



All participating open water swimmers must sign a declaration agreeing to obey all the clauses laid down in these rules and regulations. These rules are established with safety as the most important concern but we are also dedicated to helping you have a really enjoyable experience at Larkwood Trout Fishery.

All swimmers agree to swim entirely at their own risk and in the unlikely event of injury, accident, loss or damage suffered, regardless of however it may be caused, no responsibility whatsoever shall be attached to West Suffolk Wheelers or Larkwood Trout Fishery.

- I agree to follow all rules and instructions from West Suffolk Wheelers and personnel helping at the lake
- I certify that I am physically fit and have no pre-existing medical conditions that would affect me swimming in open water. I am healthy and have no KNOWN medical conditions.
- I acknowledge all risks associated with swimming at Larkwood Trout Fishery
- I agree to swim at my own risk and understand the dangers associated with swimming in open water, with the potential for serious personal injury; and property loss.
- I will make sure that I enter and exit the water within the times stipulated by the organisers.
- I agree to make my donation by purchasing a single swim ticket

I have read this document and understand its contents.

Signature:	<input type="text"/>
Print Name:	<input type="text"/>
Date:	<input type="text"/>
E-mail Address:	<input type="text"/>
Telephone:	<input type="text"/>
Emergency contact number:	<input type="text"/>
Are you a BTF Member?	<input type="text" value="Yes\No*"/>

*If you are not a British Triathlon Federation (BTF) member, by signing this agreement you waive all rights and are agreeing to swim entirely at your own risk.