



Regulation
on Cold Camp and International
Open Water Swimming X-WATERS Plateau Putorana 2021
13-19 July 2021

RUSSIA 2021

1. General information.

1.2. X-WATERS Plateau Putorana 2021 (hereinafter referred to as the Event) is held from 13 to 19 July 2021, lake Lama, Norilsk, Krasnoyarsky Krai.

1.3. The Event includes: tourist program, cold training program (hereinafter - the Camp), sports event - open water swimming (hereinafter - the Swim).

2. Objectives of the Event

2.1. Popularize healthy lifestyle and swimming.

2.2. Attract tourists from among sports enthusiasts to the region.

2.3. Stimulate the growth of sports achievements in open water swims.

3. Management.

3.1. Event Organizer: OOO Bisnes-Kultura

3.2. The Event is managed by the Organizing Committee.

3.3. Executive Director of the Event / Head of the Organizing Committee: Evgeny Drozdovsky.

3.3. Cases not considered in the Regulation shall be considered by the Organizing Committee in the current order.

4. Admission to the Event

4.1. The Event is attended by men and women who are at least 18 years old on Camp's start day.

4.2 Before participating in the Event, each Participant must undergo a medical examination and receive an official medical report (certificate) valid for all days of the Event, that they are admitted to participate in open water swimming competitions at a distance of 2 km or more and have no medical contraindications to cold swimming and cold training. See Appendix 2 for the medical certificate template.

4.3. The participant must send a readable scan or photo of the medical certificate to the organizing committee address ed@x-waters.com for verification no later than June 22, 2021.

The participant without a valid certificate, or with a certificate, the authenticity of which will cause doubt, will be able to take part in the Event as a tourist, but will not be allowed to join any exercise or sports activities.

4.4. The maximum total number of participants in the Event = 30 people. The organizers are entitled, but do not undertake, to increase or reduce the number of participants.

4.5. Medical personnel, coaches and organizers have the right to suspend the participant from the training/competitive process at any time, if they deem it necessary.

5. Special warning.

5.1. The Event is held in Arctic conditions, in hard-to-reach and remote from civilization terrain, almost without communication and with limited amenities, almost in the conditions of autonomous existence. Obtaining any outside help, including medical care, is extremely difficult. At the same time, swimming in cold water, as well as tracking are associated with a potential health risk. You must be sure that you have no explicit

or hidden contraindications to these activities. We kindly ask you to make your decision to participate in the Event taking into account these factors.

5.2. Please inform the organizers if you have any chronic diseases, allergies, or regular need for medication.

6. Registration

6.1. The registration is held online at the official website (clause 1.5). If you have not received the confirmation of your registration by mail or to your personal account, please contact the organizers.

6.2. The registration will be open until the total number of participants is reached (clause 1.6), but not later than two weeks before the start for citizens living in the territory of the Russian Federation; for foreign citizens the registration period is until May 20, 2021.

6.3. When registering, the participant is obliged to indicate personal data in accordance with the identity document.

6.4. The participant is considered registered if they have completed the registration form and paid the registration fee.

6.5. The registration fee is spent on organizational needs. The amount of the fee can be found on the official website (clause 1.5). All financial matters are governed by the contract offer published on the website.

6.6. The rules for the fee refund are governed by the contract offer.

6.7. The registration of the participant shall be cancelled if false, inaccurate or incomplete data is indicated by the participant. In case of cancellation of the registration, the paid fees will not be refunded (More details in the offer contract, clause 5).

6.8. Issues of transfer of paid participation to other persons are regulated by the contract offer posted on the website.

6.9 By registering, the participant confirms their consent to all paragraphs of this regulation and the public contract offer.

7. Receiving starter packages.

7.1. To receive starter packages, immediately before the start of the Event, participants must provide:

- Passport or other identity document¹.
- Completed and signed "Application for Participation in the Event", which holds the organizers free from any responsibility for possible damage to life and health arising during the Event (Appendix 1).
- Current accident insurance policy.
- Original Medical certificate issued not earlier than 6 months before the last day of the Event that the participant is allowed to participate in open water swimming/swimming competitions at a distance of 2 km or more and has no medical contraindications to cold swimming and cold training. See Appendix 2 for the medical certificate template.

¹ Driver's license is not an identity document

7.2. Starter packages are issued only to the participant in person. Receiving the packages for other people and transferring them to others is prohibited.

7.3. All paragraphs of this section are mandatory, failure to comply with any of them entails the suspension of the participant from the sporting part of the Event without any reimbursement.

8. Swim Rules

8.1. Distances and limitations.

8.1.1 Swim distances without wetsuits for cold swimmers: 25 m, 50 m. (Neoprene helmets allowed)

8.1.2. Swimming distances in wetsuits: 1000 m, 1850 m.

8.1.3. Control time for distances:

25 m - 1 minute, 50 m - 2 minutes, 1000 m - 30 minutes, 1800 m - 60 minutes.

8.1.4. Use of wetsuits: At distances of 1000m and 1850m, participants are allowed only in full neoprene wetsuits with sleeves and pants, and in neoprene helmets. Swim at a distance of 25 m and 50 m are without wetsuits; neoprene helmets are allowed.

8.1.5. Each participant of the Event can take part in the Swim at only one distance. You can choose a distance to participate before the end of Camp.

8.1.6. Organizers and coaches have the right to allow or prevent a participant from a particular distance for reasons of health and safety.

8.2. Awarding

8.2.1. Three winners are awarded in the categories "Men" and "Women" in absolute standings at each distance.

8.2.2. All finishers are awarded the finisher's medal.

8.3. Disqualification

8.3.1. The organizers have the right to disqualify the participant if they have reasonable fears for their health, if the participant does not comply with the rules of the competition and the provisions of this Regulation, prevents other participants otherwise hinder the holding of the competition.

8.3.2. The distances imply control time. The swimmer is removed from the distance in case that they do not fit within the allotted time limit.

8.3.3. The swimmer is removed from the distance if they do not cope with the current and are below the control marks. The organizers explain the rules for passing the control marks at the pre-start briefing.

8.3.4. Each participant during the Swim must fix the individual buoy provided by the organizers, on the belt. A swimmer finishing without a buoy shall be disqualified and shall reimburse the organizers for the cost of the buoy.

8.3.5. The use of special devices such as flippers, blades, mattresses, etc., except for individual rescue buoys, wetsuits, neoprene gloves, socks or helmets, is prohibited.

8.3.6. Each participant must wear a swimming cap issued by the organizers during the Swim. Swimmer finishing without a swimming cap can be disqualified

8.4. Safety during the Swim

8.4.1. The overall responsibility for the security is on the Organizer

8.4.2. During thr Camp, when in water the participants are escorted by a coach on the SUP.

8.4.3. Each participant is provided with an individual safety buoy for the duration of Camp.

8.4.4. During the Swim in the water, the participants are escorted by motor boats and boats with rescue teams.

8.4.5. Each participant is provided with an individual safety buoy for the duration of the Swim.

8.4.6. Medical support is carried out by ambulances with the necessary equipment in accordance with the regulatory and legal acts in force in the territory of the Swim.

8.4.7. Safety of the Swim participants and spectators in the place of the main events of Swim on land is provided by OOO PAS through the hiring of a private security enterprise (CHOP).

8.4.8. Organizers are not responsible for participants who do not follow the rules of the Swim and instructions from the organizers.

8.5. Participation in the Swim only (without Camp participation)

8.5.1. A participant wishing to take part in the Swim on July 17, 2021, separately from the Camp, must take part in the Acclimatization Swim on the evening before the start (July 16), that is, arrive at the start point at least one day before the start.

8.5.2. The time for the acclimatization swim is appointed by agreement with the Organizers, but in any case, the acclimatization swim must be completed before dark.

8.5.3. The distance of the acclimatization swim is determined by the organizers and does not exceed 25 meters for swimmers wishing to swim without wetsuits and 300 meters for swimmers wishing to swim in wetsuits.

8.5.3. Based on the results of the acclimatization swim, the Organizers make a decision on the admission or non-admission of the participant to the main Swim.

9. Photo- and video shooting

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

10. Personal Data

10.1. The Participant's paying the registration fee automatically means full and unconditional acceptance by the Swim Participant of the conditions of the public contract offer, including consent to the processing of their personal data by the Organizer.

10.2. When filling out the registration web-form for the Event, the Participant shall provide the Organizer with the following information, which is personal data of the participant of the Swim: surname, first name, patronymic, gender, date of birth, contact information (phone, e-mail, city), company, club, phone of the next of kin who can be contacted in case of any accident with the Participant. When filling out the application for the participation in the Event, the Participant shall provide the Organizer with information about passport data.

10.3. Processing of personal data refers to: collection, systematization, accumulation, clarification, updating, modification, use, distribution, transfer, including transboundary, depersonalization, blocking, destruction, storage, and any other actions (operations) with personal data. Processing of personal data of the participant of the Swim can be carried out by means of automation and/or without the use of automation tools in accordance with the applicable legislation in the territory of the Swim.

10.4. Processing of personal data of the Participant of the Swim shall be carried out solely for the purpose of fulfilling the terms of this public contract offer and the Regulations on the Swim, including for registration of the Participant of the Swim to the Event, producing starting and finishing protocols, sending to the participant of the Swim e-mail messages and SMS notifications containing information about the Event and any other information, concerning the Participant of the Swim and related to the Event.

10.5. The Organizer shall take the necessary legal, organizational and technical measures or ensure their adoption to protect personal data from undue or accidental access, destruction, changes, blocking, copying, providing, distributing personal data, as well as other unlawful actions in relation to personal data, and assumes an obligation to preserve the privacy of personal data of the participants of the Swim. The Organizer has the right to attract subcontractors for the processing of personal data of participants of the Swim, and also has the right to transfer personal data for processing to their affiliates (list of persons is stored with the representatives of OOO Bisnes-Kultura and can be provided to the participant at their request), while ensuring acceptance by such subcontractors and affiliates related obligations regarding the confidentiality of personal data.

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

10.7. the consent to personal data processing can be withdrawn by the Participant of the Swim through a written application in any form addressed to the Organizer and sent to him at: welcome@x-waters.com.

This Regulation may be amended or terminated unilaterally by the Organizers without any prior notice to the participants and without payment of any compensation therein.

Dear participant of the Swim! It is unlikely that any of the risks listed below will come true, however, we must notify you of potential threats and make sure that you are prepared to be responsible for your actions or inaction.

To the Swim Organizer OOO Bisnes-Kultura

Statement on participation in the X-WATERS Plateau Putorana Event, 13-19 July 2021

I, (FULL NAME)

born " _____ " _____, residing at the address: _____

_____ passport (series number) _____ issued " ____ "

Issued by _____

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

fully possessing freedom of will, being able to fully understand and adequately assess my fitness, health status and level of sports skills, assessing the degree of risk, ask to allow me to participate in the **X-WATERS Plateau Putorana 2021**Event, which includes Cold Camp, Swim and tourist program.

I AM FULLY INFORMED AND UNDERSTAND that open water swimming as well as training, tracking and other activities related to my stay on the Putorana Plateau may be a source of increased danger, injuries of varying severity and even death.

I AM AWARE that the Swim and Camp events take place in remote hard-to-reach areas where it is difficult to get any outside help, including medical, I CONFIRM that I do not have any diseases or pathologies, exacerbation of which may require urgent hospitalization, medical examinations or special medical assistance.

I UNDERSTAND the Regulation on the Event, I undertake to comply with the rules of the Event, the orders of organizers, coaches and rescuers.

I undertake to provide all necessary documents, as well as to make sure my life and health are insured against accidents that may occur during the Event.

I ACCEPT full responsibility for all my actions (or inaction) performed within and in connection with the Event. In the event that when participating in the Event, or as a consequence of participating in the Event, I get any harm to health or injury of any severity, NEITHER I nor my family members, or other will executors WILL HAVE CLAIMS (material or moral), neither to the organizers, nor to other participants of the Swim, regardless of the circumstances in which this injury (or other harm to health) occurred.

I GIVE my consent to OOO Bisnes-Kultura to use photo, video and other materials with my participation created during the Event.

Medical contraindications to the participation in the Event

- clinically pronounced circulatory insufficiency;
- exacerbation of chronic coronary insufficiency;
- myocardial infarction (less than 12 months ago);
- aneurysm of the heart and aortic;
- threat of thromboembolic complications;
- threat of bleeding;
- organic diseases of the nervous system with dysfunctions;
- blood diseases;
- malignant neoplasms;
- cholelithiasis and urolithiasis with frequent pain attacks;
- acute inflammatory kidney disease;
- myocarditis of any etiology;
- most heart defects;
- acute infectious diseases and their exacerbations;
- arterial hypertension;
- heart hypertrophy;
- pulmonary insufficiency with VC decrease;
- pregnancy more than 22 weeks;
- obesity 3-4 degrees;
- significant myopia with a change in the fundus;
- diabetes mellitus (severe form)

I UNDERSTAND the above list of medical contraindications and CONFIRM my lack of contraindications, as well as any other circumstances that may hinder my safe participation in the Swim, Camp, training and tourist program. _____

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

I have carefully studied this document on disclaimers and exoneration, fully UNDERSTAND and AGREE with its content and SIGN it of my own free will. _____

(FULL NAME) : _____

Signature: _____

Date of completion: " _____ " _____ 2021

Official form of the medical institution

MEDICAL CERTIFICATE

Date _____

Issued to

FULL NAME _____

_____ ,

born _____ to confirm that s/he has undergone medical examination on " __ " _____ 20 __ ,

there are no contraindications to cold swimming,

is allowed to participate in open water swimming events over a distance of 2,000 meters or more.

The certificate is valid until _____

Doctor _____

Seal here