PACTRAC Nene Marathon Swim

Risk assessment – Liability waiver – Sign in list

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| **Hazard** | **Mitigating actions** |
| Drowning | All participants to declare to be competent swimmers  Be aware that drowning with wetsuit is not possible if floating on back  Stay away from areas with large weeds  Do not swim in Thunder and Lightning  Look out for one another |
| Harm by boats | Wear brightly coloured hats  Be aware of the hazard  Watch out for each other  Look around regularly |
| Hypothermia | Be aware of water temperature  Swimming in wetsuits when cold  Watch out for each other |
| Disease | Avoid swallowing water  Watch out for each other  Shower after swimming  Wiels Disease - if swimmers have Flu symptoms after a swim, see your Doctor. |
| Harm by locks and weirs (falls, currents, entrapment) | Be aware of the route  Heed warning signs on structures  swim well wide of weirs |
| Harm by swans | Be aware of the hazard  Look around regularly  Keep distance |
| Harm by current (only significant when river is in flood or near structures / bridges) | Heed warning signs  The leaders should wait every now and again, or swim back |
| Injury by entering / exiting the water | Don’t dive or jump  Acclimatise as needed to avoid heart issues  Watch where you place your feet |

**General mitigating actions:**

* Always swim in groups of at least two
* Watch out for each other
* Leaders to wait every now and again, or swim back
* Sign-in and sign-out list
* Liability waiver

I accept that it is my responsibility to ensure that I am fit and well prepared for the event. I will not hold the organisers of the event responsible for any accidents or injuries that may occur during my involvement with the event. I understand that swimming in open water is potentially hazardous, and accept that I am participating at my own risk.

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