

Cold Water Swimming

Sandford Parks Lido

Cold water swimming has additional risks to ordinary swimming. The initial shock of entering into the water can lead to panic attack, hyperventilation, and an increased risk of heart failure. Any of these can lead to you quickly becoming incapacitated and at risk of drowning as well as longer term physical and psychological issues.

Declaration

In consideration of being allowed to participate in Cold Water Swimming at Sandford Parks Lido, I hereby personally assume all risks of this experience, whether foreseen or unforeseen, that may befall myself whilst we participate in this experience. I declare that I am in good mental and physical fitness for swimming in cold water temperatures, and that I am not under the influence of alcohol, nor am I under the influence of any drugs that are contradictory to swimming in cold water temperatures. If I am taking medication, I declare that I have seen a physician and have approval to swim in cold water temperatures while under the influence of the medication/drugs. I agree to keep a 2 meter distance from other people not in my family bubble. I further release, exempt and hold harmless said experience and released parties from any claim or lawsuits by me, my family, estate, heirs, or assigns, arising out of my participation in this experience, including both claims arising during the experience or after I complete the experience. I agree that if my health deteriorates during my swim or if the lifeguards do not feel it is safe to continue swimming, I may be asked to leave the pool. I further declare that I am of lawful age and legally competent to sign this liability release. I give permission for photos/videos to be taken of me to be used for sales and marketing purposes. I understand the terms herein are contractual and not a mere recital and that I have signed this document of my own free act and with the knowledge that I hereby agree to waive my legal rights so far as permitted by law. I further agree if any provision of this Agreement is found to be unenforceable or invalid, that provision shall be severed from this Agreement. The remainder of this Agreement will then be construed as though the unenforceable provision and had never been herein.

I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK BY READING IT BEFORE I SIGNED IT ON BEHALF OF MYSELF AND MY HEIRS.

Signed _____

Date _____