



## MORE ABOUT YOU

### Please tell us your reasons for taking part:

(Please tick all that apply)

- I think it will be an enjoyable experience
- I want to improve my fitness
- Someone asked me to take part with them
- This event is easy/convenient for me to get to
- I want to do something new/different
- This activity is a hobby of mine
- I want to raise funds for the BHF's work

### Please select the statement(s) that apply to you:

- I have been affected by a heart or circulatory condition
- I am raising money in memory of someone
- A family member/friend has been affected by a heart condition
- None of the above

### How did you hear about this event?

(Please tick all that apply)

- Poster / leaflet
- Facebook
- Email
- Postal mailing from the BHF
- Newspaper
- Magazine
- Radio
- Google search
- Word of mouth
- Twitter
- BHF website
- A website
- My local fundraising manager
- Other

Other: .....

## JOIN THE FIGHT

Hear about our latest research, campaigns and how you can support our life saving work.

- Yes please, I'd like to hear from you by email
- Yes please, I'd like to hear from you by text message
- No thank you, I don't want to hear from you by post
- No thank you, I don't want to hear from you by telephone

We will never share your details with anyone else and will keep them safe. You can change the way you hear from us at any time by emailing [supporterservices@bhf.org.uk](mailto:supporterservices@bhf.org.uk) or calling 0300 330 3322.

Find out more in our Privacy Policy at [www.bhf.org.uk](http://www.bhf.org.uk)

## TERMS AND CONDITIONS

All submitted applications are received by the BHF on the basis that the participant agrees to the terms and conditions which can be found at [bhf.org/eventsterms](http://bhf.org/eventsterms). A copy can be requested by contacting us on 0845 130 8663 or via [events@bhf.org.uk](mailto:events@bhf.org.uk)

## GIFT AID STATEMENT

\*\*I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations to charities and CASCs in that tax year, it is my responsibility to pay any difference. Please let us know if you want to cancel the declaration, change your name and/or address or no longer pay sufficient tax on your income and/or capital gains.

- Please note participants take part at their own risk. If you have any medical conditions which could be adversely affected by exercise, particularly a heart condition, please consult your doctor.
- It is sensible not to eat a large meal before swimming
- Entrants must abide by the rules of the swimming pool at all times and follow instructions from officials at all times
- All children participating in a BHF sponsored swim remain the responsibility of their parent or guardian at all times, including in the changing rooms
- The British Heart Foundation CANNOT accept responsibility for loss or damage to personal effects, injury or illness to any participant or to the general public and their property
- Please note that taking photographs at our swims is prohibited, except BHF general pictures for publicity purposes. There may be scope for photographs at swim presentations if parental consent is given.

# FIGHT FOR EVERY HEARTBEAT

[bhf.org.uk](http://bhf.org.uk)