



Adult Membership Renewal Form May 2011 – April 2012

To ensure that we have the correct contact details for you, please complete the information requested below and return this form to *Martin Stephens, Membership Secretary, 11 North Street, Melbourne, Derbyshire, DE73 8FZ* with a cheque for made payable to **Absolute Triathlon Club** or you can renew by bank transfer. If you are under 18 or a student in full time education please ask one of our team for a **Junior Membership Renewal Form**. Our annual adult **membership fee is £25** and our year runs May 1st – April 30th.

Name:	
Address: _____	
Post Code:	
Tel No:	Mobile:
E-Mail:	
Renewal date:	

Emergency Contact Details

Name:	Relationship:
Tel No:	Mobile:
E-Mail:	

Medical information

<p>Please detail below any important medical information that our coaches should be aware of (e.g. epilepsy, asthma, diabetes, etc.):</p> <hr/> <hr/> <hr/>



Open Water Swim Sessions

Disclaimer / Rules and Procedures

PLEASE READ THE FOLLOWING CAREFULLY

- No entry to the water will be allowed until authorised to do so by the coach or the person leading the session
- It is recommended you exit the water at the same place as entry, however if you need to exit the water elsewhere you must return to the entry point and register that you are out of the water.
- Wetsuits must be worn at all times
- Brightly coloured swim hats must be worn at all times
- Swimmers must only use the course as defined by the coach or person leading the session
- Swimmers must register **every** time they enter the water and exit the water.
- All participants must be a member of Absolute Triathlon Club and provide any medical information that may have changed to that provided on the application form.
- Before every session a pre-swim brief will be given. This will provide clear guidelines on the course, group structure, and information about what to do if you get into difficulty
- All sessions will finish at the allotted time.
- All swimmers must swim within their own ability

General advice

- All swimmers should cover all cuts and abrasions, however minor with plasters. You should not consider swimming with deep cuts or open wounds
- Wash hands before eating after you have swum
- Take a shower at the earliest opportunity
- Try to ingest a minimum amount of water

Disclaimer

Absolute Triathlon Club takes no responsibility for any injuries or accidents that may occur as a result of swimming in open water. Every effort will be made at each session to reduce the risks and hazards, however by entering the water you are accepting responsibility for your own safety

Name..... SignedDate.....