

Regulations
on the I International Open Water Swim Competition
X-WATERS Moscow July 17-18, 2021

1. General information.

1.1. Executive Director of the swim: Sergey Efimov

1.2. International Open Water Swim Competition X-WATERS Moscow July 17-18, 2021 on the Istra Reservoir

1.3. Swim distances: 1 km, 1 mille, 5 km, 10 km, relay 3*1 km, 50 m, 300 m.

1.4. Control time for distances: 1 km – 30 min, 1 mille – 50 min, 5 km – 2.5 hours, 10 km – 5 hours (control point 2,5 km – 1 hours, 25 min), 3*1 km – 1.5 hours, 50 m – 5 min, 300 m – 30 min.

1.5. Registration for the swim is on the official website of the series: x-waters.com

1.6. Maximum number of participants: 1000 people;

1.7. The winners are awarded as follows, 3 winners in the categories "Men" and "Women" in absolute standings in all distances and 3 winners in age groups in the categories "Men" and "Women" in 5 and 10 km distance, 3 relay teams are awarded in relay races, regardless of age and gender differences.

1.8. Cases not considered in this Regulations shall be considered by the Organizing Committee on spot

2. Goals and objectives.

2.1. Promoting a healthy lifestyle and swimming.

2.2. Attracting tourists from among sports fans to the city.

2.3. Stimulating the growth of sporting achievements in long swims.

3. Management .

Swim organizer: MPK Gorod Ltd.

The swim is managed by the Organizing Committee.

Cases not considered in this Regulations shall be considered by the Organizing Committee on spot.

4. Location and time of the competition.

4.1. The exact start time shall be appointed by the organizers 1 month before the start. The schedule of the event shall be published on the official website of the swim (par 1.5) together with the start time.

4.2. The distance plan shall be available on the web site with an exact indication of the start and finish points.

4.3. The organizers have the right to change the distance schemes and the start time having notified the participants.

5. Swim participants.

5.1. Age restriction: On the day of the swim, the participant must be over 18 years old, the age is determined by the passport.

5.2. The Age group is determined by the number of full years on the December 31, 2020. This clause does not cancel the requirements of clause 5.1.

5.3. The maximum total number of swim participants is indicated in paragraph 1.6. Organizers reserve the right, but not obliged to, increase or decrease the number of participants.

5.4. Use of wetsuits:

at water temperature above 24 degrees - the use of wetsuits is prohibited;

at water temperature below 18 degrees - the use of neoprene wetsuits is mandatory, at distances above 3 km - the use of full neoprene wetsuits is mandatory;

at water temperature below 16 degrees - the use of full neoprene wetsuits is mandatory and changes in distances up to cancellation are possible;

at water temperature below 14 degrees - changes in distances up to cancellation are possible, the use of neoprene helmets is mandatory.

6. Registration

6.1. Registration is made online at the official site (paragraph 1.5). If you did not receive confirmation of your registration to your mail box or your account, please contact the organizers.

6.2. The registration will be open until the total number of participants is reached (paragraph 1.6) (including all distances and age groups), but not later than two weeks before the start. If there are more participants wishing to participate, the organizers reserve the right, but do not guarantee to reconsider this clause of the Regulations.

6.3. At registration the participant is obliged to provide personal data according to the document proving his identity.

6.4. The participant is considered registered if he has filled out the registration form and paid the registration fee.

6.5. The registration fee is spent on organizational needs. The registration fee can be found on the official website (paragraph 1.5). All financial issues are governed by the standard contract published on the web site.

6.6. The paid registration fee is not refundable .

6.7. The registration of the participant shall be canceled if the participant indicates false, inaccurate or incomplete data. In the event of cancellation of registration, the fee shall not be refunded (see more details in the standard contract, paragraph 5).

6.8. The issues of transferring the paid participation to other persons shall be regulated by the standard contract found on the web site.

6.9 By registering, the participant confirms his agreement with all clauses of this provision and the standard contract.

7. Admission to competitions.

7.1. To be eligible to compete and to receive the starter package before the start, participants shall provide:

- Passport or other identity document.
- A filled-in and signed "Swim Application" with a waiver of organizers' responsibility for possible damage to life and health during the swim (Appendix 1).
- A valid insurance certificate.
- A medical original certificate issued not earlier than 6 months before the day of the swim, which confirms that the competitor is allowed to compete in swimming or triathlon for a selected or longer distance. (Appendix 2)

7.2. Starter package can be received only by the participant personally. Receiving the packages for somebody else and transferring packages to others is prohibited.

7.3. All participants are required to attend the pre-start briefing. The detailed information about the place and time of the briefing will be provided on the website (paragraph 1.5).

7.4. All the paragraphs of this section are mandatory, failure to perform any of them entails the suspension of the participant from the competition without any refunds.

8. Starter package and chip.

8.1. At all distances, electronic time measurement is performed.

8.2. The starter package includes:

- electronic chip;
- individual swimming cap;
- individual safety buoy for temporary use;
- information materials.

8.3. Participants are allowed to start only with an electronic chip, a rescue buoy and a swimming cap provided by the organizers. Chip and buoy should be fixed to the body in accordance with the instructions of the organizers. Improper fixing of the chip can make it impossible to measure the individual result. At the end of the swim the chip and the safety buoy should be returned to organizers.

8.4. Starter packages can be received at registration only by the participant in person. Receiving the packages for somebody else and transferring packages to others is prohibited.

9. Rewarding

9.1. The participants shall be awarded in accordance with paragraph 1.7.

9.2. Age categories:

Age	Women	Men
born 1991-2002	F 18	M 18
born 1981-1990	F 30	M 30
born 1971-1980	F 40	M 40
born 1961-1970	F 50	M 50
born 1960 and before	F 60	M 60

9.3. All finishers in the time limit are awarded a finisher medal.

10. Withdrawal from distance

10.1. In case the competitor decides to withdraw from the competition, he should inform the organizers and return the electronic chip and safety buoy, this can be done in the starting town or at the starting point. The exact location of the starting town and the starting point is indicated on the website (paragraph 1.5)

10.2. Medical personnel, rescuers, organizers and competition judges may refuse a participant from the competition at any time if they deem it necessary.

11. Disqualification

11.1. The organizers have the right to disqualify the participant if they have reasonable concerns for the state of his health or if the participant does not comply with the rules of the competition and this Regulation, interferes with the other participants and impedes the competition.

11.2. Control time is used at the distances. The swimmer shall be withdrawn from the distance in case he does not keep within the allotted time limit.

11.3. The swimmer shall be withdrawn from the distance, if he does not cope with the current and is found below the control marks. The rules for passing control marks shall be explained by the organizers at the pre-start briefing.

11.4. Each participant during the swim shall fix on his belt an individual buoy provided by the organizers. The swimmer without a buoy at the finish, shall be disqualified and shall reimburse the cost of the buoy to the organizers.

11.5. The use of special devices such as fins, hand paddles, mattresses, etc., except for individual rescue buoys, wetsuits, neoprene gloves, socks, helmets, is prohibited.

11.6. During the swim, each participant should wear a swimming cap provided by the organizers. A swimmer without a cap can be disqualified

12. Ensuring security

12.1. The overall responsibility for ensuring security is taken by Organizer

12.2. On the water the participants are accompanied by boats with rescue teams.

12.3. Each participant for the time of the distance is provided with an individual safety buoy.

12.4. Medical support is provided by ambulances with the necessary equipment in accordance with the current regulations in the territory of the host country.

12.5. Safety of swimmers and spectators at the venue of major events on land is organized by The Organizer through hiring a private security company.

12.6. The organizers do not bear any responsibility for the participants that do not follow the swim rules and the instructions of the organizers.

13. Photo and video shooting

13.1. The Organizer has the right, without any compensation to the Participant and without any responsibility, to make a photo and video of the Participant during the Swim, to use photo, audio and / or video materials with the Swim Participant in promotional, advertising and other publications in printing, radio, television, on the Internet and other sources without limitation of the terms and places of use of these materials, as well as the right to edit such materials and transfer them to third parties.

14. Personal data

14.1. Payment of the registration fee by the Participant automatically means full and unconditional acceptance of the terms of the standard contract by the Participant, including consent to the processing his personal data by the Organizer.

14.2. When completing the registration web-form for the Event, the Participant of the swim gives the Organizer the following information, which is the personal data of the Participant of the swim: surname, name, patronymic, gender, date of birth, contact information (telephone, e-mail, city), company, club, relative's phone, which can be contacted in case of emergency. When completing the application for the participation in the Swim, the Swim Participant shall provide to the Organizer the information about his passport data.

14.3. The processing of personal data means: collection, systematization, accumulation, clarification, updating, modification, use, dissemination, transfer, including transboundary, depersonalization, blocking, destruction, storage, and any other actions (operations) with personal data. Processing of personal data of the swim Participant can be carried out with the help of automation means and / or without the use of automation means in accordance with the current legislation of the host country.

14.4. Processing of the personal data of the swim Participant is carried out solely for the purpose of fulfilling the conditions of this standard contract and the Swim Regulations, including for the registration of the Swim Participant for the Event, development of start and finish protocols, sending to the swim Participant e-mails

and text messages with notifications containing information related to the Event and any other information related to the swim Participants and to the Event.

14.5. The organizer shall take the necessary legal, organizational and technical measures or ensure them for the protection of personal data from unauthorized or accidental access to them, destruction, modification, blocking, copying, provision, dissemination of personal data, as well as other illegal actions in relation to personal data, and also assumes the obligation to maintain the confidentiality of the personal data of the swim Participants. The Organizer has the right to involve subcontractors for the processing of personal data of Participants, and also has the right to transfer personal data for processing to its affiliated bodies (the list of bodies is kept by the representatives of The Organizer and can be provided to the participant on demand) while ensuring acceptance by such subcontractors and affiliated bodies of the relevant obligations regarding the confidentiality of personal data.

14.6. The date of issue of consent to the processing of the personal data of the Swim Participant is the date of registration fee payment by the swim Participant. This consent is valid for 20 (twenty) years from the date of the transfer of personal data.

14.7. Consent to the processing of personal data may be revoked by the Participant on the basis of a written application in an arbitrary form addressed to the Organizer and sent to him at the address: welcome@x-waters.com

15. Protests

15.1. Claims on the results of the swim are accepted within 2 days after the swim

15.2. If the organizers have doubts about the validity of the claim, the claim is considered after deposit 20 Euro. The deposit is returned if the assumptions are correct.

15.3 Protocols are specified within 3 days after the swim, then they are considered official.

These Regulations may be modified or discontinued by organizers unilaterally, without any prior notice and without paying out any compensation in this respect to the participants.

These Regulations is the official invitation-call for the participation in the Swim.

Dear participant of the swim! It is highly unlikely that any of the risks listed below may happen, however, we are obliged to notify you of potential threats and make sure that you are ready to bear responsibility for your actions or inaction.

Organizer of the swim, MPK Gorod Ltd.

Application for participation in the swim

I, (full name) _____ " ____ "

_____ of the year of birth, living at the address: _____

_____ passport (series number)

_____, issued " ____ " _____ year _____, issued by _____

Tel. _____ Telephone of the next of kin for emergency cases _____.

fully exercising the freedom of will, being in a state that allows to fully understand and adequately assess my physical form, health status and level of sports skills, adequately assessing the degree of risk I request to allow me to participate in the Swim _____ 2020.

I am fully INFORMED and HAVE REALIZED that open water swim can be a source of increased danger, injuries of varying severity and even death.

I am AWARE of the swim regulation, I undertake to follow the rules of the swim, the instructions of the organizers, judges and rescuers.

I undertake to provide all necessary documents, as well as mandatory to insure my life and health from accidents that may occur during the swim.

I ACCEPT full responsibility for all of my actions (or inaction) made within and in connection with the swim.

In the event that during my participation in the swim, or as a result of my participation in the swim, I get injured neither I, nor my family members, nor other executors WILL HAVE ANY CLAIMS (material or moral), neither to the judges, nor to the organizers, nor to any other representative of MPK Gorod Ltd. nor to other participants of the swim, regardless of the circumstances under which this injury (or other harm to health) took place.

I give my consent to MPK Gorod Ltd. for the use of my photo, video and other materials created during the swim.

Medical contraindications for participation in the swim

- clinically significant circulatory failure;
- exacerbation of chronic coronary insufficiency;
- myocardial infarction (less than 12 months ago);
- aneurysm of the heart and aorta;
- threat of thromboembolic complications;
- threat of bleeding;
- organic diseases of the nervous system with a violation of its functions;
- blood diseases;
- malignant neoplasms;
- cholelithiasis and urolithiasis with frequent pain attacks;
- acute inflammatory diseases of the kidneys;
- myocarditis of any etiology;
- majority of heart defects;
- acute infectious diseases and their exacerbations;
- arterial hypertension;
- cardiac hypertrophy;
- pulmonary insufficiency with a decrease in HD;
- pregnancy over 22 weeks;
- obesity, 3-4 degree;
- significant myopia with changes in the fundus;
- diabetes mellitus (severe form)

I AM AWARE with the above list of medical contraindications and I CONFIRM I have no such contraindications, as well as any other circumstances that may interfere with my safe participation in the swim. _____

I CONFIRM my voluntary desire to participate in the swim. _____

I have carefully studied this document on the withdrawal of claims and exemption from liability, fully understood and AGREED with its content and SIGNED it voluntarily. _____

(Full name): _____

Signature: _____

Date of completion: «____» _____ 2021

Dear participant of the swim! It is highly unlikely that any of the risks listed below may happen, however, we are obliged to notify you of potential threats and make sure that you are ready to bear responsibility for your actions or inaction.

Organizer of the swim, MPK Gorod Ltd.

Application for participation in the Kids swim

I, (full name) _____
 " ____ " _____ of the year of birth, living at the address: _____

_____ passport (series number) _____
 _____, issued " ____ " _____ year _____, issued by _____

Tel. _____ I am the official representative / guardian Participant of the children's swim (full name) _____
 _____ « ____ » _____ of the year of birth, living at the address: _____
 _____ Identity document (series number) _____
 _____, issued " ____ " _____ year _____, issued by _____

Tel. _____ fully exercising the freedom of will, being in a state that allows to fully understand and adequately assess my physical form, health status and level of sports skills, adequately assessing the degree of risk I request to allow me to participate in the Swim _____ 20__.

I am fully INFORMED and HAVE REALIZED that open water swim can be a source of increased danger, injuries of varying severity and even death.

I am AWARE of the swim regulation, I undertake to follow the rules of the swim, the instructions of the organizers, judges and rescuers.

I undertake to provide all necessary documents, as well as mandatory to insure my life and health from accidents that may occur during the swim.

I ACCEPT full responsibility for all of my actions (or inaction) made within and in connection with the swim.

In the event that during my participation in the swim, or as a result of my participation in the swim, I get injured neither I, nor my family members, nor other executors WILL HAVE ANY CLAIMS (material or moral), neither to the judges, nor to the organizers, nor to any other representative of MPK Gorod Ltd, nor to other participants of the swim, regardless of the circumstances under which this injury (or other harm to health) took place.

I give my consent to MPK Gorod Ltd. for the use of my photo, video and other materials created during the swim.

Medical contraindications for participation in the swim

- clinically significant circulatory failure;
- exacerbation of chronic coronary insufficiency;
- myocardial infarction (less than 12 months ago);
- aneurysm of the heart and aorta;
- threat of thromboembolic complications;
- threat of bleeding;
- organic diseases of the nervous system with a violation of its functions;
- blood diseases;
- malignant neoplasms;
- cholelithiasis and urolithiasis with frequent pain attacks;
- acute inflammatory diseases of the kidneys;
- myocarditis of any etiology;
- majority of heart defects;
- acute infectious diseases and their exacerbations;
- arterial hypertension;
- cardiac hypertrophy;
- pulmonary insufficiency with a decrease in HD;
- pregnancy over 22 weeks;
- obesity, 3-4 degree;
- significant myopia with changes in the fundus;
- diabetes mellitus (severe form)

I AM AWARE with the above list of medical contraindications and I CONFIRM I have no such contraindications, as well as any other circumstances that may interfere with my safe participation in the swim. _____

I CONFIRM my voluntary desire to participate in the swim. _____

I have carefully studied this document on the withdrawal of claims and exemption from liability, fully understood and AGREED with its content and SIGNED it voluntarily. _____

(Full name): _____

Signature: _____

Date of completion: «____» _____ 20__

The official form of health care institution
Stamp

It is given to _____ (Surname, name) _____, _____ year of birth, that he (she) on _____ (date) underwent a medical checkup and was admitted to participate in open water swimming competitions at a distance of _____ km.

Doctor _____

Stamp