



## Submission Disclaimer Winter Swimming

1. My participation in the winter swimming or cold training activities of **Gerda Imhof, Fabienne Meier, Yvonne Stutz, Jörg Hoffmann, Rafael Järmann, Natascha Mathis** or another representative of [www.winterswimming.ch](http://www.winterswimming.ch) ("the Trainer") is at my own risk.
2. I hereby expressly waive all claims – of any kind whatsoever – for damages, injuries or consequential damages arising from my participation in:
  - a. winter swimming
  - b. other cold training activities as advertised on [www.winterswimming.ch](http://www.winterswimming.ch)unless the Trainer is acting with gross negligence.
3. The Trainer is also not liable for damage to – or loss of – property.
4. I confirm that I am in good health. I have checked the state of my health with a doctor. If I declined to check the state of my health this is also my own responsibility.
5. The Trainer does not accept any liability for damage to my health in the event of an accident or injury, even where the damage arises from a condition not currently known to me.
6. I will immediately inform my winter swimming trainer about any illness and also sudden changes of state including but not limited to nausea, dizziness, pain, tachycardia (irregular heartbeat or changes to heart rhythm) and if necessary, stop the training.
7. I am insured against accidents and injuries that may occur during winter swimming and cold training and against theft and damage of property. The same applies to the direct route from and to the training location. If this is not the case, it is my responsibility.
8. I have read this disclaimer before signing it and I am fully aware of its contents.

First name	
Last name	
Address	
Post code & City	
Phone Nr.	

Date, place and signature

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