



## Event Rules and Conditions

1. The Event is open to bona fide members of clubs affiliated to the ASA.
  - 1.1 Competitors must be 14 years of age as of 31<sup>st</sup> December 2014 to enter the event.
  - 1.2 All entrants must be ASA Category 2 registered competitors
  - 1.3 A swimmer entering the Junior event must be under 17 years of age on 31<sup>st</sup> December 2014. The minimum age is 13 - see 1.1.
2. Entries
  - 2.1 Entries will only be accepted when received by the organiser on or before the closing date on the official entry form together with the entry fee.
  - 2.2 **All competitors must read and sign the document on the back of the entry form.**
3. The Race is freestyle and will be swum over the Course (approximate 1200m) as a combined Senior and Junior event.
4. Competitors will have their race number written on the back of their hand and must call out their number when passing the finish point.
5. A time limit of 1 hour, after the start, will be applied.
6. All competitors **MUST** (in the interest of safety) wear the **NUMBERED SWIM HAT PROVIDED**.
7. No swimmer shall be permitted to use or wear any device which may be an aid to their speed, endurance or buoyancy – this includes wetsuits. Goggles, cap, nose clip and earplugs may be used.
8. Swimmers shall be allowed to use grease or other such substances providing these are not, in the opinion of the referee, excessive.
9. Only the official Safety Boats and Canoes will be allowed on the course. Competitors are not allowed to use their own canoes.
10. The water temperature for Open Water Swimming should be a minimum of 16°C. If the sea temperature is significantly below this level during the week preceding the race, then the event will be cancelled in advance. If the sea temperature fails to reach the required minimum on race day then the race will be cancelled on the day.
11. If weather conditions are unfavourable a decision whether to alter the course or not proceed with the event will be made by the race referee in consultation with other parties. **Any decision will only be made on the day of the event.** Once made, any decision will be final and may lead to the event being cancelled. In this instance, every endeavour shall be made to re-arrange the event.
12. Protests shall be made to the Race Referee and dealt with as detailed in ASA Law.

### **IMPORTANT - Please read these conditions before signing. Any queries should be raised with the Event Organiser.**

- A I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Open Water Swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events..
- B I am aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
- C I undertake at all times to use my best endeavour to train and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk or injury.
- D I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
- E I acknowledge that, during this Open Water Swimming event, Clacton Swimming Club or the ASA cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
- F I hereby agree to abide by and be governed by the rules of the Amateur Swimming Association and all other laws and regulations applicable including the ASA Safety Laws, the Conditions of the ASA Eastern Region and those rules imposed by the Race Referee.

**INCOMPLETE, INCORRECT OR LATE ENTRIES WILL NOT BE ACCEPTED AND THE FEE MAY BE FORFEITED.**

**I have read and understood the conditions of racing in the CSC 'Round the Pier Swim' and agree to abide by them.**

**ENTRIES CAN ONLY BE ACCEPTED FROM REGISTERED SWIMMERS**

I understand and agree that I participate in this event entirely at my own risk and that no responsibility whatsoever shall attach to Clacton Swimming Club or any of its officials or the event organizers for any injury, accidents, loss or damage suffered by me, or by reason of the event, however such may be caused. I confirm that I have read and agree to the event rules and conditions and that I am an eligible competitor in accordance with the laws of the Amateur Swimming Association. I know of no medical condition or other impediment which would render my participation undesirable.

Signature of Competitor ..... Date .....

I certify that the above information is correct ..... Signed Club Official

#### Competitors 16 Years Old or Under Only

I certify that the swimmer named overleaf is capable, to the best of my knowledge, of completing this open water event

Signature of Club Coach ..... Name (Please Print) .....

Signature of Parent/Guardian if under 18 years of age .....