



lake café walks plants events

**WILD SWIMMING BOOKING FORM**

**Alderford wild swimming operates from 9.30am to 4pm, seven days a week. Although every effort is made to ensure your safety, swimming at Alderford Lake is at your own risk. Life rings are situated every 100m around the lake. There are no life guards or rescue boats. However Alderford Lake will endeavour to have a trained first aider on site as much as possible. The water is 3.1m deep in places. £5 for adults, £3 for children (16 or under).**

I declare that I am of good health & fit to swim and do so at my own risk. I will abide by the rules of the Lake owners and agree to their terms & conditions. I accept that the owners are not liable for any loss, damage, claim, injury (including fatal) or expense that may arise in consequence of my participation in an open water swim. I agree to supervise any children in my party.

Name of Swimmer.....

Address.....

Email .....

Total Payment (£5 per person):..... Date.....

Emergency contact name ..... Number.....

Time in..... Time out .....

Swimmers Signature.....

Signature of parent/guardian .....(must be over the age of 18)

**Terms & Conditions**

- All swimmers must sign in at the café prior to swimming to fill in a booking form and must sign out prior to leaving. Members must hand in their membership card on arrival, and collect it on leaving.
- Please wear a bright coloured swim cap – red is a good colour. (Black, silver, green, white and blue are not easily seen in water).
- Acclimatise to cold water gradually. Don't push your time in cold water if you're unused to it and always take warm clothes to put on afterwards (yes, even in summer - it's amazing how fast you get cold). You will feel colder when you get out.
- Inflatable boats and rings are not permitted anywhere on the lake unless previously agreed.
- Lone swimming is not recommended. Ideally you should ensure you have at least someone watching you from the side of the lake. Alderford Lake staff are not to be used for this purpose.
- Children aged 14-16 years must be supervised by an adult, and children under 14 must have an adult swimming with them in the water.
- Do not swim if you have any open cuts or grazes.
- Try not to go under or swallow the water.
- There are no lifeguards employed here to supervise bathing and swimming
- Always wash your hands before eating or drinking.
- There are life rings around the lake.
- Be aware of your swimming capabilities.
- No powered boats or Jet skis permitted anywhere on the lake.
- No diving.
- Alderford Lake reserve the right to suspend swimming at any time at their own discretion and to change swim times as required for operational purposes.