

Indemnity and Waiver

I, the undersigned Full Name (PRINT): _____

DOB: _____ Address: _____

Phone: _____ email: _____

Acknowledge and agree that:

1. I have decided on my own initiative to undertake an open-water swim in this Swim/Event ("The Swim"), and do so entirely at my own risk.
2. It is my responsibility independently to acquaint myself with The Swim and with the hazards of cold open-water swimming (and in particular The Swim). These risks include those attendant on or posed by:
 - 2.1 Exposure to extreme cold water, possibly below 5c for a prolonged period
 - 2.2 Risk of hypothermia and exhaustion, on my personal health of body and mind
 - 2.3 Wind and weather changes
3. I undertake "The Swim" with full knowledge and appreciation that long or short-distance cold-water swimming is inherently hazardous. I accept all such hazards and risks.
4. None of the event organisers, its officers or employees, volunteers providing assistance and services in relation to "The Swim", or any other person or entities associated with "The Swim" are responsible for apprising me of any of the risks, dangers or hazards pertaining thereto.
5. Neither I nor my estate, guardian(s) or dependents 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 International Ice Swimming Association, Camlough Lake Events Committee, International Ice Swimming Association Ireland, Wild Water Armagh, Infinity Channel Swimming LTD, Eastern Bay Club, East Coast Open Water Swimming Club, (and or any of its members, officers, officials or representatives) who may be involved in the organisation, planning, supervision, monitoring or officiating of "The Swim";
 - 5.2 Volunteers providing assistance in relation to "The Swim" or its organisation;
 - 5.3 Support crew who have volunteered to or do provide assistance and support for and in any relation to "The Swim", 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 part or omission (whether negligent, grossly negligent, or otherwise) on their part vis-à-vis International Ice Swimming Association, Camlough Lake Events Committee, International Ice Swimming Association Ireland, Wild Water Armagh, Infinity Channel Swimming LTD, Eastern Bay Club, East Coast Open Water Swimming Club, during the course of or in relation to "The Swim" or any treatment provided by them.
7. My estate and I undertake to indemnify and hold harmless the organisers 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.

_____ Swimmer/Guardian (Print Name)

_____ Swimmer/Guardian Signature

_____ Date

_____ Event Name "The Swim".

_____ Witness Name Printed

_____ Witness Signature _____ Date