

## "MIDDLE ISLAND CHALLENGE" - 25th JUNE 2023

### Rules & Regulations:

1. Participants are required to swim with FREESTYLE (FRONT CRAWL) ONLY during the entire race.
2. Declaration of responsibility is required for all swimmers.
3. No one should join the race unless he/she is physically fit, and in excellent health condition.
4. Cut off times
  - o 1.5km, cut off time : 45 mins
  - o 3.8km, 110 mins; 1.0km checkpoint cut off time : 28 mins
5. Participants may be asked to provide proof of competence. Failure to do so will not be allowed to participate in the event.
6. Participants must obey instructions to kayakers, helpers, and personnel of the training. . Failure to do so will not be allowed to participate in the event.
7. Participants will take full responsibility and safety during the race.
8. Wetsuits, fins, and paddles are not allowed in the race.
9. SAFETY BUOYS are mandatory during the ENTIRE race. Failure to do so will not be allowed to participate in the event.

### 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 "MIDDLE ISLAND CHALLENGE" or MMIC;
2. I am voluntarily participating in the "MIDDLE ISLAND CHALLENGE". I am aware of the inherent risks and potential hazards associated with participating in "MIDDLE ISLAND CHALLENGE" and in general, the activity of open water swimming, 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 others' actions, inaction, or negligence; or the condition of the open water swimming location. 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") or Open Water Swim Series Hong Kong ("OWSSHK") 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 "MIDDLE ISLAND 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 "MIDDLE ISLAND 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 "SBRC" / "OWSSHK" and/or its volunteers and/or other organizations including but not limited to "SBRC" / "OWSSHK" 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 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.

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

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

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.