



AQUATHON SERIES 2018

- Where:** Activities Away, Thorpe Lane, Lincoln, LN6 9NW.
- When:** Wednesday evenings – **16 May / 13 June / 18 July / 15 August / 5 Sept**
- Events:** **Juniors (Age 9-10):** 200m swim & 1000m run
Juniors (Age 11-15) 200m swim & 2000m run
Adults (Age 16+): 800m swim & 3000m run
- Start:** **Juniors:** 18:45 **Adults:** 19:05
- Registration:** 17:00 onwards
- Briefing:** **Juniors:** 18:35 **Adults:** 18:55
- Suitable for:** Beginners through to elite; wetsuit or non-wetsuit
Wetsuits recommended for all Juniors.
- Cost:** **Adults / Juniors:** £10 series registration
- Registration Fee Includes:**
- * Aquathon race series – all 5 events
 - * BTF day licence
 - * Series Swim Hat
 - * Series Tshirt
 - * Trophies for top 3 (Male and Female) Adult race
 - * Note Series Registration (excludes lake entry fee - payable separately)

**Drinks and refreshments available for spectators and participants from
Activities Away cafe**

DELTA SIMONS AQUATHONS – ENTRY FORM:

Select Event/s (Registration Team - Please insert race number)			Fee Paid?
Weds 16 May No*:	Weds 18 July No*:	Weds 05 Sept No*:	
Weds 13 June No*:	Weds 15 August No*:	Series Fee (£10)	
Title	Mr/Mrs/Miss/Other		
Name			
Address			
Please sign to confirm that you can swim a minimum of (400m Juniors) 1 mile - Adults.			
Mobile contact number			
Email Address			
Date of Birth			
Name of Emergency contact			
Emergency Contact Number			

Medical Checks

Question	Yes/No
If you answer yes to any question please provide detail below	
Do you have any medical conditions, allergies or illnesses?	
Has your doctor ever said you have a heart condition (such as coronary heart disease, congenital heart disease or valvular heart disease)?	
Do you feel pain in your chest, shortness of breath or dizziness when you undertake physical activity?	
In the past month have you had chest pain when you are not doing physical activity?	
Do you lose your balance because of dizziness or do you ever lose consciousness?	
Is your doctor currently prescribing drugs for blood pressure or a heart condition or take any medication that may affect you when taking part in physical exertion?	
Are you pregnant?	
Do you suffer from epilepsy?	
Do you suffer from diabetes mellitus and need to take insulin?	
Do you know of any other reason which may affect your ability to take part in physical activity?	
Comments:	
If you answered YES to one or more questions you should consult with your doctor before embarking on physical exercise.	

ACTIVITIES AWAY ON SITE EVENTS - TERMS AND CONDITIONS:

We promote a friendly and relaxed atmosphere and cater for all levels of experience. Working with the BTF we are particularly keen on introducing people to multi-sport events. As safety is always our primary concern, we do recommend that you swim at least once in open water before entering any of our events and walk around the run route in advance.

All participants agree to swim and run entirely at their own risk and in the unlikely event of injury, accident, loss or damage suffered, regardless of however it may be caused, no responsibility whatsoever shall be attached to the organizers, sponsors, or any persons involved in the organization of the open water swimming and activities at Activities Away, Thorpe Lane, Lincoln.

All participants must be healthy and have no known medical condition that they have not discussed with their doctor, and be fit and well enough to undertake open water swimming and running. Please be aware that the run is off-road, uneven and tripping hazards may be present despite our best efforts to remove or identify most of them.

Please read and sign to agree with the following declarations:

I have completed the above entry form correctly and honestly and know of no reason, stated or otherwise why I should not participate in the Aquathon series.

I understand that all outdoor activities are 'Assumed risk' sports that carry attendant risks. I am aware of and accept these risks and will be responsible for my own action and involvement. I will ensure I declare all relevant information to the staff and will follow their directions and instruction at all times.

I am aware that 100% Swimming and Activities Away hold a Public Liability Policy that covers me for incident and/or accident where negligence can be proven. I am aware that it is possible to take out separate personal accident insurance that will cover me in the case of 'non blame' accident or injury and I will contact Activities Away for information on purchasing a suitable policy at my own expense if required.

I consent to my photograph being taken during the event and understand that it may be reproduced in social media or the events website/s.

I agree that my personal data can be disclosed to the British Triathlon Federation in order for the BTF to log their event results for the purposes of providing memberships services only and for the compilation of anonymised statistical information.

Signed (Parent / Guardian if U16).....

Print Name.....Date.....

