

## DECLARATION

## Swimmer reference:

To Be Signed By Every Swimmer (Or Parent/Legal Guardian, if swimmer is under 18) Training In Dover Harbour In Common With Others Wishing To Receive Support From The Dover Volunteer Group Managed By Freda Streeter And Others ("The Dover Group")

### Swimmer Details

|                           |               |                   |
|---------------------------|---------------|-------------------|
| Name:                     | Age:          | Attach photo here |
| Home Town:                | Male / Female |                   |
| Contact telephone number: |               |                   |
| Email Address:            |               |                   |

### Emergency Contact Details

|       |                 |
|-------|-----------------|
| Name: | Contact number: |
|-------|-----------------|

### Swims Planned

| Swim:           | Solo / Relay: | Date: | Pilot (if applicable): |
|-----------------|---------------|-------|------------------------|
| English Channel | Solo / Relay  |       |                        |
| Lake Windemere  | Solo / Relay  |       |                        |
| Lake Zurich     | Solo / Relay  |       |                        |
| Other           | Solo / Relay  |       |                        |
| Other           | Solo / Relay  |       |                        |

### Medical Information

Details of any medical conditions or injuries of you or your child that may impact on training whilst receiving support from the Dover Group:

[NB Please note that the volunteers comprised within the Dover Group are not medically trained and have no ability to offer any medical advice or assistance. Disclosure of medical information is requested by the Dover Group solely for the purpose of encouraging you to assess before training whether you have received appropriate medical assessment and advice and to have the option (but not the obligation) to pass on this and other disclosed information to the appropriate authorities in the event of any medical or other emergency or enquiry.]

### Please Note

Dover Harbour is recognised as a good location to train for distance swimmers, particularly Channel swimmers, as Dover Harbour Board has designated a significant area along the shoreline for the public to use for distance swimming - see [www.doverport.co.uk](http://www.doverport.co.uk) for details of the designated area and its supervision and regulation. Any question or concern you may have about swimming activities in this area should be addressed to Dover Harbour Board. The Dover Group does not form part of a training or coaching service for swimmers and comprise unregulated and untrained volunteers without formal medical or health and safety qualification or training, who offer support or guidance on a personal and informal basis without obligation to do or responsibility for doing so to a standard of care or at all. No safety cover is provided by the Dover Group for any swimmers.

### Declaration

1. you are 18 or over, or the parent / guardian of the named swimmer under 18.
  2. any information, guidance and assistance you are offered by the Dover Group in relation to:
    - a) the operation of any training activity,
    - b) the risk to health or safety of you or any other person receiving support from the Dover Group,
    - c) the security or condition of any belongings, or
    - d) any other matter or for any other purpose or reason connected with your swimming plansis provided to you freely on a personal, private basis, without commitment and without obligation to provide the same under a duty of care or to any standard or at all;
  3. it is solely incumbent on you to continually assess the ongoing risks to the health or safety of you or your child during and after swimming and at all times to act responsibly
  4. no contractual relationship subsists between you and any person associated with the Dover Group and any payment made by you is solely by way of reasonable contribution towards out-of-pocket expenses incurred by the Dover Group on your behalf and is in no way remuneration for information / guidance / assistance from the Dover Group (which you acknowledge is provided free)
  5. any personal data (other than medical data, which will be used as stated above) supplied by you to the Dover Group, will be used freely by the Dover Group to assist them with the provision of marathon swimming information, guidance and assistance.
- responsibly when open water swimming with the Dover Group

**By signing this form, I certify that I have read and understood it, the information I've provided is accurate and I give the declaration as stated above**

**Signed:  
Date:**