

Under 16 Competitors Parental Consent Form

Dear Parent/Guardian

The Open Sea Committee are delighted when younger swimmers express interest in open water swimming and would encourage enthusiastic swimmers to participate. However it is much more physically demanding than pool swimming and associated risks include effects of long periods in cold water.

We encourage you therefore to support your child's desire to swim outdoors with caution. We suggest talking to the child's regular swim coach and possibly your family doctor before signing this form. We also suggest that one of the shorter close to shore swims in good weather conditions be tried first. All participation in the swims is at competitor's own risk and where conditions give rise to doubt, the swimmer should not take part.

Best Wishes

Open Sea Committee

One form will suffice per season

2007 Under 16 Parental Consent Form

Please complete the following

Competitors Name:- _____

Competitors Club:- _____

Competitors DOB:- _____ **Age:-** _____

Swim Ireland Reg:- _____

I am aware of the risks of open water swimming and am happy to allow my child to take part in the Leinster Region Open Sea Calendar events.

Signed: _____ **Parent/Guardian**