

## Open Water Swimming Rules & Indemnity

- The Open Water swim season will only run when the water is consistently above 12C
- You must be capable of completing an 800 metre continuous swim.
- You must not have any medical condition that may impact your ability to safely partake in open water swimming. If you are unsure seek the advice of a GP.
- Please ensure you understand our safety rules & read/sign our watersports indemnity form, available online – also available on site before taking part in this activity.
- Before each swim make sure you check in at the Dams Watersports Clubhouse Reception, and ensure you understand which lake to use and the swimming route. Be aware of boats. No swimming allowed on the lake where and when the boat is operating – stick to designated swim times and the allocated lake for each session.
- You must wear a brightly coloured swim hat at all times.
- You must enter and exit the water at the designated points.
- In the event you get into difficulty during the swim session, you must roll on to your back and signal for rescue by raising an arm in the air, or try to reach the nearest shoreline.
- A lifeguard will be present during all swim sessions. In the event of seeing another swimmer getting into difficulty, you must raise the alarm to the lifeguard or a member of staff.
- In the event of a thunderstorm, failing light, fog or high winds the lifeguard or member of staff may decide to end a session. If you are asked to exit the lake then please do so immediately.
- Be aware of Swans as they can attack defending their nest, young and territory.
- Be aware of swimmer's itch that can occur after you go swimming or wading outdoors - swimmer's itch is most common in warm freshwater lakes and ponds.
- You must acknowledge the risks associated with swimming in open water, that the lake is a natural environment. Lake banks/steps may be slippery, there may be sharp stones and shells underfoot. There are various buoys and ropes within the water which must be avoided. If you do not feel comfortable with these hazards then you should not swim in this open water environment.

# DAMS Watersports Ltd

## Watersports Activity Indemnity Form

<b>Name</b>	
<b>Date of Birth</b>	
<b>Address</b>	
<b>Phone Number</b>	
<b>Email</b>	
<b>Emergency Contact Name</b>	
<b>Emergency Contact Number</b>	

**THE PARTICIPANT ACKNOWLEDGES THAT WATERSPORTS OF THE NATURE PROVIDED AT DAMS WATERSPORTS ARE INHERENTLY DANGEROUS ACTIVITIES AND ACCEPTS THAT HE OR SHE MAY BE EXPOSED TO RISKS AND DANGERS WHICH MAY OR MAY NOT BE FORESEEN OR KNOWN ABOUT AND WHICH CAUSE SERIOUS INJURY OR DEATH. THE PARTICIPANT AGREES TO TAKE FULL RESPONSIBILITY FOR ANY INJURY, ACCIDENT OR DEATH WHICH OCCURS**

**Upon arrival always report to Reception to confirm your arrival on site**

	Yes	No
Can you swim 50 meters?		
Do you have any medical conditions/injuries? (If answered yes, please can you provide a Dr's note to acknowledge you're safe to participate)		
I am fit and well to take part in the activities		
I understand it is advisable to remove all jewellery before participating in the activities		
I agree to abide by all safety measures		
I am aware of what the activities involve and the environment they take place in		
I am aware any valuables are left at owners own risk		
The participant acknowledges that there are numerous natural and non-natural trip hazards around the facility, for example, exposed tree routes, uneven ground, slippery dock and decking surfaces/stairs, with limited lighting		
I agree that DAMS Watersports is not responsible or liable for any injuries, death or damages resulting from my participation in any activities or my use of equipment and facilities offered by DAMS Watersports		
I agree to absolve DAMS Watersports Ltd, its employees, lifeguards /coaches and other members working on site at DAMS Watersports Ltd. from liability or damage to myself or property from cause whatsoever whilst engaged in the activities of the site and any incident that may occur whilst on the premises		

**Swimming and watersports activities**

I agree to swim and take part in the various watersport activities at my own risk and understand the dangers associated with Open Water Swimming and the various watersport activities with the potential for serious personal injury and property loss

I acknowledge the risks associated with swimming in open water. You must acknowledge that the lake is a natural environment. Lake banks/steps may be slippery, there may be sharp stones and shells underfoot. There are various buoys and ropes within the water which must be avoided. If you do not feel comfortable with these hazards then you should not swim or partake in any watersport related activity in this open water environment

You must not have any medical condition that may impact your ability to safely partake in open water swimming or watersport activity. If you are unsure seek the advice of a GP

DAMS Watersports will provide lifeguard cover during all swim and paddleboard sessions. However, we still strongly recommend you swim with a buddy or swim within a 15m distance of another swimmer during the session and within a reachable distance of the bank

In the event of you get into difficulty during the swim session or watersports activity, you must roll onto your back and signal for rescue by raising an arm in the air. In the event of seeing another swimmer/participant getting into difficulty, you must raise the alarm to a lifeguard/staff member on site

Before each swim or any other watersport activity make sure you check in at the DAMS Watersports Clubhouse Reception. Ensure you understand which lake to use and the swimming route of the lake. Be aware of boats and always notify the driver and strictly no swimming when the boat is operating

In the event of a thunderstorm, failing light, fog or high winds, a member of staff may decide to end the session. If you are asked to exit the lake then please do so immediately

No swimming or activity in the dark

Strictly no swimming is allowed below 12 degrees celcius. It is essential that you know about how the cold can effect you, the risks involved, for example, hypothermia and cold water shock. Always make sure that you are accompanied by an able buddy to assist you in emergencies

Ensure you have the correct clothing and equipment for your chosen sport activity. Specifically for open water swimming, a brightly coloured swim cap, swim buoy, a thermal blanket for after swimming

Buoyancy aids are required for all watersports (open water swimming exempt) and a helmet for certain activities when directed by the coach

In signing this agreement you acknowledge and adhere to all of the above.

Signed	
Dated	

<b>Parent/Guardian</b>	
<b>Signed</b>	
<b>Dated</b>	