

Swimmer Information

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Swimmer Signals

1. If you are in trouble, first try and stand. If you cannot stand, lie on your back and put your hand in the air to signal to the lifeguard.
2. If you spot another swimmer in trouble, do not go to assist as you may end up getting in trouble yourself.
3. Instead, stop swimming a safe distance away and make yourself known to a lifeguard, by putting your arm in the air

Declaration Form (this information will be collected at point of booking)

DECLARATION FORM Open Water Swimming

Each adult participant must complete this Declaration Form

We are requesting this information from you so that we can ensure your use of our facility on the basis of self-led activity is compliant with our insurance guidelines etc. We may also use this information for promotional purposes and programme evaluation etc. The information about you will not be shared with any others internally or externally from the organisation. Please note that the University of Worcester is the Data Controller and details of how we process your data including how long we retain it and your rights are detailed on <https://www.worcester.ac.uk/informationassurance/visitor-privacy-notice.html>

The processing of this data is dependent upon your explicit consent. Please complete:



I consent to my personal information being processed in accordance with the purpose identified on this data collection form.

Signature:

Date:

Your Details:

Full Name:

Address:

Postcode:

Telephone:

Email:

How did you hear about us?

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- iii. UoW do not accept any liability for personal injury or death although this disclaimer does not affect any statutory rights of those using the facilities or exclude or restrict any liability for personal injury or death arising from the negligence of UoW.
- iv. Each swimmer is expected to take full responsibility for their own actions and be respectful of other swimmers in the session.
- v. All swimmers will immediately and at all times comply and adhere to instructions given by UoW staff.
- vi. UoW will be fully indemnified in the event of damage, personal injury or death arising out of the negligent actions of any members of the group.
- vii. UoW have the right to cancel a session at any time before or during, in the event of actions by any individual which may result in distress, damage or danger to other users. This includes a failure to disclose any information required within this Declaration Form or false information having been given.
- viii. Wetsuits and swim hats are compulsory if water under 18degrees C. If wetsuits are not used, then tow floats must be worn at all times.
- ix. 8 - 13-year-olds must be accompanied by a competent adult in and around the water *
- x. 14-18-year-old solo swimmers must be able to complete a lap of the lake unaided *
- xi. Any U18s on site must be accompanied by a responsible adult at all times

**Third party data should only be provided with the consent of those named individuals or consent of their parent or guardian if under 18.*

I understand that by signing below I confirm that I have understood and agree to the requirements of me under this Declaration Form and the Terms and Conditions above.

Signed:

Print Name: **Date:**