

## Winter Swimming Swimmer Responsibility

I acknowledge that taking part in winter swimming is naturally hazardous and contains risks.

I accept that I owe a significant duty of care to Bicester Open Water Swimming Lake and other swimmers to act responsibly and follow all safety instructions. This includes but not limited to:

- Only enter the water when given the all clear to do so by the session leader (lifeguard)
- Wear bright coloured swim hat and a tow float at all times in the water
- Wear appropriate swimming gear: swimsuit/ wetsuit/ gloves and socks
- Follow the prescribed swimming course
- Comply with entering and exiting the water safely
- Be aware of other swimmers and summoning assistance if I notice a swimmer in difficulty
- Bring appropriate clothing (including gloves, hat, warm socks) to change into post swim
- Ensure that you have warmed up physically and are mental awake to drive safely
- To not swim when I am feeling unwell (cold/flu/chest infections/ ear ache, etc) or under the influence of alcohol or drugs

I hereby declare that to the best of my knowledge, I am in good general health and I have disclosed all medical information relevant to my participation.

I acknowledge that Bicester Hotel Golf and Spa has relied on this statement (in its entirety) in accepting my participation in winter swimming at Bicester Open Water Swimming Lake and that if I was unable or unwilling to agree at all the matters set out above in this statement of responsibility Bicester Hotel Golf and Spa would not allow me to participate. All statements of fact are true.

Name:

Signed:

Date: