

"FIRST DISCOVERY BAY OPEN WATER RACE & TRIATHLON CHALLENGE" - 24th SEPTEMBER 2023

Rules & Regulations:

General Rules

1. No one should join the race unless he/she is physically fit, and in excellent health condition.
2. Participants will take full responsibility and safety during the race.

Swim Rules and Conducts

1. Participants are required to meet the following cut-off times.
 - 1.7km Swim Race: 70 mins
 - 3.8km Swim Race: 130 mins; 1.7km checkpoint: 55 mins
 - 400m Swim Race (Individual / Family Relay): 18 mins
2. Participants may be asked to provide proof of competence. Failure to do so will not be allowed to participate in the race.
3. Participants must obey instructions to kayakers, helpers, and personnel of the race. Failure to do so will not be allowed to participate in the race.
4. Wetsuits, fins, paddles, or flotation devices of any kind is prohibited.
5. SAFETY BUOYS are mandatory during the ENTIRE race. Failure to do so will not be allowed to participate in the race.
6. Requirement for Family Relay 400m swim - Each team consists of mom or dad plus one 16 years old or under child. Parents are allowed to accompany his/her child during the child swim leg.

Bike Rules and Conduct

7. Cycling with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the Race.
8. Time Limit: 10KM under 35 mins
9. Athletes must be taller than 150cm.

Run Rules and Conduct

10. Running with a bare torso is prohibited. Athletes must wear a shirt, jersey, or sport top/sports bra at all times during the run segment of the Race °
11. It is the sole responsibility of each athlete to know and follow the prescribed running course.
12. All athletes must obey all traffic laws while on the running course unless otherwise specifically directed by a Race staff, Race Referee or Race Official with actual authority. Unless otherwise directed in accordance with the preceding sentence, all athletes must come to a complete stop when required by a traffic sign or traffic control device and must not proceed through any intersection unless such intersection is clear of oncoming traffic. Any violation of this Section will result in disqualification.
13. Headsets, headphones, or audio-capable eyewear are prohibited during the run segment of the Race.

The agreement, Waiver, and Release

1. My medical status, physical ability, training, and fitness are capable and of a certain level to participate in the "FIRST DISCOVERY BAY OPEN WATER RACE AND TRIATHLON CHALLENGE"
2. I am voluntarily participating in the "FIRST DISCOVERY BAY OPEN WATER RACE AND TRIATHLON CHALLENGE". I am aware of the inherent risks and potential hazards associated with participating in "FIRST DISCOVERY BAY OPEN WATER RACE AND TRIATHLON CHALLENGE" and in general, the activity of open water swimming/triathlon/duathlon/aquathon, which may include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or

permanent disability (including paralysis), economic or emotional loss, and/or death. I understand that these injuries or outcomes may arise from my own or other's actions, inaction, or negligence; or the condition of the open water swimming/triathlon/duathlon/aquathon locations. Nonetheless, I assume all related risks of my participation in this race, both known or unknown to me.

3. I hereby release and hold harmless SWIM BIKE RUN CLUB "SBRC"/OPEN WATER SWIM SERIES HONG KONG "OWSSHK"/HKR International Ltd/Hong Kong Resort Co. Ltd and its affiliated and/or associated companies and/or its volunteers and/or other organizations, and/or governmental departments directly or indirectly related to the training against any and all liability or damages for any claim or action arising directly or indirectly from the personal injury or death of myself or any other person as a result of my participation in "FIRST DISCOVERY BAY OPEN WATER RACE AND TRIATHLON CHALLENGE". If I require medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment.
4. In consideration of being permitted to participate in "FIRST DISCOVERY BAY OPEN WATER RACE AND TRIATHLON CHALLENGE" on behalf of myself and my next of kin, heirs, and representatives, I release from any and all liability and undertake not to bring legal action against SWIM BIKE RUN CLUB "SBRC"/OPEN WATER SWIM SERIES HONG KONG "OWSSHK"/HKR International Ltd/Hong Kong Resort Co. Ltd and/or its affiliated and/or associated companies and/or its volunteers and/or other organizations including but not limited to SWIM BIKE RUN CLUB "SBRC"/OPEN WATER SWIM SERIES HONG KONG "OWSSHK"/HKR International Ltd/Hong Kong Resort Co. Ltd and/or government departments directly or indirectly related to the race for any and all claims, including negligence, resulting in any physical or psychological injury (including paralysis and death), illness, damages, or economic or emotional loss.
5. The bag storage service during the event is complimentary. I hereby release SWIM BIKE RUN CLUB "SBRC"/OPEN WATER SWIM SERIES HONG KONG "OWSSHK"/HKR International Ltd/Hong Kong Resort Co. Ltd from liability for any lost and/or damage of my personal belongings.
6. The organizer has the right to change the race course & distance or arrangement or to cancel the race. There will be no refund in any of the circumstances.

Parent / Guardian Waiver for Minor (UNDER 18 YEARS OLD):

PARTICIPANTS UNDER THE AGE OF 18 ARE REQUIRED TO HAVE THEIR PARENT SIGN:

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to act or arise from negligence, and release said parties on behalf of the minor and the parents or legal guardian.