



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

E: [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com)

T: [@LeinsterOpenSea](https://twitter.com/LeinsterOpenSea)

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

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

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

**Snámh 3k Chill Mhantáin**  
**Wicklow 3k for RNLI**  
**Sunday 9th September 2018**

Leinster Open Sea will run the Wicklow 3k for RNLI on Sunday 9<sup>th</sup> September 2018.

**Cut off Time**

Leinster Open Sea will enforce a cut off time of 1 hour 30 minutes.

**Wetsuits**

Wetsuits are permitted in the Wicklow 3k for RNLI.

**Cancellation or Postponement**

Leinster Open Sea reserve the right to:

- cancel the Wicklow 3k for RNLI if conditions are unsafe;
- change the route and or distance of the Wicklow 3K for RNLI depending on conditions;
- change the start time of the races to accommodate sea conditions; or
- refuse admission to the Wicklow 3k for RNLI.

Leinster Open Sea will not refund entry fees in the event that the Wicklow 3K for RNLI is cancelled, postponed, start time changed or if a swimmer is asked to retire or refused admission to the race.

**Disqualification from Wicklow 3k for RNLI**

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;
- consume alcohol before the race;
- do not obey instructions given by race officials or rescue crews;
- engage in dangerous or unsporting behaviour;
- 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

The above list is not exhaustive.

**Wicklow 3k for RNLI**  
**Sunday 9th September 2018**  
**Fundraiser for Wicklow RNLI**

**Health Guidelines for the Wicklow 3k for RNLI**

If you:

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

you should consult with your doctor before entering the Wicklow 3k for RNLI or competing in Open Water Swimming.

Leinster Open Sea will bear no responsibility for your decision to enter the Wicklow 3k for RNLI or any other swimming race.

**Parents or Guardians of Swimmers under 18 year of age 26<sup>th</sup> 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 Wicklow 3k for RNLI. Please complete Appendix I, scan it and email it to [leinsteropenseaswim@gmail.com](mailto:leinsteropenseaswim@gmail.com).

Minors must be either 16 years of age or 17 years of age. Leinster Open Sea will not accept entries from minors who are 15 or under on Wednesday 5<sup>th</sup> September 2018.

**Leinster Open Sea must receive the signed Parental consent form before we will allocate a place in the Wicklow 3k for RNLI to that minor child.**

**Closing Date for Entries Wednesday 5<sup>th</sup> September 2018**

Entry fee for adults:	Euro €20
Entry fee for minors:	Euro €10
Entry fee for overseas swimmers	Euro €40

**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](mailto:leinsteropenseaswim@gmail.com).

FINA registered Swimmers	Euro €20
--------------------------	----------

**Fundraiser for Wicklow RNLI**

The proceeds of the profits of the race are donated to the Wicklow RNLI. Leinster Open Sea have previously presented Wicklow RNLI with:

Euro €1,000 in 2015;  
Euro €1,200 in 2016; and  
Euro €3,000 in 2018.

**Changes to Rules and Swimmer’s Declaration**

Leinster Open Sea and the host swimming clubs will from time to time, update and amend the 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.

**Wicklow 3k for RNLI**  
**Sunday 9th September 2018**  
**Fundraiser for Wicklow RNLI**

### **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.**

#### **Incident**

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 race, 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
- you 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.

#### **Swim Ireland Membership**

Swimmers competing in the Wicklow 3K for the RNLI must be either a full competitive member of Swim Ireland or a Special Member of Swim Ireland.

**Wicklow 3k for RNLI**  
**Sunday 9th September 2018**  
**Fundraiser for Wicklow RNLI**

**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 Wicklow 3k for RNLI and completing the race course (approximately 3,000 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](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 off 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 Wicklow 3k for RNLI venue; and
- accept the decision of Leinster Open Sea as final.

I confirm that I have not been advised against participation in the Wicklow 3k for RNLI 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 Wicklow 3k for RNLI and the Leinster Open Sea Races swim at their own risk.**

- I. I understand that my participation in the Wicklow 3k for RNLI 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 Wicklow 3k for RNLI 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

**Wicklow 3k for RNLI**  
**Sunday 9th September 2018**  
**Fundraiser for Wicklow RNLI**

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 steams;
- 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 Wicklow 3k for RNLI would not take place. In consideration of (i) the taking place of the Wicklow 3k for RNLI; 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);
- 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 Wickow 3k for RNLI 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 Wickow 3k for RNLI 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 Wicklow 3k for RNLI and or any other race on the Leinster Open Sea

**Wicklow 3k for RNLI**  
**Sunday 9th September 2018**  
**Fundraiser for Wicklow RNLI**

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 Wicklow 3k for RNLI 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 Wicklow 3k for RNLI or any other 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 Wicklow 3k for RNLI 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 Wicklow 3k for RNLI 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 Wicklow 3k for RNLI race or any other swimming race on the Leinster Open Sea Calendar in 2018 or future years, that I will obtain permission from the 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 other host swimming clubs may disqualify me from the race.

