

# DWB TIME TRIAL

## Rules and Regulations

1. Declaration of responsibility is required for all swimmers
2. No one should join the race unless he/she is physically fit, in excellent health, and fully expected to finish within the CUTOFF TIME of 75 mins for 3km or 45mins for 1.4km race.
3. You may be asked to provide proof of competence. If fail to do so, you may not be allowed to race.
4. This race is recommended for swimmers who do regular pool swims / open water swims. Racers are recommended to join free sessions organized by OWSSHK prior to race day.
5. Swimmers must obey instructions to kayakers, helpers & personnel of the race.
6. Swimmers will take full responsibility of their safety during the race.
7. Wetsuit is not allowed.
8. Drafting is not allowed at any time. The draft zone is 8 metres from the ankles of the swimmer in front. Swimmers who enter the draft zone have 20 seconds to pass the swimmer in front. Drafting penalty is 6 minutes for 3km race and 3 minutes for 1.4km race.
9. Safety buoy is mandatory during the entire race.

## Coronavirus Disease Precaution & Rule

1. No sick Swimmers should join the race.
2. Personnel under the quarantine period is not allowed to race.
3. Race organizer will conduct temperature check at registration.
4. Masks are required on deck until race briefing and after the swim race.
5. No more than 8 swimmers should group together during pre-race and post-race. Please maintain at least 1.5 meter between groups.

## Agreement, Waiver and Release

6. My medical status, physical ability, training and fitness are capable and of a certain level to participate in the "DWB TIME TRIAL";
7. I am voluntarily participating in "DWB TIME TRIAL". I am aware of the inherent risks and potential hazards associated with participating in this "DWB TIME TRIAL" 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 other's actions, inaction, or negligence; or the condition of the open water swimming location. Nonetheless, I assume all related risks, both known or unknown to me, of my participation in this Event.
8. I hereby release and hold harmless 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 Event 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 "DWB TIME TRIAL". If I require medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment; and
9. In consideration of being permitted to participate in "DWB TIME TRIAL", 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 OWSSHK and/or its volunteers and/or other organizations and/or governmental departments directly or indirectly related to the Event 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.
10. The organizer has the right to change the course distance or arrangement or to cancel the race. If the race is being stopped, the race will either be cancelled. There will be no refund in any of circumstances.

## 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 and release said parties on behalf of the minor and the parents or legal guardian.

**PARTICIPANTS UNDER THE AGE OF 18 ARE REQUIRED TO HAVE PARENT SIGN:** This is to verify that I, as a parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns, and next of kin, release and agree to indemnify and hold harmless the Releases from any and all liabilities incident to my minor child's involvement of participation in the events as provided above, even if arising from their negligence.