



Tricia Porter  
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CW9 7SN

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Dear Candidate

### Open Water Assessments

The Liverpool & District Branch through your club is running Open Water Assessments at Boundary Water Park off the A50 at Cranage, near Holmes Chapel from 10am onwards on Sunday 5th September 2010. The achievement of these open water awards demonstrates real commitment to Lifesaving, congratulations for putting yourself forward.

Your club TA will be able to advise you on specific pre-requisites for the Bronze & Silver Cross. You need to be fully prepared by your Trainer and physically fit and for this assessment. You will need to bring swimming clothes including long sleeve shirt, trouser or skirt, a towel and warm dry clothing. You need footwear you can get wet, swimming overshoes are ideal, and a brightly coloured swimming cap. A packed lunch and ideally a flask with a hot drink. Consider some sweets e.g. chocolate etc.

The activity on the day will be risk assessed and safety cover will be on hand. Those under 18 years need parental permission to take part.

The fee to complete a Bronze Cross will be £9.75 for individual RLSS members and £14.00 for non-members and for the Silver Cross £9.75 for individual RLSS members and £14.00 for non-members payable by cheque please to RLSS Liverpool & District Branch.

Please make appropriate travel arrangements within your club.

On the day you must inform the organisers if you are suffering any ailment or disability which could affect your ability to swim / participate in the open water activity.

If participating please complete the attached permission / application form.

Yours sincerely

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Lifesaving T/A  
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# RLSS UK ~ LIVERPOOL & DISTRICT BRANCH

## Open water assessments permission / application form

**Please print in block capitals clearly please**

Applicant to insert full name.....

Age including date of birth.....

Full address & postcode .....

.....

Tel no's ..... E mail.....

Which club do you belong to.....

State your society membership number if a personal member.....

I apply to take the following award (tick as appropriate), which is being held at Boundary Park on (insert date)..... I confirm I have been briefed and prepared by my trainer and understand the risks involved in Open Water Swimming. I have a good theoretical knowledge of the publication "Lifesaving."

Bronze Cross

Silver Cross

My current lifesaving & life support awards are, (show name & date achieved):.....

.....

My next of kin / guardian is .....

On the above date they can be contacted on the following telephone numbers:

.....

I confirm I will notify the organisers of any medical condition or disability I have (state any known here):

.....

I enclose a cheque in the sum of £                      payable to RLSS Liverpool & District

Signed by applicant .....

If under 18 years parent or guardian to counter sign showing they understand the activity being undertaken and give permission for your participation.

Signed by parent / guardian..... Print name .....

Please return this form to your trainer 3 weeks before the event