

Swimmer name:

Address:

Postcode:

Telephone number:

Email:

I am aged 18 years or over  I am under 18 years of age

(parent/guardian permission required)

I enclose £10 entry fee:

Your fundraising pack will be emailed to you to keep costs as low as possible. If you do not have an email address and would like your pack posted, please tick here:

Nwes would like to keep you up to date on the support and fundraising for Jessica- Jane Applegate, plus other news and events which may be of interest, via e-mail. If you would prefer not to receive this, please tick here:

## By entering the Swim 2020 Challenge and signing below, you confirm that you have read, understood and accept the following terms and conditions:

## Participants enter the Swim 2020 challenge at their own risk, and understand that neither Nwes, Jessica-Jane Applegate, nor the participant’ chosen venue accept any liability in regard to the completion of the challenge, or in pursuit of participation and sponsorship

* Each participant is medically fit, to the best of their knowledge, and of adequate swimming ability to undertake the challenge
* Participants agree to undertake the challenge in accordance with their own level of ability and will adhere to health and safety at all times
* Participants will abide by the rules and regulations of their chosen challenge venue at all times
* Participants understand that they will also be required to raise money in sponsorship
* The organisers decision is final re the prize for the highest individual sponsorship raised.
* Participants agree to Nwes social media and website promotion of participant’s challenge and fundraising activities, unless participants inform us otherwise.

**Signed………………………….. Print……………………………… Date…………………...**

**Parent/guardian name (if under 18 years)…………………………….. Signed………………………..**