

**Swimmer Responsibility Statement**

Please read the Swimmers Responsibility Statement. By booking an open water swimming session with BRAT, you agree that you have read and understood this document.

We appreciate that this is a lengthy form, however it lays out all the safety measures in place for your wellbeing and you must ensure that you’ve read it.

Please read slowly and thoroughly, your honesty is crucial whilst forging a way of living with Covid 19. The questions may appear obvious however we must be sure you have read, understand and are taking our measures seriously to ensure the safety of ALL.

Be aware of the main symptoms of Coronavirus:

* a high temperature – you feel hot to touch on your chest or back (you do not need to measure your temperature)
* a new, continuous cough – coughing a lot for more than is normal for you (if you usually have a cough, it may be worse than usual)
* a loss or change to your sense of smell or taste – this means you’ve noticed you cannot smell or taste anything, or things smell or taste different to normal

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**Swimmers Responsibility Statement**

By attending this session, you must ensure that you:

* do not have symptoms of Covid-19.
* have not been in contact with anyone who has had Covid-19 or is displaying symptoms in the week prior to the session.
* agree to maintain social distancing at all times prior to, during and after the session.
* agree to notifying BRAT Club if you develop symptoms of Covid-19 in the 48 hours after attending the session.
* Safety and Lifeguarding Team\*

Taking guidelines from the Resuscitation Council (UK) specific to mitigating risks of infection from Covid 19, the Safety team both land and water based are no longer able to administer rescue breaths on a casualty. If CPR is required chest compressions will be used.
Please note that there is a defibrillator on site – the safety team are aware of its location.
In the case of minor injuries safety staff will ask swimmers to administer First Aid to themselves whilst maintaining Covid 19 distancing.
All safety staff will wear full PPE (gloves, mask and apron ) in instances that where it is not possible to maintain social distancing i.e. when administering necessary first aid.
All swimmers to be aware of these significant changes in procedures.

If you are swimming without a wetsuit, you must use a tow-float.

If you are asked to exit the water by the lifeguard, or hear the Sailing Club klaxon being sounded, you must leave the water immediately.

* **Facilities\***

All swimmers must pre book and pay for swim prior to coming to site using the Club Spark system.

**Car Parking**
Please park as indicated by the volunteer on duty at the site entrance.

Members of BRAT only are allowed onto the site. Non-swimmers will not be admitted. No spectators are allowed at the site.

Changing to be carried out by or in the car.
Please note that BRAT volunteers on duty are not able to help zip up wetsuits. All changing and shower facilities are closed.
Toilets remain open. Heavily used areas such as cubicles door and handles, flush panels, and toilet door are disinfected regularly.

**Bittell: Safety Code, Conduct and Waiver Disclaimer**

Participating in open water swimming requires fitness and skill. Please confirm that you have done sufficient training to ensure that you are fit enough to cope with the demands of open water swimming and that your technical skills are adequate for the activity.

You accept that taking part is by its nature hazardous and contains certain inherent risks and you accept that you owe a significant duty of care to the BRAT club and other swimmers to act responsibly and follow all safety instructions. This includes but is not limited to following BRAT Swimmers Information Guidance and rules.

By booking a session of open water swimming with the BRAT Club, I confirm that I have read, understood and accept BRAT Swimmers Responsibility and Registration Document and agree to abide by it. I agree to adhere to the rules of swimming at the Upper Bittell Reservoir outlined on the BRAT web site and will only enter the water at times authorised by the session Lifeguard. I also accept that open water swimming involves an element of inherent risk including the potential for serious injury and property loss. I take part at my own risk and certify that I am physically fit and capable to do so and have no pre-existing medical conditions that would affect me swimming in open water.

I acknowledge that the BRAT Club has relied on this statement (in its entirety) in accepting my participation in Open Water Swimming at the Upper Bittell Reservoir and that if I was unable or unwilling to agree to all the matters set out above in this statement of responsibility the BRAT Club would not allow me to participate. All statements of fact are true.

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