CERIST TRI SWIM RESPONSIBILITY STATEMENT

Dear Members,

We hold regular open water swim sessions throughout the year – these are designed to get you used to wearing your wetsuit (and getting it on and off, which can be a challenge in itself). They also prepare you for swimming in cold water, swimming in various open water conditions– lakes and seas, calm and rough, swimming without lines on the bottom to guide you and pool edges to hold onto! We want you to be comfortable in all conditions and well prepared so that you can enjoy open water swimming and maybe even enter a race or two.

We will never leave you to swim alone and you never have to get out of your own depth or comfort zone – at every session we will ensure that everyone gets to swim to their own ability and over a distance that suits them. These sessions are designed to be fun as well as help your swimming.

You are welcome to bring family and friends who are non club members along and all our open water sessions are free and informal. There is a wealth of knowledge and experience available to you from our club coaches and other club members who have been swimming in open water events for many years. We can also offer canoe support at some sessions for those that prefer to have a boat on the water with them.

We want you to come along and have fun and we want you to be safe so before you start open water swimming may we ask you to ensure that you understand the following statement:-

Cerist Tri does not and is not able to assume legal responsibility to its members or others during these sessions.

All swimmers must be solely responsible for making their own assessment as to the risks involved in any particular swim.

Swims arranged by members of Cerist Tri are not led or supervised by qualified individuals and no insurance is in place.

The decision to participate in any swim must therefore be taken individually, and swimmers must not rely (in whole or in part) on views or information provided by Cerist Tri and/or its members.

If you are in any doubt about the safety of a swim or your ability to complete it, you should not take part.

Dates for all swim sessions are sent out by email most weeks when we know what the tide, weather and sea state are like – in the meantime please don’t hesitate to have a chat with Kim or Kev if you have any questions at all – we are happy to help you