

****IT IS SUGGESTED THAT YOU HAVE COMPLETED A DISTANCE OF 2 MILES IN OPEN WATER IF PLANNING TO ENTER THIS SWIM****

****Average time to swim a mile? _____**

BOAT /CANOE

(Please read carefully section F of the Championship Rules, particularly regarding limitation of entries)

Can you bring a canoe? YES NO and or canoeist if requested? YES NO **Tick as applicable**

IF YES, PLEASE GIVE DETAILS OF:

CANOEIST:

Name _____

Do they have: BLDSA Canoe Escort / BCU Level 2?

International Swimmers

PLEASE NOTE: CIVIL LIABILITY INDEMNITY AND PERSONAL ACCIDENT COVER IS ONLY PROVIDED TO THOSE MEMBERS OF THE BLDSA WHO ARE UK RESIDENTS.

INTERNATIONAL COMPETITORS MUST ATTACH A COPY OF A 2015 MEMBERSHIP CARD FROM YOUR COUNTRY'S GOVERNING BODY OR EVIDENCE OF ALTERNATIVE PERSONAL INSURANCE WHICH COVERS PARTICIPATION IN OPEN WATER SWIMMING EVENTS.

CERTIFICATE OF SWIMMING ABILITY

I certify that in my opinion and having regard to the nature of this Championship, I am competent to complete the distance.

SIGNED:

NAME:

DATE:

MEDICAL DECLARATION

"In the event of an emergency, is there any information which rescue personnel, first aiders or ambulance crews/hospital may need to know in order to assist you? Please include details of any medical conditions (including specific instructions for treatment in an emergency, if applicable), disabilities (e.g. mobility restrictions, visual impairments, deafness, learning difficulties, and any subsequent special requirements), or any other information which could be relevant in the event of an emergency. This information will be held in confidence and distributed only to rescue and safety officials"

Do you have any medical problems we should be aware of? YES NO

If yes please list these here:

Should you require medical assistance at this event is there any special medication or treatment you require? If so please list this here:

I declare that if I enter the swim whilst pregnant, I will inform the swim secretary at the earliest possible opportunity, and will provide him/her with a letter from a doctor or midwife confirming my suitability to enter the event. I understand that entry may be refused to pregnant swimmers at the discretion of the swim secretary, following a risk assessment" Signed _____

IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU HAVE YOUR MEDICATION

DECLARATION

1. I am an eligible competitor in accordance with the B.L.D.S.A. Championship Rules.
2. I have read, understand and will abide by the B.L.D.S.A. Championship Rules.
3. I am a fully paid up member (or life member) of the B.L.D.S.A.
4. The particulars given on this entry form are true.
5. I am not suffering from any illness or disability known to me which would render my participation in this Championship inadvisable. **(A MEDICAL EXAMINATION MAY BE REQUIRED)**
6. "I acknowledge that I am aware of all the risks inherent in open water swimming. I hereby waive any and all rights to claims for loss or damages, arising out of my participation in this event, against the B.L.D.S.A. or any individuals officiating or supervising this B.L.D.S.A. event."

I acknowledge that the B.L.D.S.A. relies entirely on the contents of this Entry Form in accepting my request for inclusion in these Championships.

SIGNATURE OF ENTRANT:

DATE:

SIGNATURE OF PARENT:

DATE:

(If entrant is under 18 years of age)

PLEASE RETURN THIS FORM (WITH FEE) TO:

Mrs Liane Llewellyn Hickling, 62 Main Road, Denholme, Bradford, West Yorks, BD13 4BL. Tel: (01274) 830615.

Email: liane.llewellyn@btinternet.com

Cheques, Postal Orders etc are to be made payable to "B.L.D.S.A."

Please enclose a stamped addressed envelope with the entry form.



BRITISH LONG DISTANCE SWIMMING ASSOCIATION WYKEHAM LAKE CHAMPIONSHIPS

Saturday 3rd June 2017

Venue: Wykeham Lake, Scarborough, N. Yorks.

Time: After Dusk/ To Be advised nearer the date

Distance: 5km Senior / Juniors

Entry Fee: £35

(Please make cheques payable to the B.L.D.S.A)

Briefing : Will be held on the lake side at dusk (To be advised nearer the date)

****Swim Requirements/ Important info for night swim****

- Swimmers are required to wear 2 LED adventure lights attached to them for this night swim. These can be purchased from the BLDSA shop at a price of £9 each.
- All swimmers will be required to have an individual experienced kayaker/ kayak. The swim organiser will endeavour to provide a kayaker for you where needed and for this reason the swimmers may start at different times depending on numbers. Swim places will be limited if there is insufficient kayak cover. Kayak cover will be allocated on a first come first served basis. To ensure a place please try to provide your own competent kayak/ kayaker.

Swim Course: Swimmers will be escorted around a marked course by their individual kayakers. Bouys will be lit to allow navigation.

Facilities: changing room and showers and portable toilets are available at this site. Hot drinks will be available

How to get there:

Wykeham Lake is on the A170 Scarborough to Pickering Road. (It is on the left if coming from Scarborough, just after West Ayton) and on the (Right if coming from Pickering).

Sign posted Wykeham Lakes / Charm Park and is opposite Hutton Buscel.

Accommodation:

****This year we have permission for swimmers to camp at the lakeside on the Saturday night if participating in this event. Please let me know if you wish to camp at the venue. Prices will be £17.50 per tent (maximum 4 persons).****

Scarborough hospitality:

info@scarboroughhospitality.co.uk

01723 363190 www.scarboroughhospitality

Tourist Information Centre: Unit 3 Pavilion House, Valley Bridge Road, Scarborough, YO11 1UZ. Tel: 01723-373333.

Caravan and Camping Sites.

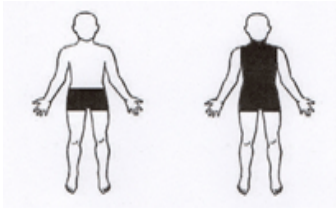
St Helens in the Park Wykeham, Scarborough , N Yorks. :Tel 01723-862771. 56 touring pitches.

latest arrival time 21.00hrs.

**** THIS IS OPPOSITE WYKEHAM LAKES & POPULAR WITH SWIMMERS. ****

Costumes

No costume must extend outside the highlighted are detailed in the picture below for the 5km and 2 mile events. However there is a wetsuit category for the 1km swim.



Please Return entry form to: Mrs Liane Llewellyn Hickling, 62 Main Road, Denholme, Bradford, W Yorks, BD13 4BL. Tel 01274-830615. mobile: 07885135780 Email: liane.llewellyn@btinternet.com.