



SATURDAY 29th OCTOBER 2016

MISSION TO SEAFARERS together with UPWELLING FESTIVAL present:

## **Blessing of the Fleet**

### **Swim for the Cross**

### **ENTRY FORM**

### **PRIZE GIFT \$100 voucher**

Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

***Please read the following carefully:***

- I feel physically fit enough to participate in a 100mtr swim.
- I am an experienced, swimmer able to swim at least 100 metres in deep water unassisted.
- I am aware that Portland Surf Life Saving Club will patrol this swim event via their rubber duck vessel and I will seek assistance if necessary.
- I have no medical condition or health concerns that would prevent me safely participating in the event such as Asthma, Epilepsy, Heart Disease, or other Please specify\_\_\_\_\_.
- I am aware that smoking, family history of heart disease and being overweight increases my risk of heart disease.
- I am aware of the NO Diving entry to the water. Entry to the water is only allowed from Henty Beach either running, walking and or swimming.
  - .Please bring a towel, bottle of water & wetsuit (preferable)
  - No food or alcohol to be consumed prior to this event.

PROUDLY PRESENTED BY  
ROTARY CLUB OF PORTLAND BAY INC.  
A0040066F  
PO BOX 852 PORTLAND VIC 3305

I declare that I am in a fit state of health to swim for the cross and agree to accept sole responsibility for my present condition.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

For further information please contact Neville Manson on 0408 595 241 or email [njm165@vic.australis.com.au](mailto:njm165@vic.australis.com.au).

Please return this form to Neville Manson at 165 Hurd St, Portland or [njm165@vic.australis.com.au](mailto:njm165@vic.australis.com.au)