

# **BRITISH LONG DISTANCE SWIMMING ASSOCIATION**

## **CHAMPIONSHIP ENTRY FORM**



	Coniston Water (Junior)
	5.25 Miles
	Sunday 2nd September 2012
ENTRY FEE	£25.00 (if using own canoe/boat and crew) If you wish to hire a rowing boat from the Lake District National Park Authority there will be an additional charge of £22. <b>You MUST provide a crew</b> (Please note there will be a time limit of 5 hours)
CLOSING DATE	Sunday 18th August 2012

PLEASE USE BLOCK (CAPITAL) LETTERS TO COMPLETE ALL SECTIONS OF THIS FORM.

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(PLEASE NOTE ENTRIES WILL ONLY BE ACCEPTED FROM FULLY PAID UP MEMBERS OF THE B.L.D.S.A.)

ENTRANT: Please enter me for the above Championship in the following event.  
 I enclose a SAE for acknowledgement, and cheque/P.O. made payable to the B.L.D.S.A.

LADIES <input type="checkbox"/>	GENTS <input type="checkbox"/>	F/STYLE <input type="checkbox"/>	BRST/S <input type="checkbox"/>	Please tick as appropriate
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SURNAME:																				
FORENAME:																				
AGE:																				

ADDRESS:																				
POSTCODE:																				

TELEPHONE NUMBER:																			
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BLDSA MEMBERSHIP NUMBER:																			
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CLUB / TOWN (For programme and results)																			
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LONG DISTANCE SWIMMING EXPERIENCE:

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Average time to swim a mile? \_\_\_\_\_

## BOAT/CANOE

(Please read carefully section F of the Championship Rules, particularly regarding limitation of entries)

Can you bring a boat/canoe if requested?

YES

NO

( Please tick)

IF YES. Please give details of boat or canoe

## BOAT CREW

Who will you be accompanied by?

Please give details.

P.L.S.

OARS

LIFE-SAVER

CANOEIST

NAME

1.

2.

3.

## International Swimmers

PLEASE NOTE: CIVIL LIABILITY INDEMNITY AND PERSONAL ACCIDENT COVER IS ONLY PROVIDED TO THOSE MEMBERS OF THE BLDSA WHO ARE UK RESIDENTS.

INTERNATIONAL COMPETITORS MUST ATTACH A COPY OF A 2010 MEMBERSHIP CARD FROM YOUR COUNTRY'S GOVERNING BODY OR EVIDENCE OF ALTERATIVE PERSONAL INSURANCE WHICH COVERS PARTICIPATION IN OPEN WATER SWIMMING EVENTS.

## CERTIFICATE OF SWIMMING ABILITY

I certify that in my opinion and having regard to the nature of this Championship, I am competent to complete the distance.

SIGNED:

NAME:

DATE:

## MEDICAL DECLARATION

"In the event of an emergency, is there any information which rescue personnel, first aiders or ambulance crews/hospital may need to know in order to assist you? Please include details of any medical conditions (including specific instructions for treatment in an emergency, if applicable), disabilities (e.g. mobility restrictions, visual impairments, deafness, learning difficulties, and any subsequent special requirements), or any other information which could be relevant in the event of an emergency. This information will be held in confidence and distributed only to rescue and safety officials"

Do you have any medical problems we should be aware of? YES  NO

If yes please list these here: \_\_\_\_\_

Should you require medical assistance at this event is there any special medication or treatment you require? If so please list this here: \_\_\_\_\_

I declare that if I enter the swim whilst pregnant, I will inform the swim secretary at the earliest possible opportunity, and will provide him/her with a letter from a doctor or midwife confirming my suitability to enter the event. I understand that entry may be refused to pregnant swimmers at the discretion of the swim secretary, following a risk assessment" Signed \_\_\_\_\_

*IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU HAVE YOUR MEDICATION*

## DECLARATION

1. I am an eligible competitor in accordance with the B.L.D.S.A. Championship Rules.
2. I have read, understand and will abide by the B.L.D.S.A. Championship Rules.
3. I am a fully paid up member (or life member) of the B.L.D.S.A.
4. The particulars given on this entry form are true.
5. I am not suffering from any illness or disability known to me which would render my participation in this Championship inadvisable. **(A MEDICAL EXAMINATION MAY BE REQUIRED)**
6. "I acknowledge that I am aware of all the risks inherent in open water swimming. I hereby waive any and all rights to claims for loss or damages, arising out of my participation in this event, against the B.L.D.S.A. or any individuals officiating or supervising this B.L.D.S.A. event."

I acknowledge that the B.L.D.S.A. relies entirely on the contents of this Entry Form in accepting my request for inclusion in these Championships.

SIGNATURE OF ENTRANT:

DATE:

SIGNATURE OF PARENT:

DATE:

(If entrant is under 18 years of age)

## PLEASE RETURN THIS FORM (WITH FEE) TO:

Mr Stephen Smith, 145 Hillcrest Road, Hornchurch, Essex, RM11 1EE.

Telephone:- 7710348126 AFTER 7pm.

**Cheques, Postal Orders etc are to be made payable to "B.L.D.S.A."**

**Please enclose a stamped addressed envelope with the entry form.**



# BRITISH LONG DISTANCE SWIMMING ASSOCIATION

## CONISTON JUNIOR CHAMPIONSHIPS

Thank you for your entry to this year's swim. If you require a receipt please send me a S.A.E.

### Location

Coniston is situated in a beautiful area of the Lake District, approximately 7 miles from Ambleside. It is approximately 5.5 miles long.

### Briefing

9.30am at the Bluebird Cafe, Lake Road, Coniston. All swimmers and their crew members must attend the briefing. Swimmers and crews not attending will be disqualified.

### Start NOTE STARTING PLACE

**12 noon.** At High Nibthwaite. Enter the grounds of house called Water Park. Directions will be given at the briefing. You must make your own way to the start. Car parking is very limited. Swimmers and official's cars only.

### Course

Straight down the middle of the lake to a marked finish at the end when a whistle will be blown to indicate you have crossed the finish line.

### Boats

Each swimmer **MUST** be accompanied by a rowing boat with two crew members, equipped with warm clothing, blanket, whistle etc. in case swimmer needs to get out of the water. Flag alpha is required. There are only a limited number of rowing boats available on Coniston and these will be allocated as entries are received. It may be permissible to use two competent canoeists and canoes per swimmer instead of a rowing boat — but this is strictly subject to the BLDSA committee's approval and depends on the competency of the entrant. **IF THERE IS ANY CHANCE AT ALL OF YOU BRINGING YOUR OWN ROW BOAT AND CREW THEN PLEASE DO SO.**

Due to the new rulings brought about by the Child Protection Bureau the B.L.D.S.A. with its policy will not be able to find any crews for any person under the age of 18 years taking part in any championships.

There will be two safety launches on the lake.

### Presentation

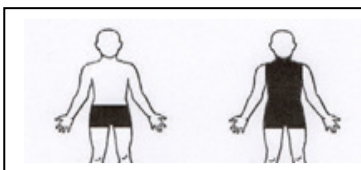
Certificates will be awarded to all swimmers completing the course. There is a trophy for the first girl and boy home, with medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> girl and boy. The presentation will take place back at Bluebird Café as soon as the last swimmer is back and the certificates written. BLDSA President.

### Time Limit

Unfortunately, due to the time restrictions placed on the length of time we can hire the rowing boats, we must set a time limit of 5 hrs. Hopefully this will give everyone a chance to complete their swim, but the Referee's decision will be final.

### Costumes

No costume must extend outside the highlighted area detailed in the picture below



If anyone has any queries, I can be reached as follows:  
Mr Stephen Smith, Tel: 07710348126 AFTER 7pm.