

# South Head Roughwater Swim

## Bondi Beach to Watsons Bay

### Sunday, 16 May 2010

#### Information, Responsibilities, Registration & Declaration Form

- The Event:** A 10 km ocean swim starting from North Bondi Beach heading north around Ben Buckler & north along the coastline to South Head then into Sydney Harbour past Lady Bay, Camp Cove & into the finish at the slipway of the Vaucluse Yacht Club located in Marine Parade, Watsons Bay. A boat must accompany all swimmers.
- Start:** 9:00 am - from the sand of North Bondi Beach.
- Finish:** Between 11.30 am & 1:30 pm dependent on current & weather conditions on the day at the Vaucluse Yacht Club at Watsons Bay.
- Teams:** Consist of a boat & skipper, plus the swimmers (ie. solo, duo or team of 3 or more swimmers). Having a paddler is encouraged, but optional. All solos, duo or teams must have a boat to accompany them through the swim.
- Time Limit:** For water safety & insurance reasons, there is a time limit of 5 hours on the swim. All swimmers & teams must have completed the swim course within this time. Any team or swimmer that has not completed the course within this time will be registered as "DID NOT FINISH."
- Boat:** Each swim team will must have their own boat to carry & accompany their swimmers during the swim. Surf skis & sea kayaks can only be used to guide & assist swimmers – they are not recognized as a boat. For the purposes of risk management only one team / swimmer will be allowed to swim from one boat.
- Intervals:** Each swimmer will swim for 10-minute intervals & then change to the next swimmer until all swimmers have completed one 10-minute swim. Swimmers can then swim at their own chosen time intervals until the swimmers reached the turning buoy located after check point 2. All swimmers must swim from this point into the finish line at the Vaucluse Yacht Club. Team changes should be made 10m from vessel in a visible manner on the seaward side of the vessel. Engines **must** be in neutral when swimmers get onto the boat. Consider using a float on a rope to retrieve swimmers at team changes.
- The Course:** The swim will begin from the beach at North Bondi Beach, & Swimmers will head out to Ben Buckler Point.  
**Check Point 1** - First swimmer departing from the beach to join their boat crew and team who will be waiting approximately 500m off Ben Buckler Point at a check point manned by the Australian Volunteer Coast Guard. Each swimmer is to stop, identify their swim number and be matched up with their attending boat. Swimmers will not be allowed to move on unless their boat is present at this checkpoint The course then swings left (North) & begins the trek up the coastline, past Bondi Golf Course, Dover Heights, Rose Bay North, Diamond Bay, Rosa Gully, Macquarie Light House, the Gap & finally Hornsby Light House on the South Head of Sydney Heads. Swimmers then turn left again at South Head for the final leg into Sydney Harbour, Swimmers will pass Lady Bay, Camp Cove & Laings Point.  
**Check Point 2** – Located in Watsons Bay - All swimmers must stop and register at the second check point manned by the Australian Volunteer Coast Guard. If there is any ferry traffic proceeding to or from Watson's Bay wharf the swimmers must wait at the check point until the path is clear to proceed. Swimmers will swim on into Watson's Bay to a turning buoy located beyond the ferry path where all Swimmers in each team will enter the water as a team and swim into the finish line at the Vaucluse Yacht Club located in Watson's Bay.
- Post Swim:** A post swim function is held so that swimmers can reflect on their individual & collective efforts. Swimmers will receive food and drinks to help their recovery. A presentation will be made to the winners of each category. Perpetual Trophies will be presented to the first swimmers in the following categories: **-Teams** – 4 males, 4 female & mixed (2 male and 2 female): **Duos** - male, female & mixed: Solo - male and female
- Swim Briefing:** **A compulsory swim briefing will be held on Friday evening at 7.00 pm, 14 May, at the Vaucluse Yacht Club.** Team numbers & swim caps will be given out. It is compulsory that one member of each solo, duo or team **MUST** be present at the briefing.
- Authorities:** The Australian Volunteer Coast Guard will act as mother ship for the swim, & be both visual & radio contact with all boats.
- Safety:** The safety of all involved is paramount. Each team will be entirely responsible for the safety of their swimmers, in conjunction with their boat captain. Decisions relating to when to bring Swimmers on board rest with the team, & in this regard, it is recommended that teams organise a paddler to assist with monitoring swimmers in the water, navigation, & keeping watch for water hazards that might harm Swimmers. Swimmers are encouraged to provide their own immediate first aid equipment for ailments such as blue bottles, sea sickness, cramps etc.
- Bad weather:** The swim is subject to weather conditions. If unfavorable conditions develop, advice will be sought as to whether to postpone or cancel the swim. Any decision in this regard rests solely with the safety committee of the swim.
- Entries:** Entry fee is \$85 per individual swimmer, which includes GST. Entries close 14th May.  
Entries & payment should be mailed to:-  
South Head Roughwater Swim - 49 Dudley Street, Bondi, NSW, 2026  
Enquiries can be made to [jjfprojects@bigpond.com](mailto:jjfprojects@bigpond.com)

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#### Swim Rules

1. Attendance at the swim briefing is compulsory for at least one team member. All swimmers and boat captains are encouraged to attend. Team numbers & swim caps will be allocated to each team.
2. Boat: Each swim team will must have their own motorised boat to carry & accompany their swimmers during the swim. Surf skis & Sea Kayaks can only be used to guide & assist swimmers – they are not recognized as a boat. For the purposes of risk management only one team / swimmer will be allowed to swim from one boat.
3. All team boat captains wait off Ben Buckler and report to the Coast Guard boat to report that their team member is on the beach all other team members are on board & ready to start.
4. All swimmers must swim the prescribed course & ensure that their name is marked off the official entrants register (kept at the Vaucluse Yacht Club) at the conclusion of the swim even if they do not complete the course.
5. All swimmers must wear their prescribed cap & display the team number on their arm throughout the swim.
6. All swimmers & boat captains are to behave in a fair & sportsmanship like manner without interference or aggression towards any other swimmer or boat in the swim.
7. If in the opinion of the swim director a swimmer is physically or otherwise incapable of completing the swim or has been in the water for a inordinate period of time such swimmer may be removed from the water.
8. If in the event of a hazard / shark being present in the vicinity of a swimmer it is the boat captains' responsibility to remove their swimmer from the water & inform other boat captains of its presence.
9. If in the opinion of the swim director the weather or swimming conditions are dangerous or unsuitable the swim may be cancelled without notice.
10. Swimmers may use extraneous aids, eg. Wetsuits, fins, snorkels or devices, but such swimmers will not be eligible for any prize or qualify as an official placegetter, and must notify officials when finishing the event.

#### Swimmer's Declaration

The following declaration, once acknowledged & made by each swimmer, by way of each swimmer signing in the space above & paying the swim entry fee, entitles the Swimmer to participate in the event.

1. I, the undersigned, in participating in the event, waive any claim, right or cause of action which I, or those who are entitled to claim in my name, might otherwise have had, that might have arisen out of any loss of life, injury or damage sustained by my participation in this event.
2. This waiver, release & discharge operates separately in favour of all persons & body corporate involved or otherwise engaged in organizing, promoting, staffing or in any other way associated with the event, including their servants, agents, representatives & officers, & will operate inclusive of damage or causation due to an act of negligence by any of them.
3. I hereby declare that I am physically fit, & have undertaken adequate training for this event mindful of the specific route of the course, its direct exposure to the Tasman Sea, & the possible duration of the swim.
4. I hereby agree that in the event of adverse weather conditions, those organizing the event have an unquestioned right to modify, cancel &/or postpone this event & the entry fee shall not be refundable. Any swimmers withdrawing from the event or not starting their entry fee shall not be refundable.
5. For the sake of abundant clarity, I, by signing below, without detracting from or limiting in any way, the above 4 points, acknowledge the meaning & import of each, & thereby take full responsibility for my own safety whilst participating in this event.

#### Boat Captains Responsibilities

The Boat Captain & crew of all boats are an integral part of the safety & success of each team, & the event. They should please note & acknowledge (together with all Swimmers) the following:

1. The Water Safety Officer has overall control of water safety matters during the event, however, the Boat captain retains control & responsibility for his/her boat & those on board, at all times.
  2. To ensure the safety of all participants, each Boat captain must comply with any direction given by relevant authorities, including the NSW Water Police & the NSW Maritime Authority & must comply with the minimum safety/emergency requirements for their boat (eg. maximum numbers on board, life jackets, flares, etc).
  3. The Boat Captain, in conjunction with the team, is responsible for making sure that contact is made with the first Swimmer, between Ben Buckler point & the Bondi Golf Club. During the remainder of the swim, the Skipper, in conjunction with the team, is responsible for retaining contact with the Swimmer in the water at all times.
  4. Boat must stop escorting their swimmers once they are within 200 metres area of the finish at Watsons Bay.
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#### Swimmer Registration

##### **Risk Warning (Section 5M Civil Liability Act 2002)**

Warning is given to all Entrants in the Ocean Classic/Mini Swim that there is the risk of harm to their person and/or property arising from any inadequacy of physical condition or stamina to complete the swim, hazardous sea and beach conditions including sea currents and waves and the presence of sea craft and sea creatures and other hazards.

We understand the conditions & rules of the swim as stated overleaf & accept the release & indemnity.  
If swimmer is under 18, parent / guardian to complete in the appropriate space provided.

### Swimmer or Team Number

Solo or Swimmer # 1		Swimmer # 2	
<b>Name:</b>		<b>Name:</b>	
<b>Signature</b>		<b>Signature</b>	
<b>Address:</b>		<b>Address:</b>	
<b>Phone:</b>		<b>Phone:</b>	
<b>E-mail:</b>		<b>E-mail:</b>	
<b>Age:</b>		<b>Age:</b>	
Swimmer # 3		Swimmer # 4	
<b>Name:</b>		<b>Name:</b>	
<b>Signature</b>		<b>Signature</b>	
<b>Address</b>		<b>Address</b>	
<b>Phone:</b>		<b>Phone:</b>	
<b>E-mail:</b>		<b>E-mail:</b>	
<b>Age:</b>		<b>Age:</b>	
Boat Captain		Paddler	
<b>Name:</b>		<b>Name:</b>	
<b>Boat Name, Type &amp; Size</b>			

Please ensure that you have read the swim rules, swimmers declaration & boat captains responsibilities prior to signing the entry form.