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 backStay away from areas with large weedsDo not swim in Thunder and LightningLook out for one another |
| Harm by boats | Wear brightly coloured hatsBe aware of the hazardWatch out for each otherLook around regularly |
| Hypothermia | Be aware of water temperatureSwimming in wetsuits when coldWatch out for each other |
| Disease | Avoid swallowing waterWatch out for each otherShower after swimmingWiels Disease - if swimmers have Flu symptoms after a swim, see your Doctor. |
| Harm by locks and weirs (falls, currents, entrapment) | Be aware of the routeHeed warning signs on structuresswim well wide of weirs |
| Harm by swans | Be aware of the hazardLook around regularlyKeep distance |
| Harm by current (only significant when river is in flood or near structures / bridges) | Heed warning signsThe leaders should wait every now and again, or swim back |
| Injury by entering / exiting the water | Don’t dive or jumpAcclimatise as needed to avoid heart issuesWatch 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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