



DISCLAIMER

I am aware of the dangers associated with swimming in cold water, including coldwater shock, increased risk of heart attack, swim failure after prolonged exposure.

I hereby waive any and all rights of action against Parliament Hill Lido, The Corporation of London, PHISH or any of its organisers for any injuries or other actionable events, arising out of my participation in the Parliament Hill Icy Swim Hootenanny.

I am of sound health.

I take full responsibility for my decision to take part in the swim.

I agree to abide by the rules and follow the instructions of race officials.

I agree to leave the water immediately should I be asked to do so by the lifeguards or marshals.

Name	
Date	
Emergency contact name	
Emergency contact number	
Signature	