



### **HB Ocean Swim Waiver/Entry**

Prior to entry you must be confident that you have the skills and fitness to competently swim the distances entered. By acknowledging this waiver you are personally accepting responsibility for your own safety and acknowledging that you are able to swim, as a minimum, the distance you have nominated to race. You are confirming that you have provided the event organisers with all your known medical issues.

Please read the following waiver conditions and acknowledge acceptance only if you are happy to abide by the conditions.

"I affirm that I am confident in sea conditions and fully satisfied that I am in physical, mental and medical condition to take part in these swim events. I acknowledge that participation in these events carries with it potential risks including choppy sea conditions, rip currents, breaking waves, unknown sea bed conditions, marine creatures, impacts with people and craft and other potential risks and hazards. There is a chance of injury, sometimes serious and the possibility of death if these risks are not understood or managed. I understand that these swimming events are conducted in an open water situation so my condition and progress will not be monitored at all times. I take responsibility for my own well being and accept that I participate in the swimming events at my own risk. This means that if I feel unwell, unsure or unsafe I will signal for assistance or remove myself from the water and alert officials and safety members immediately. I certify that I have read, understood and agree to all conditions."