

Cold Water Swimming – Yarrells School Pool, Upton

November 2025 – March 2026



Cold Water Swimming Waiver Form

Please Read This Waiver Form Only – You will be asked to sign a paper copy (provided) on your first cold water session

RISKS and LIABILITY WAIVER

- I understand that cold water swimming is a high-risk activity and that I participate entirely at my own risk.
- I acknowledge and accept all risks of injury, death, or property loss associated with cold water swimming.
- I agree that the organisers, coaches, and associated staff are not liable for any injury, accident, or harm that may occur during the session.
- I hereby waive my right to take legal action against the organisers for any loss, injury, or damage that may arise from my participation.
- I understand that I am responsible for my own safety and for ensuring I follow all rules and instructions from staff and lifeguards.

- I am medically fit to participate in cold water swimming.
- All contact and medical details that I have provided (on the booking system) are correct and truthful to my knowledge.
- I have read the 'Risks of Cold Water Swimming' and 'What to Bring and Wear' documents (emailed to you).

AGREEMENT TO TERMS

Agreement: By signing below, I confirm that I have read and understood the above and agree to its terms and conditions.

Photo Consent: I am happy for the organisers to take and use photos of me.

Signature:

Print Name:

Date: