

Self Certification and Indemnity

EVENT:

Part 1 - Self Certification

"I, the undersigned, hereby declare that in accordance with the Distance Rules, I am a member of SLSGB (minimum of day membership) and can swim 100m unaided."

"I hold the appropriate SLSGB competency or skill award for this event or I make a self declaration of competency that I am competent to compete in the sea and in this race."

Part 2 - Indemnity

"Given that my competency in the skills referred to above has not been independently verified by you and that you are relying on my self-certification to that effect, I agree to assume all risks of participation in the above race and further agree to indemnify and hold harmless the organisers, their insurers, their assistants and the sponsors from all claims for death, injury, damage, or loss that I may suffer as a consequence of my/our participation in the race. However this indemnity does not extend to personal injury or death that I may suffer as a direct result of negligence on the part of the organisers, their assistants or the sponsors. "

"I agree to abide by all the race rules."

"I agree the organisers or sponsors may use photographic or video material from the race in their advertising."

Name:

Race Number:

Signature:

Date:
