safety officer/session coach and anyone providing safety cover, including any instruction to exit the water if required.
- In the event I get into difficulty I will roll onto my back and signal for rescue by waving one arm in the air.
- I will not dive into the water from any platform or boat.
- I accept that Rutland WaterSports, Inspire2tri and Anglian Water cannot be held responsible for any loss or injury howsoever caused. I swim at my own risk.