



2015 Runswick Bay Rescue Boat Charity Swim

Entry Form

The 2015 RBRB Swim will take place at **10:30am** on **Saturday 8th August 2015**, which is approximately half an hour before high water, on the Runswick Bay Rescue Boat Fundraising Weekend.

Important Notice:

The swim is intended for people to have fun, do something for a challenge and raise a bit of money for the Runswick Bay Rescue Boat into the bargain. Anyone can take part although, as you would expect, there are a few rules of the road to ensure the safety of all those who do take part. Most importantly, you should only swim within your ability and all participants **must** wear a suitable **wetsuit**. The full rules are at pages 2 and 3 and you should study these before completing this entry form to ensure you are fully conversant.

As RBRB is a registered charity, with an understandably strong Health & Safety culture, there is also a disclaimer at page 3 that you should read and understand before you sign this form.

That's the important notice ... please do come along and take part whether you intend to swim or just to support the swimmers ... and enjoy!

Registration Details:

Name: _____

Age: _____

Gender: Male / Female

Address: _____

Telephone: _____

Email: _____

Emergency Contact:

Name: _____

Telephone: _____

I wish to swim: **2 miles / 1 mile / ½ mile** (circle whichever is appropriate)

- **I confirm that I have read, understood and agree to abide by the rules at pages 2/3 of this entry form.**
- **I have read and understood the disclaimer at page 4 of this entry form.**
- **I have paid the entry fee of £35 (which covers the cost of the swim cap, T-shirt and organisation). Cheques can be made payable to "RBRB Association".**

Signed: _____ Date: _____

If you are under 18 years of age then your legal parent/guardian must sign alongside you.

RBRB Charity Swim

RULES

1. The swim will take place at a time to be agreed, either shortly before or at high water, on the Saturday of RBRB Weekend each year, as publicised. The exact date selected for RBRB Weekend varies according to the tides but is usually a weekend in July or August.
2. Swimmers must choose a distance, ½ mile, 1 mile or 2 miles, and mark this on their entry form.
3. All entry forms should be completed and submitted no later than 24 hours before the event.
4. All swimmers will enter the water in front of the lifeboat house and swim round the start point (a marked buoy approximately 50 metres from the shore) and then head towards Claymoor. These transits and markers will be clearly identified in the pre-swim briefing.
5. There are two large orange buoys (quarter mile and half mile – half mile near Claymoor) and two orange 'pencil' buoys – 1/8th mile and 3/8th mile along the route for sighting purposes.
6. All swimmers will swim clockwise around the buoys (buoys on their right hand side) – passing towards the sailing club on the seaward side and towards the village on the beach side.
7. The ½ mile swimmers will swim to the first large orange buoy (quarter mile), swim around this buoy and return to the lifeboat house (this will be clearly pointed out in the pre-swim briefing).
8. The 1 mile swimmers will swim towards Claymoor (past the sailing club) and round the half mile buoy then return to the lifeboat house.
9. The 2 mile swimmers will swim to the large orange buoy off Claymoor (past the sailing club), return to the village and then round the starter buoy for a second lap, returning eventually to the beach at the lifeboat house. Again, the route will be clearly explained in the pre-swim briefing.
10. All swims finish with a gentle jog up the steps to The Royal Hotel for a much needed drink and for times to be recorded for posterity.
11. All swimmers must wear a suitable wetsuit – there can be no exceptions to this as, not only does it provide warmth, a wetsuit provides substantial additional buoyancy which allows more time for help to arrive should you need it. This is for your safety. 'Shorty' wetsuits will not be acceptable.
12. All swimmers must wear the provided coloured swim caps. Swimming caps are essential as most heat loss in open water swimming is from the head. The caps also make it easier for the swim marshals to keep an eye on you.
13. All swimmers will pay the entry fee of £35 in cash or cheque (payable to 'RBRB Association') on presentation of a signed entry form. Alternatively entry forms can be scanned and emailed to swim@runswickrescue.org.uk and the fee paid through Justgiving at: <http://www.justgiving.com/runswickrescue/donate>. Entry forms and cheques can be handed to committee or crew in person or posted to: Mo Metcalfe, RBRB Treasurer, Fyndoune, 10 Ellerby Lane, Runswick Bay, TS13 5HS.
14. It is not mandatory, but we do hope that swimmers may wish to raise funds for RBRB through sponsorship. An RBRB Justgiving page can readily be set up at: <http://www.justgiving.com/runswickrescue/raisemoney>
15. All swimmers (½, 1 and 2 milers) should muster in front of the lifeboat house no later than 15 minutes before the start of the swim for an important safety briefing. Swimmers must be ready to start, in wetsuits, at this point. Coloured swim caps will be handed out, along with your swim number, at the briefing.
16. Swimmers must heed the instructions of the swim marshals at all times. There will be marshals on the beach and also powerboats (including RBRB) throughout the duration of your swim. If they contact you it

will be for your safety (possibly an obstacle in the water in front of you). Swim marshals carry whistles and you must heed a whistle at all times. If, for whatever reason, you do not hear or respond to a whistle they will endeavour to get into your line of sight and will point directly at you. You must stop.

17. If at any time you get into difficulty, or wish to speak to a marshal, stop swimming, roll onto your back and wave your arms in the air to attract attention.

RBRB Charity Swim

DISCLAIMER

In agreeing to take part in the swim, and upon signing the entry form, you are agreeing to the following. Please read these points very carefully and ensure that you fully understand and agree to each of them:

1. I warrant that I can swim the distance I have elected.
2. I understand that the RBRB Charity Swim is not a race. I will swim within my ability and within a group if possible.
3. I will wear a suitable wetsuit and the provided coloured swim cap.
4. I will eat a suitable breakfast no less than 1 hour before the time of the swim and drink enough water to ensure that I am properly hydrated (note that all marshals will be carrying water bottles – do stop and ask if you need some).
5. I understand that I am taking part entirely at my own risk. I acknowledge that RBRB will be doing everything they can to assist me but that open water swimming, as with many sports, is potentially hazardous. I agree that I will not hold RBRB responsible for accidents or incidents that may befall me.
6. I understand that open water swimming carries with it the risk of water borne infections and I acknowledge that I am taking part at my own risk. RBRB does not test water quality and cannot guarantee the water quality of the North Sea.
7. I will cover any cuts or abrasions with a waterproof plaster and I will not swim if I feel unwell.
8. I certify that I am physically fit and know of no conditions that might prevent me from taking part in the RBRB Charity Swim
9. If I feel unwell after swimming I will contact my GP immediately and inform them that I have been swimming in open water.
10. I understand that it is important to shower soon after swimming in open water.

Map of the Route

