



Youth Open Water Swim Coaching 2023

Whitlingham Adventure Centre

I will once again be running some open water swim sessions aimed at preparing swimmers for the Eastern Region OWS Championships. There will be 6 progressive sessions where swimmers will get used to the open water environment and develop skills such as sighting, buoy turns, group swimming, drafting, pacing, race awareness as well as developing race strategies.

These sessions are for swimmers aged 11 to 18 (on 31st Dec 2023). Wet suits are optional. Each session is £6.00 payable on the day. Cash Only (please bring the right money).

Please return the completed registration form to me by email to simon@sj3.co.uk or bring with you on your first session. It will help if you can tick which sessions you plan to attend.

Dates:	Session 1: 28th May	8:30 to 10:00am	☐
	Session 2: 4th June	8:30 to 10:00am	☐
	Session 3: 11th June	8:30 to 10:00am	☐
	Session 4: 18th June	8:30 to 10:00am	☐
	Session 5: 25th June	10:00 to 11:30am	☐
	Session 6: 2nd July	8:30 to 10:00am	☐

Registration and Consent Form 2023

About You:	Name: _____	Gender: _____
Address: _____		
Swim Club _____		Postcode: _____
Date of Birth: ____/____/____		ASA Number: _____
Tel No: _____		
Email Address _____		
Do you have a disability? Yes/No If yes, please give details of any additional support needed:		

Emergency Contact Details:	Name: _____
Relationship to Swimmer: _____	Contact Mobile No: _____

Medical Information, e.g. Asthma:
Please make a note below of any medical conditions you feel the coaches need to know about.

Consent Declaration: I fully consent to the above named person participating in the activities as stated and understand and agree that they do so under instruction by the coaches entirely at their own risk and to receive first aid or emergency treatment if the need arises. I have considered the nature of the sessions and am satisfied that this person is sufficiently able to assume responsibility for their own safety under the supervision of the coaches.	
Signed: _____	Date: _____
To be signed by parent/guardian if participant is U18	
Please tick the box if you DO NOT want any photos taken for use in future promotional work or on the website ☐	