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**Rasaí Loch Dan, Chill Mhantáin
Lough Dan Races
& Swim Ireland National 10k and 5k Championships
Scout Centre, Lough Dan, Roundwood, County Wicklow
Saturday 18th August 2018**

Leinster Open Sea will review the information you supply in this <https://www.fitlive.ie> online entry form before offering you a place in either the 2.5 Kilometre, 5 Kilometre or 10 Kilometre Race. Places are limited. Acceptance of this form or entry fee does not guarantee entry. Leinster Open Sea will refund money if we reject your application at the initial selection screening.

Swim Ireland National Championships

Swim Ireland is delighted to be partnering with Leinster Open Sea for the 2018 National 5K and 10K Open Water Championships. The National Championships will run in conjunction with the Leinster 5K and 10K Championships at Lough Dan on Saturday 11th August (all entries to the Leinster 5K & 10K will automatically be entered in the national event). The events will be open to Swim Ireland club members only.

Wetsuits

A wetsuit category will also be available for swimmers who are members of a Swim Ireland club. This does not apply to special members.

Races

Leinster Open Sea will run four different races on the day:

- National 10k Kilometre
- National 5k Kilometre (for the Dorgan Cups)
- 2.5 Kilometre
- Relay of four swimmers each member of the team doing a 2.5k lap.

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Retire from the Race

Exceed cut off Time

Leinster Open Sea set cut off times to give swimmers a generous opportunity to complete the race course. **If you exceed the cut off time and are asked to retire from the race you must do so immediately.**

Leinster Open Sea will enforce a cut off times of:

- 1 hour in the 2.5 kilometre race;
- 2 hours 40 minutes in the 5 kilometre race;
- 4 hours in the 10 kilometre race; and
- 2 hours in the 5 kilometre wetsuit race.

Incident at Lough Dan Races

Please also be mindful that although you are making progress and can comfortably complete the race course within cut off time, there may be incidents happening elsewhere along the race course which you are not aware of. The race organisers and rescue crews may need to direct their full attention to those incidents and ask all remaining swimmers to retire and leave the water. **If you are asked to retire from the race and leave the water you must do so immediately.**

Finish of the Race

At the end of races, race officials may request swimmers to clear the water and collect their clothes and bag from the finish area. The race officials may wish to carry out a final tally to ensure that all swimmers are accounted for. Likewise race officials may wish to ensure that swimmers are in good condition and do not require medical assistance before releasing the Civil Defence and or first aid teams. **If you are asked to leave the water you must do so immediately.**

Progress in the Race

If in the opinion of race officials, shore observers or rescue crews:

- you are not making sufficient progress compared to other swimmers;
- your stroke rate has deteriorated;
- you are constantly stopping; and/or
- have stopped for over a minute and a half

you will be asked to retire and leave the water. **If you are asked to leave the water you must do so immediately.**

Disqualify and refuse Entry

Leinster Open Sea reserve the right to

- disqualify swimmers who do not comply with instructions given by race officials or rescue crews; and or
- refuse entry to future races to swimmers who do not comply with instructions given by race officials and rescue crews.

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Swim Ireland Membership

Swimmers competing in the Lough Dan Races must be either a full competitive member of Swim Ireland or a Special member of Swim Ireland.

Cancellation or Postponement

Leinster Open Sea reserves the right to:

- cancel the Lough Dan Races if conditions are unsafe;
- change the start time of the races to accommodate requests from the Scout warden;
- change the start time of the races to accommodate conditions in the lake; or
- refuse admission to the Lough Dan Races.

Leinster Open Sea will not refund entry fees in the event that the Lough Dan Races are cancelled, postponed, start time changed or if a swimmer is asked to retire or refused admission to the race.

Health Guidelines for Lough Dan Races

If you:

- suffer from a medical condition;
- are recovering from illness; or
- are taking medication

you should consult with your doctor before entering the Lough Dan Races or competing in Open Water Swimming.

Leinster Open Sea will bear no responsibility for your decision to enter the Lough Dan Races or any other swimming race.

Kayakers

Leinster Open Sea will have kayakers for safety cover but cannot guarantee that each swimmer will have a kayaker. Leinster Open Sea would appreciate if swimmers try and source their own kayakers. Kayakers' must be eighteen years of age on 8th August 2018.

Parents or Guardians of Swimmers under 18 year of age 15th August 2018

In addition to completing this online entry form, Parents or Guardians of Swimmers under 18 years of age must sign their consent for their child to swim in the Lough Dan Races. Please complete Appendix I, scan it and email it to leinsteropenseaswim@gmail.com.

Leinster Open Sea must receive the signed Parental consent form before we will allocate a place in the Lough Dan Races to that minor child.

Disqualification from Lough Dan Races

Leinster Open Sea will disqualify swimmers who:

- leave the course or the finish area without ensuring their name is marked off the list of swimmers;
- do not obey instructions given by race officials or rescue crews;
- Engage in dangerous or unsporting behaviour;

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- commence swimming before their given start time per the published handicap and called out by the race starter; and/or
- fail to follow the course or fail to go around designated marker buoys.

The above list is not exhaustive.

Water Visibility and Conditions

Lough Dan is a mountain lake. Water visibility is much lower than the pool or the Open Sea and may in certain areas of the lake be only one or two feet. Water temperatures may be lower than in the sea. Some swimmers will find swimming in fresh water more difficult than sea water (salt water) due to lack of buoyancy.

Closing Date for Entries

Wednesday 15th August 2018

5k and 10k Races

Entry fee for adults:	Euro €35
Entry fee for minors:	Euro €20
Entry fee for relay teams	Euro €40
Overseas entry fee for adults:	Euro €55

2.5k

Entry fee Adults	Euro €20
Entry fee Minors	Euro €10

Lower entry fee for Overseas Swimmers registered with Fédération Internationale de Natation (“FINA”)

If you are a member of swimming club in your home country which is affiliated to FINA, please scan and email us your membership card, showing your national / FINA competitor number. Please Email leinsteropenseaswim@gmail.com.

Entry fee for overseas swimmers registered with FINA	Euro €35 for 10k or 5k Euro €20 for 2.5k
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Changes to Rules and Swimmer’s Declaration

Leinster Open Sea and the host swimming clubs will from time to time, update and amend the Race Rules and Swimmer’s Declaration. Leinster Open Sea and the host swimming clubs may have to make amendments at short notice in order to ensure the safety of swimmers, rescue crews, race officials and spectators and to ensure good administration and fair competition of the Leinster Open Sea swimming races.

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Swimmer's Declarations

I confirm that by completing the <https://www.fitlive.ie> online entry from I am:

- in good health and have no physical condition, disease or injury which will impair me from swimming in the Lough Dan Races and completing the race course (either 5,000 or 10,000 metres to be confirmed);
- acclimatised to swimming in Open Water without a wetsuit in temperatures from 9 to 15 degrees Celsius;
- bound by the Swim Ireland Rule Book, Code of Conduct, Complaints and Disciplinary procedures; and
- bound by the rules of Leinster Open Sea as published on www.leinsteropensea.ie.

In the event of a conflict between the rules of Leinster Open Sea, and any other organisation, Leinster Open Sea rules will take precedent.

I confirm that I will:

- comply with all instructions given to me by race officials and rescue crews;
- retire from the race if requested to do so by race officials or rescue crews;
- will not consume alcohol before competing in the race;
- leave the water and retire if I exceed the cut off time (1 hour (to be confirmed));
- ensure that my name is crossed of the list of swimmers by a race official on completion of the course;
- not engage in dangerous or unsporting behaviour;
- ensure that my clothes and belonging are stored in a bag with my name, club and phone number clearly labelled on the bag;
- not litter or leave rubbish at the Scout Centre Lough Dan; and
- accept the decision of Leinster Open Sea as final.

I confirm that I have not been advised against participation in the Lough Dan Races or Open Water Swimming by a health professional.

If race officials or rescue crews consider that I am suffering from fatigue, hypothermia or disorientation or consider that I am in difficulty or danger, I authorise race officials and rescue crews to remove me from the water and bring me to a place of safety where I may obtain medical assistance.

I understand that Leinster Open Sea has a legitimate interest in using my photograph, video or digital image for safety, race administration, publicity and media purposes and I hereby accept such use.

I confirm that if I win a place or a prize that I will be available and on time for the presentation attended by sponsors and VIPs. I agree that if I do not turn up on time for the presentation that I will forfeit my prize.

All Swimmers in the Lough Dan Races and Leinster Open Sea Races swim at their own risk.

- I. I understand that my participation in the Lough Dan Races and the other swimming races on the Leinster Open Sea Calendar in 2018 or future years, constitutes a risk of serious injury (including diseases, paralysis or death) or mishap to me, and I voluntary and knowingly recognise, accept and assume these risks personally and at my own volition.
- II. I am entering the Lough Dan Races and or the other swimming races on the Leinster Open Sea Calendar in 2018 or future years, of my own free will. I am aware of and assume all

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risks associated with participating in these races, including, but not limited to:

- Slip and fall hazards at entry point and egress point due to uneven ground and wet surfaces;
- Cuts and abrasions from rocks and sharp objects (including glass) at the entry and egress points;
- Submerged hazards which are not visible from the water surface;
- Collisions with objects floating in the river or the sea;
- Collisions and contact with other swimmers competing in the race;
- Collisions with rescue boats and kayaks;
- Collisions with swimmers and mariners who are not participating in the race but who enter the race course;
- Water pollution;
- Risk of contracting infections and diseases including the following Leptospirosis (Weil's disease), E coli infections, Cryptosporidiosis and Hepatitis (This list is not exhaustive);
- Stings and bites from marine or river life;
- Hypothermia due to low air and sea temperature;
- Seasickness and disorientation from wind and waves;
- Effect of weather, wind, waver, currents and tidal streams;
- Hazards caused by the shape of the sea floor or river floor or lake bed;
- Damage or theft to personal property while swimming; and
- Hazards posed by volunteers, spectators or members of the public.

III. I shall participate with self-awareness, awareness of others and of my surrounding environment, with due care and caution, at all times looking out for my own safety and the safety of others.

IV. I acknowledge that Leinster Open Sea is a voluntary not for profit organisation and that all members are volunteers. I understand that without their efforts, the Lough Dan Races would not take place. In consideration of (i) the taking place of the Lough Dan Races; and (ii) my participation in the race, I hereby agree to keep:

- Leinster Open Sea or Leinster Open Sea Limited;
- The other host swimming clubs who run races on the Leinster Open Sea Calendar;
- Swim Ireland;
- Rescue crews (including Civil Defence and Irish Water Safety);
- National Scout Centre Lough Dan;
- Other sponsors;
- Volunteers, stewards, race officials, rescue boat owners, kayakers, first aiders and shore observers;
- Directors, employees, representatives and any agents of the above

free from any legal claim related to my participation in the Lough Dan Races or any other swimming race on the Leinster Open Sea Calendar in 2018 or in future years including any claims that may arise in relation to the alleged negligence of any of those persons mentioned above. Accordingly, I release and discharge all those listed above from any losses or liabilities that may arise in relation to my participation in the Lough Dan Races or any other race on the Leinster Open Sea Calendar in 2018 or future years and I agree not to

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sue any of those persons for any claims, losses, or liabilities.

- V. I grant permission for the use of my name, image and or likeness relating to my participation in the Lough Dan Races and or any other race on the Leinster Open Sea Calendar in 2018 or future years, and I waive all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness.
- VI. I understand that for safety and race administration purposes, my personal details will be held on computer database by Leinster Open Sea and shared with other host swimming clubs who run races on the Leinster Open Sea Calendar. I also understand and accept that my name and race results will be published on howdidiyouswim.com.
- VII. I also acknowledge that if Leinster Open Sea or any of the other host swimming clubs admit me to either the Lough Dan Races or any other swimming race on the Leinster Open Sea Calendar in 2018 or future years, it is my decision to enter the race and my duty to ensure that I am fit and able to safely complete the course without assistance. Leinster Open Sea and or the host swimming clubs bear no responsibility for my decision to enter either the Lough Dan Races or any swimming race on the Leinster Open Sea Calendar in 2018 or in future years.
- VIII. I will further ensure that I will check the Leinster Open Sea website and ensure that I have read the current set of Race Rules and comply with the current Swimmer's Declaration before participating in either the Lough Dan Races or any other swimming race on the Leinster Open Sea Calendar in 2018 or in future years. I am aware that Leinster Open Sea and the host swimming clubs reserve the right to change and amend the Race Rules and Swimmer's Declaration at short notice.
- IX. I will take responsibility for friends and family who accompany me to the Lough Dan Races or any other swimming race on the Leinster Open Sea Calendar. I will ensure that they follow the instructions of race officials, stewards and rescue crews.
- X. I will ensure that if I have my own personal kayaker accompany me in the Lough Dan Races or any other swimming race on the Leinster Open Sea Calendar in 2018 or future years, that I will obtain permission from race officials and the Handicapper and my kayaker will obey the instructions given to them by race officials, rescue crews and stewards. If my kayaker does not follow such instructions, Leinster Open Sea or the host swimming clubs may disqualify me from the race.

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Parents or Guardians of Swimmers under 18 year of age 26th August 2018

Leinster Open Sea requires a signed hard copy from parents or Guardians
After completing online form please email to leinsteropenseaswim@gmail.com

Leinster Open Sea allow competitors under the age of 18 ("a minor") to compete in the Lough Dan Races with the consent of their parent or guardian. Parents or Guardians must however be aware that Open Water Swimming is much more physically demanding than pool swimming and competitors face different risks and hazards, including but not limited to, the effects of long periods in cold water. Parents or Guardians should exercise caution in supporting their minor child's wish to swim in Lough Dan Races.

Parents or Guardian should talk to their minor child's swim club coach and their family doctor before giving consent by signing this form.

Parents and Guardians must evaluate conditions at the Lough Dan Races to consider if it is suitable for their minor child to swim. Where a parent or guardian has a doubt after evaluating conditions at the Lough Dan Races, they should not allow their minor child to swim in the Lough Dan Races. Conditions which may be suitable for adults may not be suitable for your minor child. I confirm that either a Parent or Guardian or another adult will accompany my child to Lough Dan and will be present before, during and after my child participates in the Lough Dan Races.

Name of Accompanying adult

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Mobile number of accompanying adult

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I am aware of the risks of Open Water Swimming and I allow my minor child to participate in the Lough Dan Races. My child is entering the Lough Dan Races of their own free will and with my consent and I hereby agree to keep Leinster Open Sea, rescue crews, Swim Ireland, the Scout Centre Lough Dan and all other sponsors free from any legal claim however caused by my child's participation in the Lough Dan Races and or any Leinster Open Sea Races in 2018 or in future years.

I have explained these declarations to my child and I confirm that my child understands and shall comply with the Race Rules and conditions.

I consent to the terms, conditions and disclaimer on this form on behalf of my child.

Parent or Guardian's Signature and Date

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Name of Parent or Guardian

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Mobile number of Parent or Guardian

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