



# Metherringham Swimming Pool

## ADULT SWIM DISCLAIMER

### General Participation

Participants acknowledge they are participating in the **Adult Swim Activity**, which may include both standard and **Cold-Water** swimming sessions, **at their own risk**.

### Health and Fitness

By participating, you confirm you are **medically fit** for swimming activities. Consult a healthcare professional if you have health concerns affecting your ability to safely participate.

### Risk Acknowledgment

All swimming activities carry inherent risks, including but not limited to injuries from accidents or strains and the potential for drowning. **Cold-Water** swimming introduces additional risks such as **Cold-Water** shock and hypothermia. Participants acknowledge these risks.

### No Lifeguard on Duty

Be aware there **will not be lifeguards or staff** on site during Adult Swim sessions. Participants swim at their own risk.

### Personal Responsibility

Participants accept **personal responsibility** for any injury or damage caused to themselves or others due to their actions.

Swimmers are responsible for **unlocking** the site.

(The **Padlock Code** is sent as part of your session opt-in email)

Swimmers are expected, when necessary, to remove and replace our pool covers.

(**Training is required** and is available on request)

If you are the **last person** on site – please **lock the gate** using the padlock.

Always ensure safe and respectful behaviour.

### Adults Only Swimming:

- Swimmers **must be** 16 years of age or older.
- Participants **must be** proficient swimmers and able to **swim 50m** unaided.
- A **minimum of 3** swimmers must be present to ensure mutual safety.  
(one to provide support / render first-aid, one to call Emergency Services)
- Swimmers are required to **remain on site** to provide cover for their group even if no longer swimming.
- **Excess swimmers** (more than 3) may leave by mutual agreement with their group.

For those participating in **Cold-Water Swimming**:

- Participants are encouraged to familiarise themselves with **Cold-Water** swimming safety practices. Induction sections are available for inexperienced **Cold-Water** swimmers.

### **Program Rules and Regulations**

Follow all program guidelines and safety instructions. Non-compliance may result in removal from the program.

### **Changes and Cancellations**

The program schedule, including session times and availability, is subject to change. Sessions may be cancelled or modified due to adverse conditions.

### **Acknowledgment and Agreement**

By signing below, participants confirm they have **read** and **understood** this disclaimer, acknowledge the **risks associated** with swimming activities, including **additional risks for Cold-Water** swimming, and agree to participate at their own risk.