



Pulse Clogherhead Triathlon 07/08/2010 - Swim Proficiency Declaration

I confirm that:

I have completed a continuous open water swim of at least two-thirds of the length of the competition swim within 30 days of the event,

I understand safety and rescue procedures and my own limitations,

I am aware of the route, its length, the depth and temperature of the water, the direction of significant currents and any hazards,

I am aware that a mass start carries intrinsic difficulties, which can be frightening and present risks, which could include pushing and kicking.

Name (in capitals): _____

Signed: _____

Date : 07/08/2010