

## The serious bit.....

Whilst the point of all of this is to get as many people as possible enjoying the amazing bays on our doorstep, maxing out Summer fun and raising money for a very deserving cause it is important to highlight the following:

Through their registration to the Event all Participants acknowledge and agree that:

- They are entering at their own risk. Swims are not led nor are they supervised.
- They are solely responsible for making their own assessment as to the risks involved in any particular swim (including accessing each bay).
- Les Bourgs Hospice and the organisers accept no responsibility and will not be liable whatsoever for any loss, damage, injury, death, or other liability which may arise.
- They are medically and physically fit enough to participate and if they are in doubt or have a medical condition they will consult their doctor prior to taking part
- They will not swim whilst under the influence of alcohol or any medication which may cause drowsiness.

All Participants must:

- Note that the Event is unsupervised and therefore each Participant is responsible for their own safety.
- Be aware of other swimmers and sea users (whether in/on vessels) and show due respect and caution.
- Be at least 6 years of age [and if under the age of 18 years seek the consent of a parent or legal guardian to their participation in the Event].
- Swim with an adult Participant if they are under the age of 16 years.
- Ensure that they are aware of weather forecasts and tidal currents and in the event of adverse weather do not enter the sea or immediately cease their swim.
- Wear appropriate swimwear.

We strongly recommend that Participants:

- Swim with at least one other Participant and do not undertake any of the swims on their own.
- Wear a brightly coloured swim cap so that vessels and other swimmers can see them.
- Ensure they are adequately protected from the sun with waterproof sunscreen.
- Have appropriate warm clothing and refreshments for after each swim.
- Don't push their time in cold water if they are unused to it.
- Always ensure that a loved one knows where and when they intend to swim.
- Are aware of their surroundings whilst undertaking a swim. There may be underwater objects which could be hazardous to a Participant.

- Do not jump into the sea from any pier, cliff or crop of rocks.
- Who are in any doubt about the safety of a swim or their ability to complete it should not take part