



## **The Alde & Ore Estuary Trust Fundraising Flotilla 2024: Disclaimer**

The Alde & Ore Estuary Trust (AOET) strives to deliver the appropriate standard of care in creating and encouraging participation in the 2024 Flotilla. The AOET has designed this event with caution and prudence, doing our utmost to ensure the safety of participants and volunteers with the use of safety boats and kayaks, medical volunteers, water testing, the provision of appropriate facilities, risk assessments and adhering to health and safety guidelines. Please be aware that the Flotilla takes place in a public, uncontrolled, outdoor environment, and that the AOET cannot guarantee the safety of those participating or spectating - who must do so at their own risk.

**By registering for and attending the 2024 Flotilla, you are agreeing to take part in an event in which your safety and the safety of any children you are supervising will be your responsibility.**

The health and safety information provided by the AOET is for general guidance only and is not to substitute professional medical advice. If you have any concerns or questions relating to your physical capability to participate, please consult a medical professional before registering for the event. If you have a disability or health condition that may impact your participation, please let us know of any specific risks or needs relating to your participation so that we can make reasonable adjustments to ensure your safety and accessibility. Please do not register for this event if you are not physically healthy and experienced enough to feel confident in undertaking a five-mile cold water swim in a tidal estuary. In the event that illness or injury should occur for reasons relating to the event or otherwise, the AOET cannot take liability.

The AOET will provide a free, volunteer run service to transport participant's personal belongings to the route finish at Orford Sailing Club. If you make use of this service, you agree that the AOET cannot take liability for loss or damage to any belongings.

In the event that the flotilla is cancelled or an individual can no longer participate, the AOET is not able to refund registration fees or sponsorship donations; these will be considered donations to The Alde & Ore Estuary Trust.

The minimum age for participants to paddle is 12 and the minimum age for participants to swim is 16. All participants under the age of 18 must be accompanied by a participating adult who will be responsible for their wellbeing along the route, at Aldeburgh Yacht Club and Orford Sailing Club. An adult must register participants who are under the age of 18 and provide the contact details of their parent or guardian.

If you have any questions relating to your participation in this event, please do not hesitate to contact us at [operations@aoetrust.org](mailto:operations@aoetrust.org).