



Triathlon (swim) 1.5km, 750m, 200m

Swim the Lake, 3km, 1.15km & 750m

Open water swim

Venue: Ardingly Reservoir

Year: 2022

DISCLAIMER FORM

THIS DOCUMENT HAS LEGAL CONSEQUENCES. BY SIGNING IT, YOU WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING FUTURE LEGAL ACTIONS AGAINST:

(1) HEDGEHOGTRI EVENTS,

(2) THE ARDINGLY ACTIVITY CENTRE AND (3) SOUTH EAST WATER.

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

1. I understand that this is an informal event organised by the Hedgehogtri Events to provide its members with an opportunity to experience all or part of a standard distance event.

This is a limited event, part of the Ardingly Triathlon based at the College.

The event has been registered with Triathlon England and runs under the race rules of the association.

2. I understand that each of the disciplines of triathlon - running, bicycling, swimming – as well as the transitions and transition areas between disciplines, are inherently dangerous and physically and mentally demanding.

I am aware that this event will involve: (i) an open water swim over a 3km, 1.5 Km or 750m course in the

Ardingly Reservoir.

I have been advised to familiarise myself with the course. I have been given access to electronic maps of each of the routes. I understand the risk assessment has been permitted by Triathlon England and completed for each of these routes and for the swim.

I will wear a wet suit and a swim cap for the open water swim.

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

3. I understand and agree that it is my responsibility to determine whether I am sufficiently fit and healthy enough to participate in the event.

I am physically and mentally fit enough and sufficiently trained to participate in it.

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 session.

As the event is registered and either a Triathlon England Day Licence or Triathlon England full Race Licence will be in force for the event. The insurance cover details this affords can be found on the website <http://www.triathlonengland.org/membership/triathlon-individual-insurance>

I will behave responsibly throughout the event. I will accord with the relevant British Triathlon Federation guidelines, event policies and the Highway Code at all times.

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:

- Hedgehogtri Events
- The Ardingly Activity Centre
- South East Water

6. I will park responsibly in the areas provided by the race organiser, failure to do so will have consequences for future races.

I sign my name & the date in the boxes below to confirm that I have read and understand all of the points made in the DISCLAIMER and agree to them.

[THIS FORM WAS PART OF THE 'CONDITIONS OF ENTRY' YOU SIGNED UP FOR ON ENTERING AN ARDINGLY RESERVOIR SWIMMING EVENT.]