EMB CLASSIC

Date :1st Oct 2019

Rules and Regulations

- 1. Declaration of responsibility is required for all swimmers
- 2. No one should join "EMB CLASSIC" unless he/she is physically fit, in excellent health.
- 3. Swimmers and fully expected to finish within the CUTOFF TIME
 - 1,4km course, cut off time is 45mins
 - 4.2km course, cut off time is 90mins, with a check point cut off time of 70mins for at 2.8km. Fail to complete 2.8km (2 laps) within 70mins will be considered as DNF (Did Not Finish), and are required to swim back to finish line immediately.
- 4. You may be asked to provide proof of competence. If fail to do so, you may not be allowed to race.
- 5. This race is recommended for swimmers with regular pool swim / open water swim. Racers are recommended to join free sessions, e.g. OWSHK prior to race.
- 6. Swimmers must obey instructions to kayakers, helpers & personnel of the race.
- 7. Swimmers will take full responsibility & safety during the race.
- 8. Wetsuit is not allowed.
- 9. Safety buoy is mandatory during the Race.
- 10. Breaststroke is not allowed.

Agreement, Waiver and Release

- My medical status, physical ability, training and fitness are capable and of a certain level to participate in the "EMB CLASSIC";
- 2. I am voluntarily participating in "EMB CLASSIC". I am aware of the inherent risks and potential hazards associated with participating in this "EMB CLASSIC" 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 location. Nonetheless, I assume all related risks, both known or unknown to me, of my participation in this Event.
- 3. I hereby release and hold harmless 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 Event 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 "EMB CLASSIC". If I require medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment; and
- 4. In consideration of being permitted to participate in "EMB CLASSIC", 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 OWSSHK and/or its volunteers and/or other organizations and/or governmental departments directly or indirectly related to the Event 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 organizer has the right to change the course distance or arrangement or to cancel the race. If the race is being stopped, the race will either be cancelled. There will be no refund in any of circumstances.

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

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 an hold harmless an 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 and release said parties on behalf of the minor and the parents or legal guardian.

PARTICIPANTS UNDER THE AGE OF 18 ARE REQUIRED TO HAVE PARENT SIGN: This is to verify that I, as a parent/guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above of all the Releases, and, for myself, my heirs, assigns, and next of kin, release and agree to indemnity and hold harmless the Releases from any and all liabilities incident to my minor child's involvement of participation in the events as provided above, even if arising from their negligence.