

## IISA EVENT INDEMNITY & WAIVER

I, the undersigned

Full name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

As my role as the Event Director

do hereby acknowledge and agree that:

1. I have read and familiarised myself with the IISA rules as stipulated by the IISA and published on the IISA website.
2. I fully understand the IISA rules and consider them to be binding on me.
3. I undertake to comply with the IISA rules fully unless direction is formally given to me by the IISA to the contrary.
4. I have decided of my own initiative to run an open-water swimming event under IISA rules ("the Swim"), and do so entirely at my own risk.
5. I am acquainted with the Swim and with the risks and hazards of cold open-water swimming (and in particular the Swim). These risks include those attendant on or posed by:
  - 5.1 Exposure to extreme cold water, possibly below 5C for prolonged periods of time
  - 5.2 Risk of hypothermia and exhaustion and the effects on my personal health of body and mind
  - 5.3 Wind, currents, and weather changes
  - 5.4 Drowning
6. I undertake the Swim with full knowledge and appreciation that long-distance cold-water swimming is inherently hazardous. I accept all such hazards and risks.
7. I have submitted a safety plan to IISA, which plan has been approved and which plan will be adhered to.
8. None of the IISA board members, its officers or employees, volunteers providing assistance and services to IISA in relation to the Swim, are responsible for apprising me of any of the risks, dangers or hazards pertaining thereto.
9. 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:
  1. International Ice Swimming Association (or any of its members, officers, officials or representatives) who may be involved in the organization, planning, supervision, monitoring or officiating of the Swim;
  2. Volunteers providing assistance in relation to the Swim or its organization;
  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.
10. My estate and I 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.
  11. This waiver and indemnity, once signed, is irrevocable and shall continue to operate hereafter in respect of all open-water swims in which I participate and in which the IISA is involved in any capacity.

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Event Director

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Date

