

WINTER SWIMMING DISCLAIMERS

By signing up for winter swimming you confirm the following:

- **I have read the Guide to Winter Swimming document and accept the risks associated with winter swimming.**
- **I warrant to the Club that I am, and will be on each occasion I swim, sufficiently fit, healthy and able to swim.**
- **I understand that it is advisable to swim regularly in cold water in order to develop the necessary habituation during winter months.**
- **I shall consult a doctor about any medical condition/prescription drugs before swimming.**
- **I understand that while the Club makes every reasonable endeavour to maintain the safety of members no responsibility is accepted.**
- **I have read the Club rules and Bye- laws and agree to abide by them.**
- **In signing this form I confirm I have consulted my doctor regarding the suitability of winter swimming for me as I have a history of strokes, heart condition, asthma or a medical condition.**
- **I understand that the Lake water is not tested for bacterial pollution during the winter months. The level of bacteria is generally low but short term increases in bacteria may occur after very heavy rain.**
- **I understand that winter swimming will be suspended when the Lake is covered with ice.**

PLEASE REMEMBER THAT THE LAKE IS DEEP AND THE WATER IS ALWAYS LIKELY TO BE COLD AND IN THE WINTER MONTHS EXTREMELY COLD.