



Starcross Swim- Entry Form

**Swimmers Must be 13 years or over**

**Date: Monday 9<sup>th</sup> August 2010      Time: 19.30hrs      Entry Fee: £10**

**Closing Date for Entries: Wednesday 4th August 2010**

*Please complete the following in **BLOCK CAPITALS**:*

**SURNAME**.....**FORENAMES**.....  
 (MR/MRS/MISS/MS)

**ADDRESS**.....

..... **POSTCODE**.....

**HOME TEL no:** ..... **MOBILE TEL no:** .....

**DATE OF BIRTH:** .....

**AGE (13 OR OVER) ON DAY OF SWIM:** ..... **ASA CAT 2 no:** .....

**NAME OF KAYAKER**.....

**DECLARATION:-**

1. *I am an eligible competitor under the general competition laws of the ASA.*
2. *I have read and understand and will abide by the **Exmouth Swimming & LSS Swim** rules.*
3. *The particulars given on this entry form are true.*
4. *I am not suffering from any illness or disability known to me which would render my participation in the swim inadvisable. Any illness or disability should be noted on a separate sheet of paper and returned with this form, failure to do so may disqualify the entrant on the day of the swim (a medical certificate maybe required at the discretion of the **organisers**).*
5. *"I acknowledge that I am aware of all the risks inherent with open water swimming. I hereby waive any and all rights to claim for loss or damages, arising out of my participation in the Starcross swim, against the Exmouth Swimming and Life Saving Society or any individuals officiating or supervising the Starcross Swim."*

6. I acknowledge that the Exmouth Swimming and Life Saving Society relies entirely on the contents of this entry Form in accepting my request for inclusion in the Starcross Swim. We are required to obtain your permission before we photograph you or your child for the publicising of the Starcross Swim. (For children under the age of 18, a parent has to give consent for photographs to be taken and used.)

1. Do you consent to your / your child's image being used in newspapers?

Yes / No **(please circle your answer)**

2. \*Do you consent to your / your child's image being used on our website?

Yes / No **(please circle your answer)**

*\*Please note that websites can be viewed by anyone throughout the world and not just in the United Kingdom where UK law applies. We therefore ask your permission to use your child's image on our website. We will avoid putting children's names (under 18 years) on the same web-page as their photograph.*

**SIGNATURE OF ENTRANT:** ..... **DATE:** .....

**SIGNATURE OF PARENT/GUARDIAN:** .....

**DATE:** ..... (PARENT OR GUARDIAN MUST SIGN THIS DECLARATION IF THE ENTRANT IS UNDER THE AGE OF 18 ON THE DAY OF THE SWIM. PARENTS OR GUARDIANS SHOULD UNDERSTAND THE RULES AND THE NATURE OF THE SWIM BEFORE GIVING THEIR CONSENT, AS SHOULD THE ENTRANT).

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## **CERTIFICATE OF SWIMMING ABILITY**

*I certify that in my opinion and having regard for the nature of the swim, the entrant is a competent swimmer.*

**TO BE SIGNED BY ES&LSS OPEN WATER COMMITTEE MEMBER, NOT THE ENTRANT!**

**PRINT NAME:** ..... **SIGNED** .....

**DATE:** .....

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**PLEASE RETURN THIS FORM WITH ENTRY FEE TO:-**

**STARCROSS SWIM SECRETARY**

**Barry Westaway**

**68 Attwyll Avenue**

**Exeter**

**EX2 5HW**

**(01392) 669865**

**MEET AT THE DOCKS FOR TRANSPORT TO STARCROSS**

**PLEASE ARRIVE IN GOOD TIME FOR SWIM REFEREE'S BRIEFING AT 1800.**

**TRANSPORT ARRANGED AT 1815-1830 FOR OFFICIALS AND SWIMMERS ONLY.**

**THERE WILL BE AN ADDITIONAL FEE FOR THE FERRY.**

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## Starcross Swim- Swimmer Guidelines

1. Swimmers to register, have their upper arms marked with programme number, and collect their plastic bags for return of their clothes to the finish.
2. Race Referee will brief all swimmers at 1800hrs where tabard and Alfa flags will be given to swimmers.
3. 1815hrs-1830hrs swimmers will use the ferry and pay for a one way fare to Starcross. Swimmers will not be allowed to take bags on the boat. Take goggles, hat, and any other equipment (such as grease) with plastic bags, tabard and Alfa flag on the boat with you. Place clothes in labelled plastic bags provided when asked to change at Starcross.
4. Swimmers will be asked, in order of programme, to hand tabard, Alfa flag and any other equipment they want the kayaker to carry (e.g. spare goggles, etc) to their kayaker from Starcross Jetty.
5. All boats to leave jetty except boat returning swimmer's clothes to the finish at 1920hrs.
6. When ready swimmers will be asked to change for swim. Place all clothes and other items in plastic bags, tie and leave in allotted place for return to finish. The Starcross is a traditional swim; one traditional costume, one hat and a pair of goggles should be worn.
7. Referee will point out the first stage of the route to swimmers and ask them to enter water via the steps for the start of the race.
8. The escort crew are there to guide the swimmer, not the other way around during the swim stay close to your escort and follow any instructions they give you/
9. At the end of the swim swimmers must pass a flag placed on the beach. When the swimmer has finished the finish referee will indicate this to the swimmer and their escort.



## Starcross Swim- Swim Rules

*The Exmouth Swimming and Life Saving Society have the right to refuse any entry.*

*The swim is open to bona fide club members who have an ASA category 2 membership or a senior B.L.D.S.A. membership.*

*Swimmers under the age of 18 on the day of the swim **must** have parental consent in order to participate.*

*Under no circumstance shall an entry be accepted after the closing date (see entry form).*

*The entry form **must** be completed in every detail before entry will be accepted.*

*Swimmers must provide their own safety craft, e.g. kayak, ski paddle or rowing boat plus competent crew who are aware of the inherent dangers of being on the river Exe. The swimming club will endeavour to contact organisations that have participated in this or similar events in the past, but cannot be held responsible for finding safety craft or crew.*

*The start of the swim will start from the Ferry Steps, Starcross. The swim will be started by the swim referee once they are satisfied that the tide has stopped running and has started to ebb. The swim may be started in two stages with the men starting 5 minutes before the ladies swim.*

*The finish of the swim will be opposite the old swimming pool on Exmouth Seafront. Swimmers **must** finish shore side of the judge's boat and the swimmer will have completed the swim when the beach master lowers a finishing flag.*

*Once the swim has commenced the swimmer **must** complete the swim within the spirit of open water swimming and will receive no support from any boat, object, or person throughout the course of the swim.*

*Attire for the swim shall be one costume (traditional), one pair of goggles, and one swimming hat. Grease is permitted as protection against the cold. Under no circumstances are swimming aids allowed, e.g. wetsuits, fins, or fastskins. We consider this to be a traditional swim and wish to keep it as such.*

*No intoxicating liquor or artificial stimulants may be taken by the swimmer immediately before or during the swim.*

*The swim is conducted under the General Competition Laws of the ASA.*

*The swim referee may if deemed necessary order from the water any swimmer who contravenes the rules, and puts themselves or others at risk either by their actions or their condition. The referee's decision is final, please respect the decision and accept it with the grace that is one of the respected values of our sport. The swim referee may also stop any swimmer he deems unfit from entering the water.*

*The swim referee may if deemed necessary, on his own judgement or on the advice and in the interest of safety of all persons taking part abandon the event during or prior to the event due to bad or deteriorating weather conditions. Once again the referee's decision is final.*

*Trophies will be awarded to Exmouth first claim actively competing members for the following categories:-*

- 1. First overall Male across the finishing line*
- 2. First overall Female across the finishing line*

*Certificates will also be awarded to all swimmers who complete the course*

*The presentation of trophies and certificates will take place on the same day at the Withercombe Rugby Club, Hulham Road*