



# OPEN WATER SWIMMING

## NEW SWIMMER INFORMATION



Please answer the following questions and give additional information where applicable:

NAME	DATE
PHONE NUMBER	
EMERGENCY NAME AND NUMBER	
<b>SWIMMING ABILITY AND EXPERIENCE</b>	
Please circle or underline the statement that best applies to you:  I cannot swim front crawl, only breaststroke I can swim 200m front crawl slowly I am a competent swimmer, sub 6 mins 200m in a pool I am a strong swimmer, sub 3 mins 200m in a pool  Please provide any further relevant information below:	
Have you ever been swimming in open water before? If yes, please give details, including any events you may have competed in:	
Do you have any fears relating to swimming in open water? If so, please detail reasons	
Do you have any personal goals you would like to achieve in open water swimming?	