



BRITISH LONG DISTANCE SWIMMING ASSOCIATION

CHAMPIONSHIP ENTRY FORM

CHAMPIONSHIP	Loch Lomond - Ardlui Bay
DISTANCE	Approx. 1km
DAY / DATE	Saturday 28th August 2021
ENTRY FEE	£15
CLOSING DATE	Nil - but to guarantee a place enter by 22nd August Entries on the day can only be accepted at the discretion of the safety officer if enough safety cover is available.

PLEASE USE BLOCK (CAPITAL) LETTERS TO COMPLETE ALL SECTIONS OF THIS FORM.

MEMBERS, NON MEMBERS, ALL AGES, NON REGULATION COSTUMES AND WETSUITS ALL WELCOME.

ENTRANT: Please enter me for the above Championship in the following event.

LADIES <input type="checkbox"/>	GENTS <input type="checkbox"/>	F/STYLE <input type="checkbox"/>	BRST/S <input type="checkbox"/>	Please tick as appropriate
---------------------------------	--------------------------------	----------------------------------	---------------------------------	----------------------------

SURNAME:	
FORENAME:	
AGE:	DATE OF BIRTH: / /

ADDRESS:	
POSTCODE:	

EMERGENCY TELEPHONE NUMBER DURING EVENT (not someone in or on the water)	
---	--

BLDSA MEMBERSHIP NUMBER: (if a member)	
e-mail address:	

CLUB / TOWN (For programme and results)	
--	--

LONG DISTANCE SWIMMING EXPERIENCE: (if applicable)

ARE YOU WEARING A WETSUIT? _____

Safety

This will be a circuit swim with safety cover being provided by the BLDSA Safety boats and other small craft as necessary.

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 2020/21 MEMBERSHIP CARD FROM YOUR COUNTRY'S GOVERNING BODY OR EVIDENCE OF ALTERATIVE 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 WITH YOU AND IT IS EASILY ACCESSIBLE SHOULD YOU NEED IT.

DECLARATION

1. I am an eligible competitor in accordance with the B.L.D.S.A. Championship Rules.
2. The particulars given on this entry form are true.
3. 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)**
4. "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."
5. 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 J Wilson, 20 Padgett Court, Ben Rhydding Drive, Ilkley, W. Yorks. LS29 8AU Tel 07957348328 Email: janetwilson22@aol.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,
or provide an email address



BRITISH LONG DISTANCE SWIMMING ASSOCIATION

LOCH LOMOND- Ardlui Bay

PRELIMINARY SWIM INFORMATION

Date of Swim: Saturday 28th August 2021
Course: **Start:** Beach at Ardlui, **Finish:** Beach at Ardlui
Start Time: 12 noon
Briefing: 11-15 am at Ardlui Beach

Showers: There are no showers or changing facilities at Ardlui Beach, but toilets are available at the hotel/campsite. This is privately owned land, so please do not abuse the facilities and only use the hotel if you intend to pay for their services. This includes their car park. There is a small amount of free parking on waste ground opposite the hotel.

Trophies: There will be no trophies for this event, but all finishers will receive a certificate and a small memento.
These will be presented immediately after the last swimmer is out of the water and dry.

Accommodation: There is plenty of accommodation in the Loch Lomond area, but it is advisable to book well in advance.

This short event is being run in conjunction with the main Loch Lomond Championship which has a staggered start from about 2 pm to 10 pm on the 28th August, from Ardlui Beach, and finishes at Drumkinnon Bay at the Balloch end, around 8am next morning.

For more details contact: Janet Wilson, 20 Padgett Court, Ben Rhydding Drive, Ilkley, W. Yorks. LS29 8AU Tel 07957348328 Email: janetwilson22@aol.com