



# JUNIOR SWIMMING COMPETENCE DECLARATION FORM



## GUIDELINES ON JUNIORS (UNDER AGE OF 16YRS) FOR OPEN WATER SWIMMING AT VOBSTER QUAY

TRiBal Triathlon at Vobster Quay have established the following guidelines, terms and conditions of use, Competence Tests and Competence Declaration for juniors under the age of 16yrs wishing to participate in Open Water swimming at Vobster Quay.

### Competency tests

1. Junior swimmers must be able to competently swim 400m continuously and be confident and competent in deep water.
2. Junior swimmers must demonstrate suitable tolerance of cold water immersion in a swim wetsuit.

### Competency Declaration

The following named junior swimmer ..... (please insert swimmers name) is over the age of 14yrs and can competently complete a continuous pool swim of 400m without stopping, other than to turn at the pool end and is confident and competent in deep water.

Swim/Multisport Coach Name:	<input type="text"/>	Signature	<input type="text"/>
Parent/Guardian Name:	<input type="text"/>	Signature	<input type="text"/>

### Accompanying Adult

All junior swimmers under 16yrs of age must be accompanied by a competent adult swimmer who is an appropriate and appointed adult and who acts as the junior swimmers swim buddy / partner.

We strongly recommend the use of swim wetsuits by all Swimmers when participating in open water swimming training and/or racing at Vobster Quay, which is a 'deep' water lake and as such has no shallow water and is typically colder in temperature especially in early season.

Critically, wetsuits provide:

- Additional buoyancy (swim wetsuits are not life saving, but they will help you to float in the water)
- Protection against cold water temperatures

Allowing junior swimmers to open water swim at Vobster may be agreed on a case by case basis, provided that;

1. You are able to satisfy the Tribal operating staff, safety personnel and/or Coach that you are safe and competent to swim in open water, based on an acceptable level of experience of swimming in cold, open water conditions previously and provided that you can provide suitable evidence and/or complete the above competence tests.
2. You and your parent/guardian and coach have read, understood and signed the declaration on side 2.

You will be asked to produce evidence of this or complete an open water swim test in a wetsuit.



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#### Waiver Declaration

I/we understand the risks associated with swimming in 'deep' open water at Vobster Quay, and in choosing to swim in Vobster Quay as a junior swimmer may mean that some of these risks are increased; particularly with regards to reduced protection from cold water conditions and the potential onset of cold water shock and hypothermia.

I/we hereby waive any and all rights of action against TRIBal Triathlon and Vobster Quay for any injuries and other actionable events, arising from my decision to swim in this venue as a junior swimmer.

I/we, the undersigned, have read, understand and agree to the above disclaimer with regards to our choice to swim in this venue and agree to adhere to all other terms and conditions of use for swimmers at Vobster Quay.

Swimmer's Name (in CAPS)	<input type="text"/>	Date	<input type="text"/>
Signature	<input type="text"/>		
Parent / Guardian Name (in CAPS)	<input type="text"/>		
Signature	<input type="text"/>		
Coach's Name (in CAPS)	<input type="text"/>		
Coach's Telephone #	<input type="text"/>		
Coach's Email	<input type="text"/>		
Coach's Signature	<input type="text"/>		

#### For Official Use Only...

<input type="checkbox"/>	Based on the information they have provided and my assessment I agree to the above named junior swimmer, swimming at Vobster as long as they are accompanied by a responsible, competent appointed adult open water swimmer at all times.		
<input type="checkbox"/>	I do not agree to the above named junior swimmer without further evidence and/or the completion of a further swim test		
Name	<input type="text"/>	Date	<input type="text"/>
Signature	<input type="text"/>	Position	<input type="text"/>