



COLD WATER SWIMMING WAIVER FORM



GUIDELINES ON MEMBERS SWIMMING AT VOBSTER IN TEMPERATURES BELOW 10 DEGREES CENTIGRADE

TRiBal Triathlon at Vobster Quay strongly recommend that open water swimming doesn't take place in water below 10° C due to the significant increased risk of cold water immersion shock and hypothermia. Only very experienced open water swimmers, with experience of cold water swimming or those who are specifically training for cold water swimming events will be allowed to enter the water below this temperature limit and only by following the additional safety guidelines below:

1. Compulsory wearing of a swim wetsuit, swim cap, boots and gloves

Critically wetsuits and neoprene swim cap, boots and gloves provide:

- Additional buoyancy (swim wetsuits are not life saving, but they will help you to float in the water)
- Protection against cold water temperatures

2. Demonstrated open water swim competence and experience of cold water swimming

3. Swimmer tows a Chill Swim buoy/safety aid

4. Supported by a canoeist with radio contact with Vobster safety staff

Waiver Declaration

I understand the risks associated with swimming in water below 10° C at Vobster Quay, and by choosing to swim in water below this threshold temperature I both recognise that these risks are increased, particularly with regards to reduced protection from cold water conditions/potential onset of cold water shock and hypothermia and agree to adhere to the above additional safety measures.

I hereby waive any and all rights of action against TRiBal Triathlon and Vobster Quay for any injuries and other actionable events, arising from my decision to swim in this venue in water below 10° C.

I, the undersigned, have read, understand and agree to the above disclaimer with regards to my choice to swim in this venue in water below 10° C and agree to adhere to all other terms and conditions of use for swimmers at Vobster Quay.

Full Name	<input type="text"/>	Date	<input type="text"/>
Signature	<input type="text"/>	TRiBal Membership #	<input type="text"/>

For Official Use Only...

<input type="checkbox"/>	Based on the information they have provided and my assessment, I agree to the above named person swimming in water below 10° C at this venue		
<input type="checkbox"/>	I do not agree to the above named person swimming in water below 10° C		
Name	<input type="text"/>	Date	<input type="text"/>
Signature	<input type="text"/>	Position	<input type="text"/>