

Regulations
on the International Open Water Swim
X-WATERS SAMARA 181 August 18 - 22, 2021

Samara 2021

1. General information.

- 1.1. Executive Director of the swim: Kartaev Nikolai Nikolaevich.
- 1.2. The X-WATERS SAMARA 181 international swim is held from 18.08.2021 to 22.08.2021 in Samara in the Volga River.
- 1.3. Distances: solo swim 181km solo and relay swim 2 or 4-6 people 181 km (including land crossings).
- 1.4. The control time for the distances is 21:00 every day. Finish after 20:00 is at the discretion of the head judge of the swim.
- 1.5. Registration for the swim is on the official website of the series: x-waters.com
- 1.6. Maximum number of participants: 60 (5 relay teams (from 4 to 6 people), 5 relay teams (2 people) and 20 solo participants);
- 1.7. A special award is given to the participants of the first finishing team, 3 winners in absolute and age standings at the solo distance.
- 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 region.
- 2.3. Stimulating the growth of sporting achievements in long swims.

3. Management.

Swim organizer: OOO "Energo-Cleaning".

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 will be available on the web-site with an exact indication of the start and finish points and stopovers.
- 4.3. The organizers have the right to change the distance schemes and the start time having notified the participants.

5. Participants of the competition.

5.1. The swims for all distances allow men and women at least 18 years old.

5.2. The age of participants is determined by the number of full years on the day preceding the day of the swim.

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:

- The use of wetsuits is mandatory;
- At water temperature below 16 degrees - changes in distances up to cancellation are possible, the use of neoprene helmets is mandatory.

5.5 Participants are allowed to participate as follows:

- in solo and relay for 2 people standings, having experience in covering a distance of 10 km in open water at an official start, with a possibility to check the protocols;
- for all distances the average pace should be at least 25 minutes per 1 km for all participation options.

6. Rules for participation in the swim.

6.1. To participate in the team swim, each member of the relay team must swim at least 30 minutes every day of the swim, otherwise the team will be penalized or disqualified.

6.2. To participate in the team swim for 2 people, each member of the relay team must swim at least 60 minutes every day of the swim, otherwise the team will be penalized or disqualified.

6.3. To continue participation in the swim, each team or solo participant must fit in the control time at the start of each day.

6.4. Participants in a solo or relay swim are considered to be finishers and receive a medal, provided that each day's finish is completed.

6.5. Participants of solo or relay swim who have not completed the entire distance will receive a diploma at the finish of the swim with the time and the distance covered in the 5 days of the swim.

6.6. The start and finish time of the relay team is counted by the swimmer who has passed through the start and finish gate.

6.7. If swimmers in the relay team are suspended for medical reasons, the relay yawl can continue the race, provided that there are at least 3 swimmers in the yawl. Suspended participants registered in this team may stay in the yawl during the race.

6.8. Participants of solo or relay swim must strictly follow the instructions of the chief judge of the swim, rescuers, and organizers. If swimmers ignore the instructions of the chief judge, rescuers, and organizers, the swim participant will be disqualified from the entire distance of the swim. The organizers do not bear

any responsibility for the participants that do not follow the swim rules and the instructions of the chief judge, rescuers and organizers.

6.9. All belongings must be packed in max 2 pressure bags per person, including travel equipment. The total volume of pressure bags should not exceed 200 liters per person.

6.10. The participants of the relay team cover the distance in a yawl or boat following their swimmer. Really team for 4-6 people will have to row. The track will be controlled by the captain and the judge in the yawl.

6.11. 2 months before the start, the organizers will send a complete list of stuff necessary for the swim.

6.12. From 18.08.2020 and throughout the swim dry law is in effect. Consumption of any alcohol is prohibited.

7. Registration

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

7.2. 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.

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

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

7.5. 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 website.

7.6. Paid registration fee is not refundable.

7.7. 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).

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

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

7.10. When registering the relay team, the primary registration at the website shall be made by one of the team members. Further, the organizers will send an email to the address provided during registration and the team member shall respond providing contacts of all swimmers in the team 2 weeks prior to the swim at latest.

7.11. Each team member should have a personal account at x-waters.com, this is a mandatory condition.

8. Admission to competitions.

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

- Passport or other identity document¹.
- 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).
- Valid accident insurance policy for the entire duration of the swim.
- A medical certificate (ORIGINAL) issued not earlier than 6 months before the day of the swim (22.08.2020), which confirms that the competitor is allowed to compete in swimming or triathlon for a selected or longer distance. Admission to the swim through this certificate is carried out by the swim medical worker. Example is provided in Annex 2.

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

8.3. 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).

8.4. 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.

8.5. The certificate should be supported by the results of in-depth medical tests. An exact list of tests will be provided by the organizers 6 months before the start.

9. Starter package.

9.1. The starter package includes:

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

¹ The driver's license is not an identity document

9.2. Participants are allowed to start only with a safety buoy and in a swimming cap provided by the organizers. Buoy should be fixed to the body in accordance with the instructions of the organizers. At the end of the swim, the safety buoy must be handed over to the organizers.

9.3. 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.

10. Awards

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

10.2. The winner is determined by the amount of points for each day of the swim

10.3. All finishers are awarded the medal of the finisher, subject to the rules of the swim, see paragraph 6.

11. Withdrawal from distance

11.1. If the participant decides to withdraw from the competition, he must inform the organizers and return the safety buoy, this can be done through the team captain or at the camp in the organizers area. The exact location of the starting camp and the starting point is indicated on the website (paragraph 1.5)

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

12. Disqualification

12.1. 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 or impedes the competition.

12.2. Control time is used at the distances. Solo or team participant shall be withdrawn from the race if he does not fit into the allotted time limit for this part of the distance.

12.3. 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.

12.4. 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.

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

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

12.7. If one of the team members without a valid reason does not swim at least 30/60 minutes every day, the team will be disqualified from the race for 1 day.

12.8. If the team does not fit in the control time, which will be indicated at the briefing, the team will be disqualified from the race for 1 day.

12.9. The team may be penalized / disqualified if the baton is passed incorrectly. The organizers will show the mechanics of the correct baton passing at the briefing.

12.10. In case of disqualification, the team gets 0 points for this part of the distance.

13. Security

13.1. Overall responsibility for ensuring security rests with the Organizer.

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

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

13.4. Medical support is provided with the necessary equipment in accordance with the current regulations in the territory of the swim.

13.5. A team participant can not swim away from the yawl for more than 150 meters.

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

14. Photo and video shooting

14.1. 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.

15. Personal data

15.1. 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.

15.2. 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, emergency contact phone. When completing the application for the participation in the Swim, the Swim Participant shall provide to the Organizer the information about his passport data.

15.3. 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 in the territory of the swim.

15.4. 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.

15.5. 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.

15.6. 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.

15.7. 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.

16. Appeals

16.1. Appeals regarding the results of the swim are accepted during the swim days and two days after the swim.

16.2. In case the organizers are in doubt about the validity of the appeal, the appeal should be considered against the security deposit of 1000 rubles / 20 Euro. The security deposit shall be refunded if the appeal is approved.

16.3. The protocols of the swim can be updated within three days after the swim, after which they are considered official and final.

These Regulations may be amended or terminated by the Organizers unilaterally without prior notice to the participants and without payment of any compensation in this regard.

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.

To the organizer of the swim, **ООО «Энерго-Клининг»**

Swim Application

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 _____.

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 regulations, 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 **ООО «Энерго-Клининг»**, 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 **ООО «Энерго-Клининг»** 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 of 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 the medical institution Seal here
MEDICAL CERTIFICATE

Issued to _____ name, _____, _____ year of birth, to certify that s/he on __ _____
20__ passed a medical examination and was allowed to participate in open water swimming competitions at
a distance of _____ (for solo and relay team for 2 participants 45 km. For team 4-6 participants 10
km).

Doctor _____

Seal here

The minimum number of seals on the certificate is 3. (or 2 if the certificate is provided on the official letter-
head of the institution).