

False Bay Swim

Solo Crossing Application



Please fill in all details below. Make sure everyone reads and signs it.
 Email the signed form to: falsebayswimming@gmail.com

Swim Information

| | | | | | |
|------------------------|---------------|---------------|-------|------------|-------------|
| Swim Route | | Swim Category | | Ways | |
| Swimmer's Name | Age | M/F | Email | Cell Phone | Nationality |
| Emergency contact Name | Relationships | Cell Phone | Age | | |

Expected pace km/h

Swimming Experience - briefly describe swims you have done in teh past 2-3 years , conditions, distances

Declaration

I declare that we understand and accept for myself as the Swimmer or (if my child is the Swimmer) for myself and my child named above, that:

1. I am a trained open water swimmer and I am in good fitness and health to participate in the swim.
2. I am aware of the swim details and I have read, studied and understand the possible swim conditions I may encounter.
3. I am aware of wild life inhabitation in the bay.
4. I believe I am fit and ready for the swim and I hold no one but myself as responsible if the swim is not successful.
5. All information stated above is true and accurate
6. I indemnify the FBSA , its board, the Pilot and the Observer from any possible claims related to the swim above.
7. I do reserve my rights with regard to claims resulting from gross negligence misconduct or deliberate misconduct.
8. I have read and understand the FBSA swimming rules and I understand the possible consequences of breaching them.
9. All information given for the purpose of this swim, data collected and medical information disclosed is the property

I declare that I have read, understand and agree with the terms of participation in this swim as stated above.

| | | | | | |
|---------|-----------|--------------|-----------|------|-------|
| Name of | Signature | Relationship | Signature | Date | Place |
|---------|-----------|--------------|-----------|------|-------|

Fees [quoted in ZAR] – All fees must be paid at least 30 days prior to the attempt
 Solo = R3000
 Pilot fees to be negotiated with the Pilot