

Cumbræ Swim For Gillian's Saltire Appeal
(Charity Number : SC037787)

ENTRY FORM

Saturday 8th September 2018

Schedule: Registration 12 noon Approx (swimmers and safety crew) Largs Sailing Club
Briefing: 12.30 pm Largs Sailing Club
Ferry 1.30 Buses from LSC to Largs Pier to catch ferry
Swim Start 2.30PM Location: Cumbræ Sail Centre (Millport)
These times are provisional and will be confirmed prior to the event

Route: National Centre Cumbræ to Largs Sailing Club

Duration: 30 minutes to 1.5 hours depending on swimming ability, no swimmer will be allowed any longer than 2 hours in the water.

Further Information:

- The attendance at registration & safety briefing is compulsory for all entrants.
- Safety personnel can stop you at any time.
- The event is weather and temperature permitting. The organisers have the right to amend route or cancel event on the day
- Swimmers should show evidence of previous Open Water Swim
- In the event of the water temperature being below **15° C** wetsuits will be compulsory
- Wetsuits are compulsory for all swimmers aged 16 & under.
- The organisers and support do not accept liability or responsibility for any injuries, illness, or infections incurred during the Cumbræ swim.
- All appropriate river authorities have been notified of the event and a risk assessment has been developed which every swimmer will be made aware of.
- Swimmers must supply warm clothing and a blanket at the Largs Sailing Club for their exit from the water and supply identifiable baggage for safe keeping at Largs Sailing club.
- It is also requested that a "buddy" be available at Largs Sailing Club for contact purposes and handing of towel on exit from water. Swimmers 18 yrs or less **MUST** have a buddy ashore
- Swim towfloats are not compulsory but may be worn if desired.

Closing Date for Entries: Friday 31st August 2018

To enter please complete & return the attached form to Morag Love (event organiser)

By email moraglove@msn.com (pdf attachments only please)

or

by post Cumbræ Swim 2018:
c/o Morag Love
5 Langbank Rise
KILMACOLM
PA13 4LF

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Entrants Details

Name:..... M F Date of Birth:.....

Home Address:.....

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..... Post Code:.....

Tel. Number:..... Email:.....

BUDDY Contact on the Day..... Mobile Phone No.....

It is expected that each swimmer will raise **at least £60** for Gillian's Saltire Appeal charity.
Online donations pages can be set up on Justgiving or cash handed in on the day of the event.

Details of previous Open Water swims (if any):

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Do you have any medical conditions or need special assistance Yes/No

If yes provide details.....

.....

Declaration

The details I have given on this form are correct.

I confirm that you have read & agree to the waiver & have read the risk assessment
(these documents can be found on our website www.gillianssaltireappeal.org.uk)

I consider that, given the nature of the event, that I am a sufficiently competent swimmer who
has been in training for this event

I agree to abide by the conditions of the event and accept the organiser's decisions as final.

I consent to receiving further information regarding this event via email.

Signature of Swimmer:.....

Signature of Parent / Guardian:.....(if under 18)

Date:.....