



# CELTIC TRI

**Glynneath Lakes: Participants must sign declaration before entering the water.**

I ..... declare that I am a paid up member of Celtic Tri and participate in open water sessions at Glynneath Lakes, accepting full responsibility for my own welfare, and enter with the knowledge that I am medically fit and healthy to take part.

I am aware of all the risks involved with open water swimming, both coached and un-coached, I enter at my own risk, and I will not hold the Session Leader or the Owners/Managers of this facility responsible for any injury or damage caused as a result of my actions.

**CelticTri Membership Number** .....

**Signature** .....

**Date** .....

-----Please tear along this line -----



## **Glynneath Lakes: Club Copy**

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**CelticTri Membership Number** .....

**Signature** .....

**Date** .....

*Membership validated by* .....

*Date* .....