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CoursePro Open Water Swim
Participant Declaration & Waiver

By signing this waiver, I confirm the following:

1. Eligibility & Physical Fitness

- I am a current member of NOWCA and have completed the required sign-up and health declaration via their platform.
- I can swim a minimum of 400 metres continuously without assistance.
- I am physically fit and healthy, with no known medical conditions that would impair my ability to participate safely in open water swimming.

2. Safety Requirements

- I will wear a wetsuit, a brightly coloured swim hat, and use a tow float during the swim.
- I will attend the mandatory safety briefing prior to entering the water.
- I understand there will be three lifeguards on duty: one at the waterside, one in the water (in a kayak), and one stationed in the office for emergency coordination.
- I will use the designated dipping area to acclimatise if I am unsure about the water temperature or conditions.
- If I feel unwell, anxious, or unsafe at any time, I will remain close to a lifeguard or exit the water immediately.
- I will check in and check out using my NOWCA wristband

3. Risks of Open Water Swimming

I understand that open water swimming involves inherent risks, including but not limited to:

- Cold water shock and hypothermia
- Changes in weather or water conditions (currents, wind, visibility)
- Reduced visibility underwater
- Fatigue or exhaustion
- Cramp, panic, or medical emergencies
- Collision with other swimmers or obstacles
- Wildlife or aquatic vegetation
- Risk of drowning, despite the presence of safety personnel

I understand that while all reasonable precautions will be taken, it is impossible to eliminate all risk. My participation is entirely at my own risk.

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4. Participant Responsibility

- I will follow all instructions given by Love Open Water event staff, lifeguards, and the organisers.
- I will not consume alcohol or drugs prior to the event or participate while under the influence of any substance that may impair my ability to swim safely.
- I will notify the organisers of any pre-existing medical conditions that may affect my ability to participate.

5. Release of Liability

I hereby release and discharge Fitronics t/a CAP2 its officers, employees, volunteers, event staff, lifeguards, and any associated bodies including NOWCA and Love Open Water, from any and all liability, claims, or causes of action arising from any injury, loss, or harm that may occur as a result of my participation, except where caused by negligence that cannot be excluded by law.

6. Consent

I give my informed consent to participate in this open water swimming event and accept full responsibility for my actions and wellbeing during the activity.

Participant Name	
Signature	
Date	
Emergency Contact Name & Number	