



**Great Leinster Swim 10 Kilometre or 5 Kilometre  
Lough Dan, Roundwood, County Wicklow  
Saturday 23th August 2014  
5 Kilometre Swim Ireland National Championship  
10 Kilometre Leinster Championship  
Open Sea Committee**

**DECLARATION**

I confirm that I am :

- in good health and have no physical condition, disease or injury which will impair me from swimming in Lough Dan and completing the race course;
- acclimatized to swimming in open water where temperatures can be as low as 10 degrees Celsius;
- bound by the Swim Ireland Rule Book, Code of Conduct, Complaints and Disciplinary procedures; and
- bound by the rules of the Open Sea Committee.

I confirm that I will:

- comply with all instructions given to me by race officials and rescue crews;
- leave the water and retire if I exceed the cut off time;
- retire from the race if requested to do so by race officials or rescue crews;
- wear the numbered swim cap provided; and
- ensure that my name is crossed of the list of swimmers by a race official on completion of the course.

If race officials or rescue crews consider that I am suffering from fatigue, hypothermia or disorientation or consider that I am in difficulty or danger, I authorise race officials and rescue crews to remove me from the water and bring me to a place of safety where I may obtain medical assistance.

I authorise the Open Sea Committee to use my photograph or digital image for publicity and media purposes.

**All Swimmers in the Great Leinster Swim, Lough Dan (5 Kilometre or 10 Kilometre) and the Leinster Open Sea Races swim at their own risk.**

**I am aware of the risks of open water swimming and like all sports it carries the risk of injury, paralysis or death. I am entering the Lough Dan 5 Kilometre (Swim Ireland National Championship) or Lough Dan 10 Kilometre of my own free will. I hereby agree to keep Swim Ireland, the Open Sea Committee, rescue crews and all sponsors free from any legal claim however caused by my participation in either Lough Dan Race or by my participation in any of the other Leinster Open Sea Races.**

**Signed:**

**Dated:**

**UNDER 18 PARENTAL CONSENT**

The Open Sea Committee allow competitors under the age of 18 ("a minor") to compete in the Great Leinster Swim with the consent of their parent or guardian. Parents or Guardians must however be aware that Open Water Swimming is much more physically demanding than pool swimming and competitors face different risks and hazards, including but not limited to, the effects of long periods in cold water. Parents or Guardians should exercise caution in supporting their minor child's wish to swim in the Great Leinster Swim. Parents or Guardian should talk to their minor child's swim club coach and their family doctor before giving consent by signing this form. Parents and Guardians must evaluate conditions at the Great Leinster Swim to consider if it is suitable for their minor child to swim. Where a parent or guardian has a doubt after evaluating conditions at the Great Leinster Swim, they should not allow their minor child to swim in the Great Leinster Swim. Conditions which may be suitable for adults may not be suitable for your child.

**I am aware of the risks of open water swimming and I allow my minor child to participate in the Great Leinster Swim (Lough Dan 5 or 10 Kilometre). My child is entering the Great Leinster Swim (Lough Dan 5 or 10 Kilometre) of their own free will and with my consent and I hereby agree to keep Swim Ireland, the Open Sea Committee, rescue crews and any sponsors free from any legal claim however caused by my child's participation in the Lough Dan 5 or 10 Kilometre and or any Leinster Open Sea Races. I confirm that my child will compete in the Great Leinster Swim (Lough Dan 5 or 10 Kilometre) and the Leinster Open Sea Races under the same terms and conditions as adult swimmers.**

**Parent or Guardian**

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**Parent or Guardian Signature**

**Dated:**

Please send completed application forms to Mr. Frank Carroll, 3 Strand Mews, Lea Road, Sandymount, Dublin 4.

Please make cheques payable to the Open Sea Committee.

Entry Fee Adults :

**Euro €30**

Entry Fee Minors (Under 18 years on Day of Race) :

**Euro €15**

Closing Date

**Thursday 21st August**

Email:

[leinsteroenseacommittee@gmail.com](mailto:leinsteroenseacommittee@gmail.com)

Leinster Open Sea Races Website:

<http://www.leinsteroensea.ie>

Facebook page

<http://www.facebook.com/leinsteroensea>