



# Snámh Mara Laighean Leinster Open Sea

W: [www.leinsteorpensea.ie](http://www.leinsteorpensea.ie)

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F: [www.facebook.com/leinsteorpensea](http://www.facebook.com/leinsteorpensea)

F: [www.facebook.com/liffeyswim](http://www.facebook.com/liffeyswim)

Y: [LeinsterOpenSea](https://www.youtube.com/LeinsterOpenSea)



## Jones Engineering 99th Dublin City Liffey Swim

**99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin**

**Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim**

**Saturday 1<sup>st</sup> September 2018**

**Confined Race**

The Jones Engineering 99th Dublin City Liffey Swim (“**Liffey Swim**”) will be held on Saturday 1<sup>st</sup> September. Swimmers in the men’s race are competing for the Independent Cup and swimmers in the ladies’ race are competing for the Ladies’ Challenge Cup.

The men’s race is at 3.00pm and the ladies’ race is at 4.00pm. (Note times may change closer to the day of the race.) The course will follow the traditional route starting at Rory O’Moore Bridge (Watling Street) and finishing at the Customs House Quay approximately 2,200 metres. Wetsuits are not allowed in the Jones Engineering 99th Dublin City Liffey Swim.

**99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin**  
**Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim**  
**Confined Race for Independent Cup and Ladies' Challenge Cup**

**1. Fitlive [www.ftilive.ie](http://www.ftilive.ie)**

The <https://www.fitlive.ie> Online Entry form is for swimmers who wish to compete in the confined Race for the Independent Cup (men) or for the ladies' Challenge Cup. Leinster Swimmers who have completed a **minimum of six qualifying races** or Ulster, Connacht or Munster swimmers who have completed a **minimum of four qualifying races**.

**This form is for swimmers living in Leinster Only.**

**Swimmers from Overseas please complete separate online Form for Overseas Visitors' Race. Do not complete this online form.**

**Swimmers from Ulster, Connacht or Munster please complete separate online Form for Ulster, Connacht or Munster. Do not complete this online form.**

**2. Leinster Open Sea Race Number**

When completing the online entry form enter your correct Leinster Open Sea Race Number. If you have completed sufficient qualifying swims your number will appear in the drop down box. If your number is not there contact [Leinsteropenseaswim@gmail.com](mailto:Leinsteropenseaswim@gmail.com) do not complete the form.

You are paying for the number per drop down box to enter the race. If you enter somebody else's number they will get a place in the Liffey Swim. **You will not be awarded a place in the Liffey Swim.**

Check your entry before submitting it. Leinster Open Sea will not issue refunds if you submit an incorrect entry form.

**3. Qualifying Races for Confined Competition – Leinster Swimmers**

In order to compete in the Jones Engineering 99th Dublin City Liffey Swim Confined Race, Leinster Swimmers **must have completed a minimum of six** qualifying Open Sea Races from the 2018 Leinster Open Sea Calendar by Sunday 19<sup>th</sup> August 2018.

It is the responsibility of each competitor to ensure that their name appears in the results of the six qualifying Leinster Open Sea Races submitted on this form or attach supporting documentation in respect of non-Leinster swims not on the Leinster Open Sea 2018 Calendar.

**4. Reserve Right to Increase Number of Qualifying Races**

Leinster Open Sea expects that demand for places in this year's Liffey Swim will be high and that unfortunately Leinster Open Sea may not be able to accommodate all swimmers who wish to swim.

If there is an excess number of swimmers wishing to compete in the Liffey Swim, Leinster Open Sea will award places to swimmers who in addition to completing the **minimum of six** qualifying races have also:

- completed the 88th Dún Laoghaire Harbour Race on Bank Holiday Sunday 5th August; and or
- have completed a higher number of qualifying swims as at the closing date Tuesday 21<sup>st</sup> August 2018.

**99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin**  
**Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim**  
**Confined Race for Independent Cup and Ladies' Challenge Cup**

**5. Non-Leinster Swims for Leinster Swimmers**

In addition to the races published on the Leinster Open Sea Calendar **two** of the following races will also count as qualifying races:

- Irish Long Distance Swimming Association 17k or 25k Lough Erne;
- Cork Masters' Lee Swim; or
- Limerick Masters' Thomond Swim.

**6. Qualifying Race Cancelled or Fails to Complete Qualifying Race.**

In the event that a qualifying race is cancelled that race will not count as a qualifying race. Each competitor must have completed six qualifying races and there must be six verifiable times.

**7. Men's Qualifying races and Ladies' Qualifying Race**

At typical Open Water Swimming races there are separate men's and ladies' races. If for whatever reason a woman want to swim in the men's race or a man wants to swim in the ladies' race that is permissible and that can be counted as a qualifying race. However, if a swimmer swims in both the men's and ladies' race on the same day, they will only be allowed to count one of those races as a qualifier.

**8. Cut off Time in Qualifying Races**

Leinster Open Sea set cut off times to give swimmers a generous opportunity to complete the race course. The race team will start calculating cut off time from "GO" not when an individual swimmer starts swimming.

The race team will set the cut off time for each race before the race. As a rule of thumb for a 1,600 metre race on a calm day, the race team will have a cut off time of forty eight minutes.

$$48 \text{ Minutes} \times 60 \text{ Seconds} = \frac{2,880 \text{ Seconds} \times 100 \text{ meters}}{1,600 \text{ Meters}} = 3 \text{ Minutes Per } 100 \text{ metres}$$

Assuming a course length of 1,600 metres, swimmers who swim at a pace of 3 minutes per 100 meters or faster will complete the course within the cut off time. This is a very generous time which all swimmers should be able to achieve.

The race team reserves the right to increase or decrease the cut off time depending on race day conditions. Shorter races will have shorter cut off time and longer swims will have longer cut off times.

Where a swimmer exceeds the cut off time, that swim will not count as a qualifying race for the Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim.

**9. Wetsuits**

If a competitor wears a wetsuit, that race will not count as a qualifying Open Sea Race for the Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim. Wetsuits are not allowed in the Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim.

Swimmers who do not comply with this rule will not be admitted to the race. The decision of the race team will be final.

**99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin**  
**Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim**  
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**10. One Piece Swim Suit (Men's or Ladies' Races) (Amended 22 Aug 2018)**

Swimmers who wear one piece swim suits of a woven or textile material:

- Swimmers are not permitted to wear swimsuits which have zips and/or hooks.
- The swimsuit material cannot provide the swimmer with thermal protection or buoyancy (this includes all FINA approved race suits).
- For the men's swimsuits, arms must be exposed and swimsuits cannot extend below the groin, or above the waist.
- For the ladies swimsuits, arms must be exposed and swimsuits cannot extend below the groin.

Swimmers who do not comply with this rule will not be admitted to the race. The decision of the race team will be final.

**11. Parents or Guardians of Swimmers under 18 year of age**

Swimmers who are under 18 years of age on Tuesday 21st 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 Jones Engineering 99th Dublin City Liffey Swim. Please complete [Appendix I](#), scan it and email it to [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com).

**Leinster Open Sea must receive the signed Parental consent form before we will allocate a place in the Jones Engineering 99th Dublin City Liffey Swim to that minor child.**

**12. Start time, Cancellation and Postponement**

Start time of men's race 3.00pm and ladies' race of 4.00 pm are estimated times. Time may change closer to the day of the race. Check our Facebook page and website for announcements.

Leinster Open Sea reserve the right to:

- Cancel the Jones Engineering 99th Dublin City Liffey Swim if conditions are unsafe;
- Cancel the Jones Engineering 99th Dublin City Liffey Swim on advice from An Garda Síochána, Dublin Fire Brigade, Dublin Port Company or Dublin City Council;
- Change the start time of the races to accommodate requests from the Port Authorities;
- Change the route and or distance of the Jones Engineering 99th Dublin City Liffey Swim depending on conditions;
- Change the start time of the races to accommodate conditions in the river; or
- Refuse admission to the Jones Engineering 99th Dublin City Liffey Swim.

Leinster Open Sea will not refund entry fees in the event that the Jones Engineering 99th Dublin City Liffey Swim is cancelled, postponed, start time changed or if a swimmer is asked to retire or refused admission to the race.

**13. Marshalling of Swimmers at the Start Point (Watling Street Bridge)**

The Jones Engineering 99th Dublin City Liffey Swim starts at Watling Street Bridge (Rory O'Moore) Bridge from the Victoria Quay side in front of Guinness' Brewery. We expect over 500 swimmers to compete in this year's race.

Swimmers in the Confined Race will need to present themselves for registration no later than 1.30pm for the men's race and 2.30pm for the ladies' race. You will receive your hats and shirts at registration.

At registration swimmers' need to be changed and ready to deposit their clothes into the gear van. Swimmers who arrive late for registration will not be admitted into the race.

# **99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin**

## **Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim**

### **Confined Race for Independent Cup and Ladies' Challenge Cup**

#### **14. Disqualification from Liffey Swim**

Leinster Open Sea will disqualify swimmers who:

- Consume alcohol before the race;
- Do not arrive on time for registration;
- Wear a wet suit;
- Wear a one piece swim suit that does not comply with entry requirement One Piece Swim Suits;
- Dive off the wall at Victoria Quay into the River Liffey;
- Enter the River Liffey by any other means than the official start pontoon at Watling Street;
- Commence swimming before their given start time per the published handicap and called out by the race starter;
- Fail to follow the course or fail to go around designated marker buoys;
- 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; and or
- Win places or prizes but do not turn up on time for the presentations attended by sponsors and VIPs.

The above list is not exhaustive.

#### **15. Environmental Health Guidelines**

The River Liffey is an urban watercourse, which may suffer from occasional un-intended pollution. You may be at risk of contracting infections and diseases including the following Leptospirosis (Weil's disease), E coli infections, Cryptosporidiosis and Hepatitis f(The list is not exhaustive).

- Before entering the water, cover all cuts and abrasions with a waterproof dressing.
- Ensure that all earplugs, swim goggles and nose plugs are in place before you enter the water.
- Shower thoroughly and immediately after the swim.
- If you get a flu-like illness within a three-week period after the swim, contact your doctor immediately and ensure to tell your doctor that you were swimming in the River Liffey where there is a risk of Leptospirosis.

If you suffer from a

- medical condition, or
- are recovering from illness; or
- are taking medication

you should consult with your doctor before entering the Jones Engineering 99th Dublin City Liffey Swim or competing in Open Water Swimming. Leinster Open Sea will bear no responsibility for your decision to enter the Jones Engineering 99th Dublin City Liffey Swim or any other swimming race.

#### **16. Closing Dates**

**Closing Date for Entries Tuesday 21<sup>st</sup> August 2018**

Entry fee for adults: Euro €35

Entry fee for minors (Under 18 years Tuesday 21<sup>st</sup> August 2018 ): Euro €20

Leinster Open Sea will only be accepting online entries. Online entries will open after the August bank holiday weekend and will close on Tuesday 21<sup>st</sup> August 2018.

**99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin**  
**Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim**  
**Confined Race for Independent Cup and Ladies' Challenge Cup**

**17. Collection of Hats and Shirts Thursday 30th August DIT Aungier Street**

Hats and shirts for the Jones Engineering 99th Dublin City Liffey Swim can be collected from the DIT Aungier Street on Thursday 30<sup>th</sup> August between 7.00pm and 8.30pm.

Swimmers must ensure that their hats and shirts are collected from DIT Aungier Street either by themselves or by somebody nominated on their behalf. **Leinster Open Sea will NOT distribute hats or shirts on the day of the race.**

**18. Perpetual Trophies**

Leinster Open Sea will retain both the men's and ladies' 1st place perpetual cups for safekeeping during the year. Leinster Open Sea will require winners of other perpetual trophies to sign for them and specify where they are going to be held before they may be taken from the presentation.

Leinster Open Sea reserve the right to retain for safekeeping any perpetual trophy or to request that a perpetual trophy is returned to the committee at any time during the year.

**19. 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.

# 99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin

## Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim

### Confined Race for Independent Cup and Ladies' Challenge Cup

## 20. 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 55 minutes in the Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim.

### Incidents in the River Liffey

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.

## 21. Swim Ireland Membership

Swimmers competing in the Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim Confined Race must be full competitive members of Swim Ireland. Swim Ireland Special Membership will not suffice.



**99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin**  
**Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim**  
**Confined Race for Independent Cup and Ladies' Challenge Cup**

**Swimmer's Declarations**

I confirm that by completing the <https://www.fitlive.ie> Online Entry Form I am:

- in good health and have no physical condition, disease or injury which will impair me from swimming in the Liffey Swim and completing the race course (approximately 2,200 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](http://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;
- 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;
- not drink alcohol before competing in the Dublin City Liffey swim;
- wear the numbered swim cap provided and refrain from wearing or displaying any branded material from previous Dublin City Liffey Swims;
- 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 Jones Engineering 99<sup>th</sup> Dublin City Dublin City Liffey Swim; and
- accept the decision of Leinster Open Sea as final.

I confirm that I have not been advised against participation in the Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim 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 Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim and the Leinster Open Sea Races swim at their own risk.**

- I. I understand that my participation in the Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim 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 voluntarily and knowingly recognise, accept and assume these risks personally and at



**99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin**  
**Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim**  
**Confined Race for Independent Cup and Ladies' Challenge Cup**

my own volition.

- II. I am entering the Jones Engineering 99th Dublin City Liffey Swim 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 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, steps 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 (The 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 Liffey Swim would not take place. In consideration of (i) the taking place of the Jones Engineering 99th Dublin City Liffey Swim; and (ii) my participation in the race, I hereby agree to keep:
- Leinster Open Sea;
  - 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);
  - Dublin City Council;
  - Jones Engineering Group;
  - 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 Jones Engineering 99th Dublin City Liffey Swim 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

**99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin  
Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim  
Confined Race for Independent Cup and Ladies' Challenge Cup**

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 Jones Engineering 99th Dublin City Liffey Swim or any other race on the Leinster Open Sea Calendar in 2018 or future years and I agree not to 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 Jones Engineering 99th Dublin City Liffey Swim 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 [howdidiyou swim.com](http://howdidiyou swim.com).
- VII. I also acknowledge that if Leinster Open Sea or any of the other host swimming clubs admit me to either the Jones Engineering 99th Dublin City Liffey Swim 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 Jones Engineering 99th Dublin City Liffey Swim 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 Jones Engineering 99th Dublin City Liffey Swim 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 other 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 Jones Engineering 99th Dublin City Liffey Swim 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.

**99ú Snámh na Life, Baile Átha Cliath, Innealtóireacha Mhic Sheoin  
Jones Engineering 99<sup>th</sup> Dublin City Liffey Swim  
Confined Race for Independent Cup and Ladies' Challenge Cup**

**Appendix I**

**Parents or Guardians of Swimmers under 18 year of age 21st August 2018**

Please print, sign and email to [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com) after completing online entry form.

Leinster Open Sea allow competitors under the age of 18 ("a minor") to compete in the Jones Engineering 99th Dublin City Liffey Swim 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 the Jones Engineering 99th Dublin City Liffey Swim.

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 Jones Engineering 99th Dublin City Liffey Swim 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 Jones Engineering 99th Dublin City Liffey Swim, they should not allow their minor child to swim in the Jones Engineering 99th Dublin City Liffey Swim. 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 and will be present before, during and after my child participates in the Jones Engineering 99th Dublin City Liffey Swim.

**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 Jones Engineering 99th Dublin City Liffey Swim. My child is entering the Jones Engineering 99th Dublin City Liffey Swim of their own free will and with my consent and I hereby agree to keep Leinster Open Sea, rescue crews, Swim Ireland, Dublin City Council, Jones Engineering Group and all other sponsors free from any legal claim however caused by my child's participation in the Jones Engineering 99th Dublin City Liffey Swim and or any Leinster Open Sea Races in 2018 or in future years.

I consent to the terms, conditions and declaration on this form and the Swimmer's Declaration contained in the Jones Engineering 99th Dublin City Liffey Swim Rules on behalf of my child. I have explained these Race Rules and Swimmer's Declaration to my child and I can confirm that my child fully understands and shall comply with the Race Rules and Swimmer's Declaration.

**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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