

Gower Open Water Swim Training

<http://www.ambilacuk.com/seminars/>

Email: howardmj@yahoo.com

Mob: +44 (0)7855268608

Waiver/release of Liability

I..... the enrolled participant, agree and understand that open water swimming is a hazardous activity. I recognise there are risks inherent in this sport, including, but not limited to paralysing injuries and death.

The participant hereby agrees to participate in open water swim sessions and agrees to indemnify and hold Howard Middleton-Jones (acting under the banner for Gower Open Water Swim Training) against all and any liability resulting from injury that may occur to the participant during the swim sessions.

The participant also agrees to indemnify Howard Middleton-Jones (and Gower Open Water Swim Training) for any damages incurred arising from any claims, demand, action or cause of actions by the participant.

Further, the participant agrees to pay all costs associated with medical care and transportation for the participant.

I have carefully read the above liability release and sign it with the full knowledge of its contents and significance.

Signed

Date.....