



Competence Form

Important!!

Please print this off, sign it and hand it to Rick Kiddle before the start of the course. Failure to do this will delay the start.

Competence Form	Scale	Please Tick all applicable
I cannot swim freestyle	1	
I have a fear of the water	2	
I have a fear of open water	3	
I panic in open water	4	
I panicked in my last open water triathlon	5	
Never swam in open water before, but can swim	6	
I can swim in open water with no problems	7	
Groups	Ability	Please Tick
Strong swimmer sub 40mins – 1500m in pool	Seaweed	
Strong swimmer sub 30mins– 1500m in pool	Goldfish	
Strong swimmer sub 25mins– 1500m in pool	Trout	
Strong swimmer sub 20mins– 1500m in pool	Sharks	
I have completed Level 1 and or 2 (circle)	-	Y / N
Disclaimer		
<p>The undersigned agrees to the following</p> <p>I agree to follow all rules and orders from the Heron Lake Swimmers, organisers and personnel helping at the lake. I certify that I am physically fit and have no pre-existing medical conditions that would affect me swimming in open water. I assume all risks associated with swimming in Heron Lake.</p> <p>I waive, release and discharge the Heron Lake Swimmers, their organisers Rick Kiddle, Martyn Edwards and the BD WSA and will not make any claim against them.</p> <p>I agree to swim at my own risk and understand the dangers associated with swimming in open water, with the potential for serious personal injury and property loss. I will make sure that I enter and exit the water within the times stipulated by the organisers. I will not swim in Heron Lake unless accompanied by a fellow swimmer authorised by Heron Lake Swimmers, organisers Rick Kiddle, Martyn Edwards or a member of Team SBR.</p>		
Name in Capitals	Signature	
Mobile No.	Email address	
Emergency contact no.	Date	
Official use:		