BEST Fest 2022 - Pre-Exercise Review

Has your doctor ever said you have a heart condition (such as coronary heart disease, congenital heart disease or valvular heart disease)?   **Yes / No**

Do you feel pain in your chest, shortness of breath or dizziness when you undertake physical activity? **Yes / No**

In the past month have you had chest pain when you are not doing physical activity? **Yes / No**

Do you lose your balance because of dizziness or do you ever lose consciousness? **Yes / No**

Is your doctor currently prescribing drugs for blood pressure or a heart condition or take any medication that may affect you when taking part in physical exertion? **Yes / No**

Are you pregnant? **Yes / No**

Do you suffer from epilepsy? **Yes / No**

Do you know of any other reason which may affect your ability to take part in physical activity? **Yes / No**

If you answered yes to any of the above, please state why:

If you answered NO to all questions you can be reasonably sure that you can be physically active. <u>If you answer YES to one or more questions, we recommend that you consult with your doctor before embarking on physical exercise.</u>

Pre-Entry Review Self-Assessment

1.   Have you ever swam in Open Water before?

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2.   Have you swum the distance of the event in the last 4 months?

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3.   What is the furthest you have swum non-stop (indoor or outdoor)?

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4.   How long (approximately) does it take you to swim 1 mile (in or out of competition)?

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These questions are designed to risk assess your suitability to participate in the Open Water event that you are applying to participate in and should also be used to determine the speed wave you should enter where relevant. If you answer 'no' to question 1 or 2 you will not be automatically precluded from participating, but you should consider if taking part is appropriate.

A participant <u>must</u> be able to swim a <u>minimum of 1 mile non–stop</u> and should ideally have completed a distance equivalent to the Open Water event being entered,