

## Participant Registration Form

x .....  
**First name** **Surname**

x ..... x ..... x .....  
**DOB** **Gender** **Mobile phone**

x ..... x .....  
**Email address** **Post code**

x ..... x .....  
**Emergency contact name** **Emergency contact phone**

**Medical conditions** .....  
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- Swimming ability**
- Can't swim
  - Can swim up to 50 meters
  - Can swim up to 100 meters
  - Can swim up to 200 meters
  - Can swim 400 meters