

Date: Thursday 29th October 2026
Cost: £10 per person
Registration: 10:00 am
Events: 10:30 am – 12 noon
Awards and social: 12:30 pm – 1:30 pm

At: Winchester Sport & Leisure Park, Bar End Road, Winchester, SO23 9NR



Dear Friend,

We're excited to be back with **Aqua Bests on Thursday 29th October 2026 at Winchester Sport and Leisure Park** – a fun morning of water-based activities just for you! After the success of our first Aqua Bests, we're looking forward to another morning of getting active, having fun and trying something new. There'll be lots of encouragement, plenty of splashing and activities for everyone to enjoy!

 **Swimming**

 **Aqua Aerobics**

 **Water Polo**

There will be **medals and certificates for all participants.** 

We know that some people can feel the cold in the pool, so this year we're also offering **Aqua Bests rash vests** for anyone who would like one. These are optional and cost **£5**. Please indicate your preferred size on the registration form if you would like to order one.

Please complete all of this form and submit it by **Friday 18th September 2026.**

Registration: £10 per participant

Optional rash vest: £5

Payment can be made by cash, cheque or bank transfer. Bank details will be provided when we receive your registration form.

If you have any questions, please call Betty on **07884 063201**.

Our participant Welcome Pack will be available on our website at least a couple of weeks before the event and will also be emailed to you or your day service.

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Personal Information

I, would like to attend the Winchester Personal Bests event on
Thursday 29th October 2026 at Winchester Sport and Leisure Park.

I (name):

Tick the box the below ☒ that describes your gender.

Gender



- ☐ Male
☐ Female
☐ Non-Binary
☐ Prefer not to say

Date of Birth



Would you like to be grouped in a team with people you know?

Please tick the box below ☒ if you are taking part with a learning disability group.



I am part of a learning disability group



Name of Group:

I will be coming on my own so that I can meet new people there. ☐

Please tell us about your needs (including physical or sensory difficulties).

This is so that our coaches can help you to stay safe and for you to enjoy the day.

Please tick the box (or boxes) below ☒ that best describe your needs.



- ☐ Learning Disability
☐ Autism
☐ ADHD
☐ Other...

- ☐ Wheelchair user
☐ Blind (Visually impaired)
☐ Deaf (Hearing impaired)

What is the name of your learning disability, if you know it?
(e.g. Down Syndrome, Prada Willi Syndrome, etc):

Medical Information 	Please tell us here about any medical conditions that you have and the medication that you take.		
Support needs 	Will you be bringing someone to help you in the pool? (please tick the box below to describes your support needs).		
	No, I am confident in the water. I can swim independently.	☐	
	Yes, I will bring someone to support me from the side of the pool.		☐
	Yes, I will bring someone to support me in the pool.	☐	
	Other (please add any other support needs): E.g. If you require a hoist?		
Email address 	We will send you information about Aqua Bests and other Active LD activities. You can unsubscribe at anytime.		
Phone number		Postcode	
Emergency Contact Name			
Emergency Contact phone number			

Important message: Aqua Best “disclaimer”:

Before you take part in this awesome event, here are a few things you and your carer(s)* need to know:

- You're joining the event because you want to – it's your choice, and you're doing it at your own risk*. That means if you get hurt or something goes wrong, the organisers will not be held responsible.
- Please make sure you are healthy and fit enough to join in. If needed, check with your doctor first. This event might be physically challenging on your body, so it's important you're ready!
- If you start to feel unwell or get hurt before the event, it's best to sit this one out. We do not want the Aqua Bests to make you feel it worse.
- You are in charge of your own safety.* You also need to help keep others safe by being kind, careful, and following the organisers' instructions.
- You will read and follow our welcome pack guidelines (which will be released 2 weeks before the event).
- If there's an emergency and you need a doctor or first aid, the event staff will do their best to help you quickly. If needed, they will call your emergency contact. If your emergency contact can't be reached straight away, the event staff will ask a first aider or doctor to give you the help you need.

Most of all – have fun, try your best, and enjoy the Aqua Bests! 🌸

Please tick (✓) in the box below to show that you have read, understood and agree with the disclaimer section above.

☐

 Photographs	The event organisers would like to take photographs and video to tell people about the Aqua Bests. These images may appear in printed publications, websites, social media and local press. Active LD will not use images for fake or AI-created content. Please tick (✓) one of the boxes below.	
	YES I give my consent for photos or videos to be taken of me	☐
	NO, I do not consent for photos or videos to be taken of me	☐

Rash Vests 	A rash vest is a tight fitting top designed for the water. They help to keep participants warm. You are welcome to bring your own rash vest if you have one. *for hygiene reasons, the leisure centre have requested NOT to bring rash vests that have been used for swimming in the sea. Please tick (✓) one of the boxes below.					
	YES, I would like a rash vest (£5)					☐
	NO, I would not like a rash vest					☐
	If YES, please tick below (✓) the size of rash vest you would like **as a guide our rash vest sizes are based on men's size charts.					
Child size 11-12 yr	Small	Medium	Large	XL	2XL	3XL

Newsletter 	Active LD would like to stay in touch and to tell you about our events and activities, like the Personal Bests. We send our newsletter by email 3-4 times a year. You can unsubscribe at any time.	Tick here (✓)
	Yes, I am happy to receive Active LD's newsletter	☐
	No, I would prefer not to receive Active LD's newsletter	☐



Agreement:

I have read and understand this form. I confirm the information I've given is correct.

*For participants who require support, please can a family member/guardian/power of attorney or deputy provide consent on the participant's behalf.

Signature	
Print name	
*Family/Support signature	
*Family/Support name	
Date	

Any questions? Please contact Betty at events@activeld.org or 07884 063201.

*Active LD will keep the information on this form securely in line with our data protection policy and retention schedule.