

north bondi

SURF LIFE SAVING CLUB



SUNDAY 9 FEBRUARY 2020

NORTH BONDİ 1KM: 9.15am START, 2KM: 10.30am START



running bare 

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our sponsors

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Eligibility

1km swim: Persons aged 10 years and above who have adequately trained for the Event.

2km swim: Persons aged 14 years and above who have adequately trained for the Event.

Entry Deadlines

Online entries on www.oceanswims.com close 3pm Saturday 8 February 2020. All entries received after this date are considered late entries.

Late Entry

Late entries will be taken on race day (cash or card) from 7.30am until 15 minutes before the start of the 1km swim at 9.15am and the start of the 2km swim at 10.30am.

Back of the Pack Group

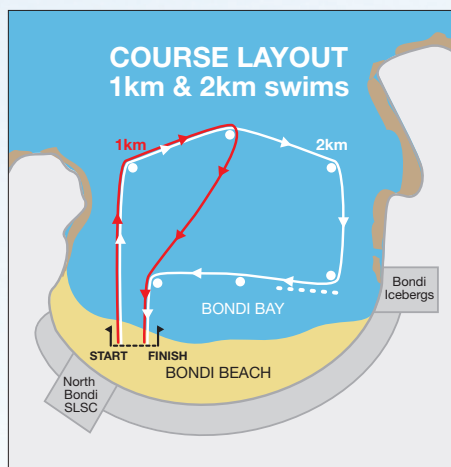
This division has been created to allow those swimmers who require flippers, snorkels or flotation/wetsuit clothing to complete the course. These swimmers are not eligible for individual age category prizes.

Wetsuit Policy

If the water temperature is below 18 degrees on the day of the swim then we will allow participants to wear wetsuits in all categories. However please note if you wear a wetsuit or a speed suit, you will not be eligible for prizes, except for lucky draw prizes. The water temperature will be taken by the Bondi Lifeguards in the morning and we will go by their reading.

Course

Distances are approximately 1km and 2km, starting off the beach from North Bondi SLSC, swimming to the middle of the beach for the 1km then returning or swimming to South Bondi and returning for the 2km. Marker buoys will be positioned to indicate the course for each swim.



**The map shown above is indicative only. The actual course may change due to conditions on the day.*

Safety and Risk

It should be noted that each event is a demanding event and swimmers enter at their own personal risk and are responsible for their physical condition.

Motorised rescue craft, oared surf boats, ski and board paddlers will be patrolling the course for the duration of the Event.

If a swimmer feels unable to complete the course they should attract the attention of the water safety personnel and assistance will be provided.

Swimmers should train for the event and have a medical check prior to the Event. A swimmer deemed incapable of finishing the course may be brought to shore at any time. Any swimmer who does pull out of the race must notify officials on the beach immediately.

For the protection and safety of all swimmers, water safety and control is under the authority of North Bondi Surf Life Saving Club at all times.

Cancellation

The Race Referee reserves the right to cancel the Event due to adverse weather, surf or safety conditions. In this case, there will be no rain date, no re-run of the North Bondi Classic Swim.

By swim day, North Bondi SLSC has already committed to significant expenditure in order to prepare for the event.

The Club is liable for this expenditure irrespective of whether the swim goes ahead. North Bondi SLSC is a registered charity and a public benevolent institution. In the event of cancellation of the event, entry fees will not be refunded. A decision will be made ASAP on Race day and posted on facebook, www.northbondisurfclub.com and www.oceanswims.com





Pre-race entries close 3pm, Saturday 8th February 2020. Enter online at www.oceanswims.com

ENTRY FORM

STEP 1

Name _____		
Address _____		Post Code _____
Age (on race day) _____	Birth Date _____	Sex <input type="radio"/> M <input type="radio"/> F
Home Phone _____	Work _____	Mobile _____
Fax _____	Email _____	

Event Entered 1km swim **OR** 2km swim *If entering both swims see Combo section below.

Age Category 10-13 yr (1km only) 14-19 20-24 25-29 30-34 35-39
 (age on race day) 40-44 45-49 50-54 55-59 60-64 65-69 70+
 Back of Pack Group

Entry Fees **Entry before 3pm, 8th February** 1km \$45 **OR** 2km \$45 **Late Entry Fees (on race day)** 1km \$55 **OR** 2km \$55

Combo Entry Classic Combo 1km & 2km (2 swims) Early entry \$80 Late entry \$95

Race Rules

- All swimmers must swim the prescribed course and return their timing device at the conclusion of the Classic Swim even if they do not complete the course.
- Swimmers must swim in the category for which they are eligible.
- All swimmers must wear their prescribed cap and timing device.
- A swimmer may not use extraneous aids eg. flippers, snorkels or floatation clothing (including wetsuits) or devices (unless they are entered in the Back of the Pack Group).
- Any swimmer accompanying an under 15 year aged swimmer will not be eligible for a prize or qualify as an official placegetter.
- All swimmers are to behave in a fair and sportsmanlike manner without interference or aggression towards other competitors and any breach of this rule may result in disqualification from the North Bondi Classic Swim.
- If in the opinion of an event medical officer or a water safety official a competitor is physically or otherwise incapable of starting or completing the North Bondi Classic Swim or has been in the water for an inordinate time such competitor may be disqualified from starting or be removed from the water at any time.
- If in the opinion of the Race Referee the weather or swimming conditions are dangerous or unsuitable the North Bondi Classic Swim may be cancelled without notice.
- Prize winners must be present to receive their prize.
- The decision of the Race Referee is final. Any protests must be made in writing to the Race Referee within 30 minutes of the completion of the Event.

STEP 2

Entry form continues overleaf

Safety and Risk Warning (Section 5M Civil Liability Act 2002)

All swimmers intending to swim in this event must agree to abide by the following safety and risk warning statement. Surf boats, surf ski paddlers and other support craft will be patrolling the course for the duration of the North Bondi Classic Swim (hereafter called the Event). If a swimmer feels unable to go on, they should attract the attention of the water safety personnel. DO NOT PANIC, remain stationary, raise your arm and wait for assistance. A swimmer deemed incapable of completing the course will be brought onto one of the support vessels by the water safety team and transported to shore. However, please note that your safety cannot be guaranteed. Warning is given to all entrants that this is a demanding ocean swim Event. Obvious risks include and are not limited to the following: injury and/or drowning, due to being hit by other persons, objects, boats or vessels.

Other obvious risks include, cold weather and water, entry and exit injuries, stings, sandbars, medical conditions and sharks. Swimmers enter at their own risk and are responsible for their own physical condition. Any swimmer who has not passed the halfway point within 45 minutes of the last age category wave may be removed from the Event and transported to shore. Any swimmer who does pull out of the Event must notify event officials immediately and return the ankle strap timing chip. Failure to return the timing bracelet will result in a fee of \$50. Prior to starting your swim, you must cross over the timing mats which are located on the beach. Failure to cross these mats will result in no timed swim. The mats are located between the barriers on the beach, at the starting area, identified by the flags on the beach. While in the water, all swimmers must comply with the directions of lifeguards and/or the water safety team, if you fail to do so you will be disqualified from the Event. Known Conditions Statement: It is the responsibility of the swimmer to inform themselves of the beach and water conditions.

Insurance

North Bondi Surf Life Saving Club (and its Ocean Swims Committee) is covered by its own public liability insurance. This does not include personal accident insurance. It is strongly recommended that you take out your own personal accident and ambulance cover for the Event. Your private health insurance policy may include this, however you will need to check this specifically with your private health insurer.

Waiver and Indemnity

THIS IS A DANGEROUS RECREATIONAL ACTIVITY AND YOU ENTER AT YOUR OWN RISK.

There are numerous obvious risks to participating in the North Bondi Classic Swim (**the Event**). Obvious risks include and are not limited to the following before during and after the Event: injury and/or drowning due to an inability to swim or to continue to swim, being hit by people, objects, surf craft or boats. Other obvious risks include injury from hypothermia, exposure, dehydration and sunburn (from cold weather, water, sun and/or inadequate nutrition/hydration), entry and exit injuries, stings, waves, hitting sandbars, sea floor and/or other obstacles including buoys and nets, the presence of other medical or other condition(s) in the participant or another person that might or might not be known to the participant, and wildlife in the sea including sharks. Each participant should be a competent ocean/surf swimmer and is responsible for monitoring/checking his or her medical condition prior to, during and after the Event. It is the sole responsibility of every participant as to whether the person should enter, start, and continue in the Event.

Requirements

Each swimmer will be required to wear the "Multisport Timing" bracelet/anklet. Officials maintain the right to reject or refuse any entry. Medical officers commissioned by North Bondi SLSC have the authority to remove a competitor from the swim without giving a reason. All swimmers must be unaided; e.g. no flippers, wet suits, boards, or any other floating gear is permitted except for the 'Back of the Pack' category. All swimmers must swim the prescribed course. All swimmers are to wear their prescribed cap and timing bracelet/anklet. The decisions of the Race Referee are final. All swimmers are to behave in a sportsperson-like manner.

Disclaimer

- I hereby waive release and discharge all and every claim, right or cause of action (including for negligence, for breach of contract or breach of Statute) for which I might have or which arises out of my death, injury, damage or loss of any description which I may suffer or sustain as the result of my participation in the Event.
- This waiver release and discharge shall operate jointly and severally in favour of the Indemnified Parties, namely: North Bondi Surf Life Saving Club (and NBSLSC Ocean Swims Committee), New South Wales Maritime Authority, Waverley Municipal Council, Multisport Timing, Oceanswims.com, the Surf Life Saving Association of Australia (and any of its State Centres, Branches, affiliated Surf Life Saving Clubs and Committees), sponsors, supporters, persons, corporations, contractors, sub-contractors, volunteers, agents, servants and employees involved or otherwise engaged in organising, promoting, staging, administering, running or controlling the Event.
- I agree to indemnify and keep indemnified the indemnified parties against all actions, suits, demands, claims, proceedings, costs, expenses, liabilities and judgments (including for negligence, breach of contract or breach of statute) arising out of or in relation to my participation in the Event. This indemnity may be pleaded as a bar to any action, claim, demand, suit or legal proceedings.
- I consent to receive such medical aid or preventative treatment which may be deemed advisable in the unfettered discretion of Event Medical personnel and Lifesavers in the event of any injury accident or illness to me as the result of my participation in the Event.
- I consent to the free use of my name, personal information, photograph, interview or appearance in any newspaper, promotion, advertising material, publication, video, broadcast, website or use in any media now known or yet to be devised, by the Event and/or its sponsors.
- I affirm that I have properly trained for and fully satisfied myself as to my physical and medical condition to compete in the Event.
- I agree to abide by and accept the rules and regulation of the Event whether announced on the day or prior thereto and to accept the decisions of both the Race Director and the Race Committee.
- I agree and accept that the Event Committee may, at its absolute discretion, vary the rules and regulations of the Event and without prior notice to me.
- I agree to accept full responsibility to inform myself and assess all the dangers hazards and risks of entry in the Event and rely solely on my own assessment of these dangers, hazards and risks before participating in the Event and notwithstanding any decision thereon made by the race committee and other persons corporations and bodies involved engaged in promoting or staging the Event.
- I agree that in the event of cancellation of the Event my entry fee shall not be refundable.
- I agree that as a person to whom recreational services are supplied by the organisers, it is a term of my entry that I engage in the recreational activity of the Event at my own risk.
- I agree that the terms and conditions contained in this entry form shall be construed broadly to provide a release, indemnity and waiver to the Indemnified Parties of any liability for loss injury or other damage to personal property to the maximum extent permitted by law
- The Event reserves the right to recoup from the participant any costs associated with a Search & Rescue if that participant has failed to notify officials that they have withdrawn from the event.

Signed

Dated

Indemnity in respect of persons under 18 years.

In consideration of the Event agreeing at my request to accept the entry of the minor applicant I agree for myself, my heirs, executors and administrators to indemnify and keep indemnified the Indemnified Parties against all actions, suits, claims, proceedings, demands, cost, expenses, liabilities or judgments which the applicant and I may have against the Indemnified Parties but for the terms of this agreement in respect of any death, injury, damage or loss sustained by the minor applicant as the result of the minor applicant's participation in the Event. I affirm that I have full authority on behalf of both Parents and/or Guardian to sign this indemnity AND that this indemnity may be pleaded as a bar to any action claim demand suit or legal proceedings.

Signed

Dated

Parent/Legal Guardian