

TRIBAL MEMBERSHIP

SWIMMERS / TRIATHLON / MULTISPORT



This membership is for the sole use of swimming / multisport and triathlon visitors only. If you intend to scuba dive at Vobster Quay, then please purchase a diving membership.

NOTE: Any persons found to be scuba diving at Vobster Quay on a TRIBal membership will have their membership rights removed.

OFFICIAL USE ONLY

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Date	

THE BENEFITS

- Valid for 12 months
- Discounted entry
- Regular newsletter
- **Upto 10% Discount** on Retail Purchases
- **10% Discount** on Hire Equipment
- **10% Discount** on Food & Drink
- **Discounts** on coaching, workshops & training



YOUR DETAILS

Membership #

For renewing members, please enter your current membership number

Order #

*Order Reference # from Vobster online shop
Purchase here - <http://tinyurl.com/hw7zy5r>*

* First Name:

* Last Name:

* Address:

* Postcode:

* Telephone:

Mobile:

* Email:

* Emergency Contact:

* Emergency Number:

Swimming Club:

* *(Indicates required field)*

Tick box to **OPT OUT** of Vobster Quay mailing list

I have read and understood the **terms & conditions included with this form and would like to apply for membership**

Signature:

Date:

Complete & return to: **Vobster Quay, Upper Vobster, Radstock, Somerset BA3 5SD**

CONDITIONS OF ENTRY

Please read the following information before filling in the form on the opposite side of this sheet. The completion and signing of this form confirms your acceptance of the rules detailed below...



Registration & Admission

- All swimmers are encouraged to take up membership of an appropriate NGB - Triathlon England, for example - which provides individuals with suitable insurance cover.
- All swimmers must sign in and receive a swimmer ID Tag and wear this on their wrist throughout their visit both on the quayside and in the water.
- Road ways are to be kept clear at all times. You must park as directed in designated areas. The front and side of the Quayside must be kept clear for emergency vehicles only. Bikes must be parked as directed.
- First time swimmers must complete a Health questionnaire and swimmer competence declaration form and any relevant waiver forms prior to swimming. These are available as downloads from www.tribaltriathlon.co.uk and can be completed in advance of your arrival to speed up entry.
- Swim sessions will start and finish at the allocated times as displayed on the daily information display boards by the water entry/exit points.
- The minimum age of entry is 14yrs. Children under this age are not permitted at the water's edge and must be supervised by a responsible adult at all times.
- Anyone aged 14-16yrs old must have a competent adult swimming with them.
- TRiBal/Vobster staff reserve the right at any time to refuse entry into the water of any swimmer who is deemed unfit to take part and/or to remove a swimmer not following the code of conduct/safety directions.
- Under no circumstances will a swimmer be allowed to enter the water if they have consumed alcohol or non prescribed drugs or are showing signs that they may be under the influence of these.

Prior to Water Entry

- All swimmers must swim in a minimum of pairs (swim buddy) or have a designated swim spotter on the quayside who can raise the alarm should you get into any difficulty.
- All swimmers must wear a brightly coloured swim cap to aid their location and identification by others when in the water.
- Wetsuits must be worn unless a non wetsuit waiver form has been signed by a member of the TRiBal Triathlon staff with appropriate evidence of cold water swimming experience. Wetsuits must fit correctly and be suitable for open water swimming.
- Swimmers must familiarize themselves with the designated swim course and skills area (please see quayside display boards and info on www.tribaltriathlon.co.uk). Please swim in a clockwise rotation on the marked 750m course.
- Enter and exit the water by the designated quayside points only. Do not dive in or enter the water at any other point due to underwater hazards.
- Water entry should be feet first and away from other swimmers. No bombing or other unsafe water entry.

- No swimming will be permitted in severe, adverse weather conditions (including low temps) and no water entry will be permitted during an electrical storm.
- Water quality is regularly monitored and no swimming will be permitted if this drops below recommended EEC levels for bathing.
- Cover all cuts and abrasions with waterproof dressings. Do not swim with deep cuts.
- Do not swim if you have had an infection in the previous 3 days. If you are unwell or develop flu like symptoms after swimming please inform your doctor that you have been open water swimming.

In Water Safety

- Please swim in the designated swim areas/course only.
- Any safety advice or instruction from TRiBal/Vobster staff must be followed immediately at all times.
- Please avoid swimming over diver's bubbles, divers may make rapid ascents which could cause injury if you are above them.
- If you or your swim buddy get into any difficulty, please remain calm, roll onto your back so you can breath, raise your arm and call 'help, help, help' until you are attended to by the safety boat.

EMERGENCY PROCEDURES

TRiBal Triathlon / Vobster Quay

In the event of an incident/emergency please inform a member of staff immediately. Our staff are trained and there to assist you in such circumstances. ALL injuries/illness - no matter how minor you think they are must be reported to a member of staff. We are here to help!

In the unlikely event that all swimmers need to be evacuated from the water TRiBal / Vobster Quay staff will sound repeated blasts on an air horn. You should stop swimming, acknowledge the signal and either return immediately to the quayside or be picked up by the safety boat. Please remain by the swim exit point until staff have checked you out.

Please note that you are responsible for the management of your own safety whilst you are onsite, based on the guidelines, code of conduct and T&C's set out. TRiBal Triathlon/Vobster staff are there to assist you and provide informed guidance, support safety cover.

TRiBal Triathlon offers high quality coaching - see www.tribaltriathlon.co.uk for further details. TRiBal/Vobster welcome external coaches and clubs - please contact TRiBal triathlon to discuss pre-requisites to coach at Vobster Quay.