



box end park

Box End Park Open Water Swimming Disclaimer, Registration and Membership Form

Before swimming at Box End Park you are required to read and sign this agreement to confirm you understand the safety rules and risks associated with open water swimming:

Please tick each box to confirm you agree: 

I am a competent swimmer capable of completing an 800m continuous swim.	
I do not have any medical condition (i.e. heart disease, asthma, epilepsy, diabetes) which may impact my ability to safely partake in open water swimming. If unsure, I will seek the advice of a GP.	
I will sign in at the Box End Park reception before each swim and ensure I understand the session timings and which lake to use.	
I will wear a brightly coloured swim hat and goggles at all times. I understand that if I choose to not wear a wetsuit this will increase the risk of cold water shock	
I will enter and exit the water at the designated points.	
In the event that I get into difficulty during the swim session, I will roll onto my back and signal for rescue by raising an arm in the air.	
At least one safety observer will be present during all swim sessions, however I understand Box End Park will not provide full lifeguard cover.	
As Box End Park will not provide full lifeguard cover, I will not swim alone. I will attend the lake with a buddy and stay with them during the session. Alternatively, I will swim within 15m of another swimmer during the session. In the event of seeing another swimmer getting into difficulty, I will raise the alarm using the methods above.	
In the event of a thunderstorm, failing light, fog or high winds the safety observer may decide to end a session. If I am asked to exit the lake, I will do so immediately.	
I acknowledge that the lake is a natural environment. Lake banks may be slippery and there may be sharp stones underfoot. There are various ramps, ropes and buoys in the water that must be avoided. If I do not feel comfortable with these hazards, I should not swim in this open water environment.	
If I choose to make use of the 5K running trail, I acknowledge that this is a non-surfaced trail; the terrain is uneven and could be slippery or rutted.	

Swimmer's Details	
First name	
Surname	
Postcode	
Email address	
Contact phone number	
Emergency phone number	

I agree to abide by all the above safety measures. I am fully aware of the dangers of walking the 5k trail, environment and the fitness levels required and I accept that Box End Park cannot be held responsible for any loss or injury caused.

Signature: _____ (parent/guardian if under 18 yrs of age)

Date: _____ Bar Code Number: _____