

"PENG CHAU CHALLENGE" – 1st October 2024

Rules & Regulations:

1. Participants are required to meet the following cut-off times.
 - 1.7km Swim Race: 70 mins
 - 3.4km Swim Race: 115 mins; 1.7km checkpoint: 55 mins
 - 5.5km Swim Race: 135 mins; 1.7km checkpoint: 45 mins
2. No one should join the race unless he/she is physically fit, and in excellent health condition.
3. Participants may be asked to provide proof of competence. Failure to do so will not be allowed to participate in the race.
4. Participants must obey instructions to kayakers, helpers, and personnel of the race. Failure to do so will not be allowed to participate in the race.
5. Participants will take full responsibility and safety during the race.
6. Wetsuits, fins and paddles are not allowed in the race.
7. SAFETY BUOYS are mandatory during the ENTIRE race.

參賽者須於指定時限完成有關賽事

1. 1.7km Swim Race: 70 mins
 - 3.4km Swim Race: 115 mins;
 - 1.7km checkpoint: 55 mins
 - 5.5km Swim Race: 135 mins; 1.7km checkpoint: 45 mins
2. 參賽者 需確保具備良好體能及健康狀態，否則切勿參與此比賽。
3. 比賽單位可能要求泳手提供能夠於時限內完成比賽的相關證明，無法提供者將無法參加比賽。
4. 泳手必須遵從艇手及支援人員的所有比賽安排指示。
5. 泳手於比賽期間須為自己的安全負上全部責任。
6. 泳手於比賽期間不可穿戴任何游泳輔助器具，包括 Wetsuits, fins and paddles。
7. 安全浮波必須於比賽期間全程戴上。無法提供者將無法參加比賽。

The agreement, Waiver, and Release

1. My medical status, physical ability, training, and fitness are capable and of a certain level to participate in the "PENG CHAU CHALLENGE"
2. I am voluntarily participating in the "PENG CHAU CHALLENGE". I am aware of the inherent risks and potential hazards associated with participating in "PENG CHAU CHALLENGE" 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/triathlon/duathlon/aquathon locations. Nonetheless, I assume all related risks of my participation in this race, both known or unknown to me.

3. I hereby release and hold harmless SWIM BIKE RUN CLUB "SBRC"/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 training 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 "PENG CHAU CHALLENGE." If I require medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment.
4. In consideration of being permitted to participate in "PENG CHAU CHALLENGE" 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 SWIM BIKE RUN CLUB "SBRC"/OPEN WATER SWIM SERIES HONG KONG "OWSSHK" or its volunteers and/or other organizations including but not limited to SWIM BIKE RUN CLUB "SBRC"/OPEN WATER SWIM SERIES HONG KONG "OWSSHK" and/or government departments directly or indirectly related to the race 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.
5. The bag storage service during the event is complimentary. I hereby release SWIM BIKE RUN CLUB "SBRC"/OPEN WATER SWIM SERIES HONG KONG "OWSSHK" and/or its volunteers from liability for any lost and/or damage of my personal belongings.
6. The organizer has the right to change the race course & distance or arrangement or to cancel the race. There will be no refund in any of the circumstances.

Parent / Guardian Waiver for Minor (UNDER 18 YEARS OLD):

PARTICIPANTS UNDER THE AGE OF 18 ARE REQUIRED TO HAVE THEIR PARENT SIGN:

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 or arise from negligence, and release said parties on behalf of the minor and the parents or legal guardian.