



An event being run on behalf
of Les Bourgs Hospice

30 Days in 30 Days



Do something different this Summer
AND help raise money for Les Bourgs Hospice.

Sign up to the challenge to swim just 30 strokes in 30 bays around the island
and explore places you've either never been to or not visited for a while.
Get friends and family involved and make the most of your July!

Visit www.30bays.org for full event details.



Swimmers details

Name:

Address:

Email:

Swims

In which of the events would you like to participate? Please indicate how many participants you will be entering.

Please tick your choice(s)	x participants	Would you like to donate more?
<input type="checkbox"/> £15 Adult		<input type="checkbox"/> I would like to donate £ _____ more
<input type="checkbox"/> £5 Child (U18)		<input type="checkbox"/> I would like to donate £ _____ more
<input type="checkbox"/> £25 9baysin30days family event		<input type="checkbox"/> I would like to donate £ _____ more
<input type="checkbox"/> £35 30baysin30days family event		<input type="checkbox"/> I would like to donate £ _____ more
<input type="checkbox"/> £5 Beach clean event		<input type="checkbox"/> I would like to donate £ _____ more

Disclaimer

I acknowledge and agree that:

- I am entering at my own risk. Swims are not led nor are they supervised.
- I am solely responsible for making my own assessment as to the risks involved in any particular swim (including accessing each bay).
- Les Bourgs Hospice and the organisers accept no responsibility and will not be liable whatsoever for any loss, damage, injury, death, or other liability which may arise.
- I am medically and physically fit enough to participate and if I am in doubt or have a medical condition I will consult my doctor prior to taking part.
- I will not swim whilst under the influence of alcohol or any medication which may cause drowsiness.

Signed by:

For any participant under the age of 18 please ensure that a parent or guardian signs on your behalf.

Please note that you will only be considered to be participating in the event if a signed registration form has been received and the registration fee has been paid.

GDPR

Les Bourgs Hospice (the Hospice) will not share with any third parties not directly involved with the 30baysin30days event. We only ask for data that is adequate, relevant and not excessive for those purposes. We will use your data to:

- enable us to understand more about how our website is used, and in turn, to make sure that it reflects your needs.
- send you any information you may have requested, or which may be relevant to the services that you have contracted with the Hospice or Friends.
- contact you to let you know details of events or initiatives organised by the Hospice or Friends which we think may be of interest to you.

Your data will not be shared with any third parties.

- I consent to my name being listed on the Les Bourgs Hospice website for online sponsorship purposes.
- If you would prefer not to receive any such information please tick here.

Return this form

Please return your completed form with your entry fee (cheques payable to Les Bourgs Hospice) to:

30baysin30days Event Organiser, 3 Bon Air, Route de Carteret, Castel, GY5 7YS

Queries to 30baysin30days@gmail.com or Liz Stonebridge on 07781 122914