



Starcross Swim 2019- Entry Form

Swimmers Must be 13 years or over

Date: Sunday 14<sup>th</sup> July 2019; Swimmers must register between 15:30 Hours and 17:00 Hours at the Ocean bar and grill. Entry Fee: £25

Closing Date for Entries: Friday 5<sup>th</sup> July 2019.

DESPITE THE CLOSING DATE PLEASE ENTER ASAP TO AID ORGANISERS

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

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

ADDRESS... ..

... .. POSTCODE... ..

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

DATE OF BIRTH: ... .. EMAIL: ... ..

AGE (13 OR OVER) ON DAY OF SWIM: ... .. ASA CAT 1 OR 2 no: ... ..

NAME OF KAYAKER... ..

**PLEASE NOTE** THAT THE ASA HAS CHANGED THE RULES ON WATER TEMPERATURES FOR OPEN WATER SWIMMING PLEASE SEE GUIDES NOTE 10?

NUMBER OF EXTRA PEOPLE REQUIRING **CURRY** (SWIMMER AND

KAYAKER INCLUDED IN ENTRY FEE) ... .. AT A COST OF £7.50 PER PERSON.

NAME OF PERSON TAKING SWIMMER'S CLOTHES TO THE FINISH

... .. (SWIMMERS WILL NEED 2 SETS OF

CLOTHES; A SET TO WEAR AT THE START AND ANOTHER SET AT THE FINISH)



### 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 organiser's discretion**).
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 rely entirely on the contents of this entry Form in accepting my request for inclusion in the Starcross Swim.
7. I am a capable open water swimmer and have completed a 1 hour continuous swim in open water in preparation for this event.

We are required to obtain your permission before we photograph you or your child. (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.*

**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).

**PLEASE RETURN THIS FORM WITH ENTRY FEE To:**

**Lisa Schunck**

**14 Rosebery Road Exmouth Devon Ex81sj**

**[Schunck@btinternet.com](mailto:Schunck@btinternet.com)**

**Alternatively return your form to the pool to Dawn Harris, Lisa Schunck or the register table at C&D training.**

**Please make cheques payable to Exmouth Swimming and Life Saving Society.**



## Starcross Swim- Swimmer Guidelines

1. Swimmers to register, have their upper arms marked with programme number or swimming hat given, and collect their plastic bags.
2. Race Referee will brief all swimmers at 17.30hrs and tabard and Alfa flags will be given to swimmers (all swimmers must be present for the briefing).
3. Swimmers will board the Starcross ferry. 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.
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 before entering the water.
5. When ready swimmers will be asked to change for the swim. Place all clothes and other items in plastic bags, tie and leave with their nominated person for return to finish. The Starcross is a traditional swim; one traditional costume, one hat and a pair of goggles should be worn unless a wetsuit is required.
6. Referee will point out the first stage of the route to swimmers and ask them to enter water for the start of the race.
7. The escort crew is 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.
8. At the end of the swim swimmers must touch a flag placed on the beach. When the swimmer has finished the finish referee will indicate this to the swimmer and their escort.
9. Swimmers must have an additional set of clothes, towel, etc waiting at the finish line.
10. Water temperature of 20° and above: no wetsuit.

Water temperature between 18 and 19.9°: swimmer can choose to wear a wetsuit or not.

Water temperature between 16 and 17.9°: wetsuits are compulsory.

Water temperature below 15.9°: swimmers should not be competing.



# Exmouth

Founded 1893. President: R W A E Snowshall.

Swimming and Life Saving Society affiliated to the ASA & RLSS.

**SwimMark**  
ESSENTIAL CLUB

## Starcross Swim- Swim Rules

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

*The swim is open only to bona fide club members who have an ASA category 1 or 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 society will endeavour to contact organization's 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 be from Starcross ferry pontoon. 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.*

*The finish of the swim will be opposite the old swimming pool site (Ocean) 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 signals the swimmer and their escort.*

*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 or wetsuit. Grease is permitted as protection against the cold. Under no circumstances are swimming aids allowed, e.g. Fins 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 their 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 members for the following categories:-*

- 1. First overall Male across the finishing line*
- 2. First overall Female across the finishing line*
- 3. First Junior (under 16) Male across the finishing line*
- 4. First Junior (under 16) Female across the finishing line*

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

*The presentation will take place after a curry on the same day at Ocean Bar and Grill.*