

## INDEMNITY

1. I have decided of my own initiative to undertake a social open-water swim at Arniston in the ocean off the Western Cape ("the Swim"), following a route of my choosing and do so entirely at my own risk.
2. It is my responsibility independently to acquaint myself and my support crew fully with the risks and hazards of long distance open-water swimming (and in particular the Swim) and I have done so.

These risks include those attendant on or posed by:

- a. marine life, including sharks, blue bottles and jellyfish
  - b. exposure to cold water for protracted periods, and in particular the risk of hypothermia and exhaustion
  - c. wind, currents, and weather changes
3. I undertake the Swim with full knowledge and appreciation that long-distance cold water swimming in the ocean is inherently hazardous. I accept all such hazards and risks.
  4. The Arniston/ Waenhuiskrans Community Trust (the "Organisers"), its officers or employees, volunteers providing assistance and services in relation to the Swim, or any other persons or entities associated with the Swim are not responsible for apprising me of any of the risks, dangers or hazards pertaining thereto.
  5. Neither I nor my estate, guardian(s) or dependants shall have any claim for any harm, loss, injury or damage which I might sustain as a result of my participation in the Swim against any of:

5.1 The Organisers (or any of its members, officers, officials or representatives) who may be involved in the organization, planning, supervision, monitoring or officiating of the Swim;

5.2 volunteers providing assistance in relation to the Swim or its organization);

5.3 all paddlers, boatmen and support personnel, who have volunteered to or do provide assistance and support or and in relation to the Swim and its participants;

hereinafter collectively referred to as ("the officials"), arising from any act or omission on their part and irrespective of whether such act or omission is negligent or grossly negligent.

6. I recognise that the officials have volunteered to offer ex gratia assistance during the course of the Swim. I absolve such individuals from any liability, howsoever arising, related to any act or omission (whether negligent, grossly negligent, or otherwise) on their part vis-à-vis me during the course of or in relation to the Swim or any treatment provided by them.
7. I and my estate undertake to indemnify and hold harmless the organizers and the officials against any claims against them arising from any harm, loss, injury, or damage sustained by me during or in consequence of the Swim.
8. This waiver and indemnity is irrevocable.

## RACE RULES

1. All swimmers have to wear a brightly coloured swimming cap
2. All swimmers to report to the officials, to receive a race number which will be written on the swimmers' racing caps
3. Entries close at 9:45 am on 30 May 2015
4. Swimmers (no flippers) will start at 10:00 am
5. Assisted swimmers (small flippers only) will start at 10:10 am