

Mcbean Middle Island Challenge (MMIC)

Date :3rd Nov 2019

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.
3. For 3.8km course, racers are fully expected to finish within the cut off time of 1 hour 30minutes, and reach 1km checkpoint at Middle Island Beach within 25mins, Fail to do so require to leave the water near the 1km checkpoint and walk back to VRC.
4. For 1.0km course, racers are required to finish within the cut off time of 30mins.
5. You may be asked to provide proof of competence. If fail to do so, you may not be allowed to race.
6. Swimmers must obey instructions to kayakers, helpers and personnel of the race.
7. Always stay away from the coast at least 30m. Beware of the shallow rocks
8. Swimmers will take full responsibility and safety during the race.
9. Wetsuit is not allowed.
10. Safety buoy is mandatory during the race.
11. Breaststroke is not allowed

Agreement, Waiver and Release

12. My medical status, physical ability, training and fitness are capable and of a certain level to participate in the "MMIC";
13. I am voluntarily participating in "MMIC". I am aware of the inherent risks and potential hazards associated with participating in this "MMIC" 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.
14. 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 "MMIC". If I require medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment; and
15. In consideration of being permitted to participate in "MMIC", 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.
16. 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.