**City of Plymouth Breakwater Race**

**Declaration Form**

**Saturday 16 September 2023**

**Please read this document carefully before signing. This should be returned with the entry form. Any queries should be raised with the City of Plymouth ASA Open Water Secretary.**

I am aware of the need to seek appropriate medical advice if I have any concerns regarding the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Open Water Swimming events or any other associated activities. Accordingly, I hereby certify that I am physically fit and well to participate in any such training and events.

I am aware of and appreciate the inherent risks involved in such training and competition, including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner. I further agree to always take reasonable safety measures for the protection of myself and fellow swimmers and to inform the event organisers of any concerns I may have regarding safety.

I acknowledge that during open water swimming events the City of Plymouth Amateur Swimming Association cannot be held responsible for any loss or damage to personal belongings and that I must take all responsible steps against any such loss or damage.

I hereby agree to abide by and be governed by the rules of Swim England and all other laws and regulations applicable, including the Swim England Safety Laws and the conditions of the City of Plymouth ASA.

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| I have read and understood the above conditions and agree to abide by them. I have read the information sheet and understand the conditions of entry.  I hereby declare that the above particulars are correct and that I am an eligible competitor in accordance with the laws of Swim England. I will abide by the conditions laid down by the Association for this event. I know of no medical condition or other impediment that would render my participation undesirable.  Print Name: ………………………………………………………………..……….……………………. Date: …………………………………………..  Signature: …………………………………………………………………………………………………………………………………….…………………….  I certify that the above information is correct, and the entrant is experienced in British sea swimming conditions and has swum 2500 metres in open sea wearing a swimsuit as allowed under Swim England law.  (**This paragraph applies to entrants who have not successfully completed this course in the past).**  Signed Club Coach ………………………………………..……………………………….…..……… Date: …............................................ |

**For entrants under the age of 18 on 16 September 2023**

Signature Parent/Carer ………………………………………………………………………………………………………………………………………….