Hereford Sub-Aqua Club:

The Rowing Club

Greyfriars Avenue

Hereford

HR4 0BE

Tel: 01432 273915



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**Grant Funded Try-Dives – Supported by Hereford City Council**

Hereford Sub-Aqua Club has a limited number of free Try-Dives available over the coming months. This has been made possible by a grant from Hereford City Council. All diving equipment will be provided, but you will need to bring swimwear and a towel plus a T-shirt to wear in the pool. All try-dives are held at Hereford Leisure Pool on Friday evenings commencing at 8:15pm and finishing around 10:00pm. Unfortunately no other days or times are available.

If you would like to participate in a try-dive, please complete all three sections of this form: -

* Entry Requirements;
* Try-dive Medical and Responsibility Declaration;
* Consent Form

The completed forms should be returned to the address shown below. Please note that try-dive places are limited and not guaranteed. If you have been successful, we will contact you and agree a date for your try-dive. Family and friends are welcome to come to the pool as spectators on the agreed date.

**Entry Requirements**

Please confirm that you meet the entry requirements by ticking all of the boxes.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| I reside in Hereford City  |   |  | I am able to swim  |   |
|  |  |  |  |  |
| I am between 10 and 17 years old  |   |  | I have parental consent  |   |
|  |  |  |  |  |
| I am from a family with limited income  |   |  | I am in good health  |   |

**Note**: Some dive equipment is sized to fit, so please let us have your: -

**Shoe size: \_\_\_\_\_\_\_ & Chest size: \_\_\_\_\_\_\_**

**Your completed form should be sent to:**

**Mike Bailey**

**Diving Officer**

**18 Backbury Road**

**Hereford**

**HR1 1SD**



