

**SWIMMER RULES**

* Registration is from 12 Midday; all swimmers must be registered to swim
* You Must be aged 16 years or over
* No alcohol to be consumed by any swimmer, if we believe you have consumed alcohol you will not be permitted to swim and will be banned from future swims
* Every swimmer must sign the disclaimer upon registration confirming they are fit and able to complete the swim
* You must bring the minimum £50 entry fee upon registration, this is non- negotiable
* No wet suits are permitted
* Soft footwear such as trainers are permitted
* You must attend the safety talk before the swim
* The Red Cross, Coastguard, Burghead Sub Aqua Club and Swim Stewards will all be in attendance during the swim
* FANCY DRESS IS PERMITTED AND ACTIVELY ENCOURAGED!

**Please note:** All funds raised are donated to the chosen charities, we do not take a profit or payment of any kind for the swim, we are all volunteers. We ask that the minimum handed in on the day is £50 to ensure we receive as much as possible on the day and so there is a fair benchmark everyone must achieve. This may seem high, however if you can get 10 people to sponsor you £5 you will have achieved the target. Remember, although this is for great causes it is also a huge personal achievement, so thank you and well done!

Any further questions can be answered by asking a committee member, messaging our Facebook page or by emailing: burgheadboxingdayswim@outlook.com