

# TRIBAL MEMBERSHIP

## SWIMMERS / TRIATHLON / MULTISPORT



This membership is for the sole use of swimming / multisport and triathlon visitors only. If you intend to scuba dive at Vobster Quay, then please purchase a diving membership.

**NOTE:** Any persons found to be scuba diving at Vobster Quay on a TRIBal membership will have their membership rights removed.

### OFFICIAL USE ONLY

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Date

Version: March 2019

## THE BENEFITS

- Valid for 12 months
- Discounted entry
- Regular newsletter
- **Upto 10% Discount** on Retail Purchases
- **10% Discount** on Hire Equipment
- **10% Discount** on Food & Drink
- **Discounts** on coaching, workshops & training



## YOUR DETAILS

Membership #

*For renewing members, please enter your current membership number*

\* First Name:

\* Last Name:

\* Address:

\* Postcode:

\* Telephone:

Mobile:

\* Email:

\* Emergency Contact:

\* Emergency Number:

Swimming Club:

\* *(Indicates required field)*

Tick box to **OPT OUT** of Vobster Quay mailing list

**I have read and understood the **terms & conditions** included with this form and would like to apply for membership**

Signature:

Date:

**Complete & return to:** Vobster Quay, Upper Vobster, Radstock, Somerset BA3 5SD

# CONDITIONS OF ENTRY

Please read the following information before filling in the form on the opposite side of this sheet. The completion and signing of this form confirms your acceptance of the rules detailed below...



## DECLARATION

- I confirm that I am a capable and competent swimmer (400m continuous swim) and have completed the appropriate declarations and waiver forms.
- I confirm that I am medically fit to participate in open water swimming / multisport activity and I am free of illness and significant injury
- I agree to abide by the Vobster Quay venue safety rules, open water swimming code, advice and directions given to me by TRIBal Triathlon/Vobster Quay staff members.
- I understand the dangers associated with swimming in an open, deep, cold water venue, including the potential for serious personal injury, death, loss of property and agree to assume all associated risks.
- I agree to only swim in the presence of an assigned swim partner 'buddy' and/or a designated land based spotter
- I acknowledge that Vobster Quay and its facilities are used entirely at my own risk. I accept full responsibility for any subsequent loss, injury or damage that may be incurred by myself and/or my property during my visit.
- I acknowledge that Vobster Quay staff are here to assist me in the event of an emergency but are not part of the emergency services. I or a member of my group accept full responsibility for the management of any incident that I may be involved in.

## REGISTRATION & ADMISSION

- All swimmers are encouraged to take up membership of an appropriate NGB - Triathlon England, for example - which provides individuals with suitable insurance cover.
- All swimmers must sign in and receive a swimmer ID Tag and wear this on their wrist throughout their visit both on the quayside and in the water.
- Road ways are to be kept clear at all times. You must park as directed in designated areas. The front and side of the Quayside must be kept clear for emergency vehicles only. Bikes must be parked as directed.
- First time swimmers must complete a Health questionnaire and swimmer competence declaration form and any relevant waiver forms prior to swimming. These are available as downloads from [www.tribaltriathlon.co.uk](http://www.tribaltriathlon.co.uk) and can be completed in advance of your arrival to speed up entry.
- Swim sessions will start and finish at the allocated times as displayed on the daily information display boards by the water entry/exit points.
- The minimum age of entry is 14yrs. Children under this age are not permitted at the water's edge and must be supervised by a responsible adult at all times.
- Children aged 14-16yrs must have a competent adult swimming with them and been signed off by Vobster Quay's swim coach for open water swimming.
- TRIBal/Vobster staff reserve the right at any time to refuse entry into the water of any swimmer who is deemed unfit to take part and/or to remove a swimmer not following the code of conduct/safety directions.
- Under no circumstances will a swimmer be allowed to enter the water if they have consumed alcohol or non prescribed drugs or are showing signs that they may be under the influence of these.

## PRIOR TO WATER ENTRY

- All swimmers must swim in a minimum of pairs or have a designated swim spotter on the quayside who can raise the alarm should you get into difficulty.
- Swimmers must familiarize themselves with the designated swim course and skills area (please see quayside display boards and info on [www.tribaltriathlon.co.uk](http://www.tribaltriathlon.co.uk)). Please swim in a clockwise rotation on the marked 750m course.

- All swimmers must wear a brightly coloured swim cap to aid their location and identification by others when in the water.
- Wetsuits must be worn unless a non wetsuit waiver form has been signed by a member of the TRIBal Triathlon staff with appropriate evidence of cold water swimming experience. Wetsuits must fit correctly and be suitable for open water swimming.
- Enter and exit the water by the designated quayside points only. Do not dive in or enter the water at any other point due to underwater hazards.
- Water entry should be feet first and away from other swimmers. No bombing or other unsafe water entry.
- No swimming will be permitted in severe, adverse weather conditions and no water entry will be permitted during an electrical storm.
- Water quality is regularly monitored and no swimming will be permitted if this drops below recommended EU levels for bathing.
- Cover all cuts and abrasions with waterproof dressings. Do not swim with deep cuts on any part of your body.
- Do not swim if you have had an infection in the previous 3 days. If you are unwell or develop flu like symptoms after swimming please inform your doctor that you have been open water swimming.

## IN WATER SAFETY

- Please swim in the designated swim areas/course only.
- Any safety advice or instruction from TRIBal/Vobster staff must be followed immediately at all times.
- Please avoid swimming over diver's bubbles - divers may make rapid ascents which could cause injury if you are above them.
- If you or your swim buddy get into any difficulty, please remain calm, roll onto your back so you can breath, raise your arm and call 'help, help, help' until you are attended to by the safety boat.

## EMERGENCY PROCEDURES

### TRIBal Triathlon / Vobster Quay

In the event of an incident/emergency please inform a member of staff immediately. Our staff are trained and there to assist you in such circumstances. ALL injuries/illness – no matter how minor you think they are must be reported to a member of staff. We are here to help!

In the unlikely event that all swimmers need to be evacuated from the water, our staff will sound repeated blasts on an air horn. You should stop swimming, acknowledge the signal and either return immediately to the quayside. Stay by the swim exit point until a member of Vobster Quay's staff has checked you as safely out of the water.

Please note that you are responsible for the management of your own safety whilst you are onsite, based on the guidelines, code of conduct and T&C's set out. TRIBal Triathlon/Vobster staff are there to assist you and provide informed guidance, support safety cover.

All your questions answered at  
[www.tribaltriathlon.co.uk](http://www.tribaltriathlon.co.uk)