

u\Open water swimming at Park Pond, Castle Ashby – Disclaimer and terms and conditions:

“We”/”Us” mean Ashby Falcon Limited, the Compton Estates and their agents.

“You” means the undersigned.

1. You confirm that you are in good health and have no known medical problems that would restrict your ability to participate in open water swimming at ‘Park Pond’, Castle Ashby. You recognise that participation in physical activity involves the risk of injury to your person and your property.
2. You acknowledge and understand the risks inherent to open water swimming, including those arising from water born diseases, animals, bacteria, algae, etc as well as cold water risks.
3. In the absence of any negligence or other breach of duty by us, your participation in open swimming is entirely at your own risk.
4. In the absence of any negligence or other breach of duty by us, we are not responsible for any theft, damage, destruction or loss of your property or belongings whilst using our facilities.
5. You agree to follow any safety warnings or instructions displayed or given to you by a supervisor at all times.
6. Coronavirus procedures – you agree to follow all government procedures and the supervisor’s instructions and you are responsible for using equipment and attending premises at the Castle Ashby Falcon and other Castle Ashby Premises as directed. In the absence of any negligence or other breach of duty by us, the use of our machinery, equipment or facility, and attendance on our premises is entirely at your own risk.
7. You confirm you are capable of completing a 100 metre continuous swim.
8. You confirm you do not have any medical condition (such as heart disease, asthma, epilepsy, diabetes) which may affect your ability to safely partake in open water swimming. If you are unsure, please seek the advice of a GP before taking part in swimming.
9. We recommend you wear a brightly coloured swim hat and goggles at all times.
10. You must enter and exit the water at the designated point on the jetty.
11. In the event you get into difficulty during the swim session, you must roll on to your back and signal for rescue by raising an arm in the air.
12. A safety observer will be present during all swim sessions; however, we strongly recommend you swim with a buddy or swim within a 15m distance of another swimmer during the session.

In the event of seeing another swimmer getting into difficulty, you must raise the alarm to the supervisor.

13. In the event of a thunderstorm, failing light, fog or high winds, the safety observer may decide to end a session. If you are asked to exit the lake then please do so immediately.
14. You acknowledge that the lake is a natural environment. Lake banks may be slippery, there may be sharp stones underfoot. There are various ramps, buoys and ropes within the water which must be avoided. If you do not feel comfortable with these hazards then you should not swim in this open water environment.
15. You must be 16 years of age or over to participate in open water swimming at Par Pond.
16. At least 24 hours' notice is required to cancel an open water swim session and receive a full refund/credit to your account. Please cancel as soon as possible if a foreseeable event is likely to prevent you from attending, for example, illness or adverse weather conditions.

I have read the above disclaimers and terms and conditions and fully understand their contents. I voluntarily agree to the disclaimer and terms and conditions stated above:-

Name (Print):-

Signature:-

Date:-