Swim Ireland Leinster Region Open Sea Committee
2010 Open Sea Races
Email openseacommitte2010@eircom.net
Under 18 ("Minor") Competitors Parent's or Guardian's Consent Form

To Parents & Guardians

The Swim Ireland Leinster Region Open Sea Committee allow competitors under the age of 18 ("a minor") to compete in the Leinster Open Sea Races with the consent of their parent or guardian.

Parents or Guardians must however be aware that Open Water Swimming is much more physically demanding than pool swimming and competitors face different risks and hazards, including but not limited to, the effects of long periods in cold water.

Parents or Guardians should exercise caution in supporting their minor child's wish to swim in the Leinster Open Sea Races. Parents or Guardian should talk to their minor child's swim club coach and their family doctor before giving consent by signing this form.

Parents and Guardians must evaluate conditions before each Leinster Open Sea Race to consider if it is suitable for their minor child to swim. Conditions at each Leinster Open Sea Race will be different depending on tide, wind, weather and sea conditions and therefore can only be assessed on the day at each race location. Where a parent or guardian has a doubt after evaluating conditions before a Leinster Open Sea Race, they should not allow their minor child to swim in that Leinster Open Sea Race. Conditions which may be suitable for adults may not be suitable for your minor child. All swimmers in the Leinster Open Sea Races swim at their own risk.

Please complete the following

Competitor's Name

Date of Birth

Club **DAY** **Month** **Year**

Swim Ireland Number

I am aware of the risks of open water swimming and am happy to allow my minor child to take part in the Swim Ireland Leinster Region Open Sea Races.

Parent's or Guadian's Name

PARENT'S OR GUARDIAN'S SIGNATURE **Dated:**