



PLEASE READ WHAT FOLLOWS VERY CAREFULLY BEFORE ACCEPTING IT.

THIS DOCUMENT HAS LEGAL CONSEQUENCES. BY ACCEPTING IT, YOU WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING FUTURE LEGAL ACTIONS AGAINST: (1) THE MID-SUSSEX TRIATHLON CLUB, (2) THE ARDINGLY ACTIVITY CENTRE AND (3) SOUTH EAST WATER.

YOU MAY WISH TO TAKE INDEPENDENT LEGAL ADVICE BEFORE ACCEPTING IT.

1. I understand that the swimming sessions arranged for Mid Sussex Tri Club members at the Ardingly Reservoir are closed sessions, restricted to members of the Mid-Sussex Triathlon Club.

2. I understand that open water swimming is inherently dangerous and physically demanding. I have read and understand the risk assessment completed for the swimming sessions. I will wear a wet suit and a swim cap while swimming. I will accord with the club's open water swim policy for the reservoir. I will behave responsibly throughout the sessions.

I understand that I will be participating in the sessions at my own risk. I accept and assume all of the risks associated with my participating in the sessions.

3. I understand and agree that it is my responsibility to determine whether I am sufficiently fit and healthy enough to participate in the sessions. I am physically and mentally fit enough and sufficiently trained to participate. I have not been advised against participating by a qualified/registered medical practitioner.

4. I understand and agree that it is my responsibility to take out and maintain suitable insurance cover against any injury I might sustain, or any damage that might be caused to my or others property, because of my participation in the sessions.

I have been advised to join one of the three home nations triathlon associations - Triathlon England/Triathlon Scotland/Welsh Triathlon.

5. I, acting in my own right and on behalf of any person or legal entity that might claim or sue on my behalf, waive and release from any claim, demand, loss or liability of any kind the following:

- The Mid Sussex Triathlon club
- The Ardingly Activity Centre
- South East Water

I have read and understand all of the points made above. I agree to and accept them without qualification.