

**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
* First Aiders, 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, the money raised from ALL swimmers is for the benefit of all charities, no swimmers are jumping to raise money for only one charity, 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