



Regulations on conducting the  
X-WATERS Camp Arctic 2021 training cold camp

Teriberka 2021

## **1. General information.**

- 1.1. Executive Director: Bogdalov Marat Maratovich.
- 1.2. X-WATERS Camp Arctic 2021 is held from 9 to 13 August 2021 in the waters of Teriberskaya Bay.
- 1.3. The registration is organized on the official website of the series: [x-waters.com](http://x-waters.com)
- 1.4. Maximum number of Camp participants: 16 people
- 1.5. Cases not considered in the Regulation shall be considered by the Organizing Committee in the current order.

## **2. Objectives of the Camp**

- 2.1. Popularize healthy lifestyle and swimming.
- 2.2. Attract tourists from among sports enthusiasts to the city.
- 2.3. Stimulate the growth of sports achievements in long distance swims.

## **3. Management.**

- 3.1. Camp organizer: Bisnes - Kultura Ltd.
- 3.2. The Camp is managed by the Organizing Committee.
- 3.3. Cases not considered in the Regulation shall be considered by the Organizing Committee in the current order.

## **4. Venue and time.**

- 4.1. The schedule of the event is published on Camp's official website.
- 4.2. The venue is indicated by the organizer on the official website.

## **5. Camp participants.**

- 5.1. The Camp can be attended by men and women who are at least 18 years old on Camp's start day.
- 5.2. The maximum total number of Camp participants is specified in paragraph 1.4. The organizers are entitled, but do not undertake to increase or decrease the number of participants.
- 5.3. Use of wetsuits.

The Camp is cold training, but for some part of training assignments there is a need for mandatory use of a neoprene wetsuit, a neoprene helmet, neoprene socks and gloves.

## **6. Registration**

6.1. The registration is organized online on the official website (clause 1.3). 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 1.4). If there are more participants willing to join, the organizers reserve the right but do not undertake to revise this paragraph of the Regulation.

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 1.3). All financial matters are governed by the contract offer published on the website.

6.6. The paid registration fee is not refundable.

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. Admission to participate in the Camp.**

7.1. To be admitted to the camp, the participants must provide:

- Passport or other identity document<sup>1</sup>.
- Medical certificate (ORIGINAL) (Annex 2) valid for all days 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. The certificate must be issued no later than 6 months before the end of Camp. 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.
- Completed and signed "Application for Participation in the Camp", which holds the organizers free from any responsibility for possible damage to life and health arising during the Camp (Appendix 1).

---

<sup>1</sup> Driver's license is not an identity document

7.2. All participants are required to attend the first briefing. The exact information about the place and time of the briefing will be provided on the website (item 1.3).

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

## **8. Stopping the training process.**

8.1. If the participant decides to stop the training camp, he must inform the organizers and give back the safety buoy.

8.2. Medical staff, organizers and coach have the right to withdraw the participant from the training process if they deem it necessary.

## **9. Ensuring safety**

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

9.2. When in water, the participants are escorted by a coach.

9.3. Each participant is given an individual safety buoy for the duration of the Camp.

9.4. Medical service is organized through calling for emergency medical help.

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

## **10. Photo- and video shooting**

10.1. The Organizer has the right, without any compensation to the Participant or liability, to make photos and videos of the Participant during the Camp, 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.

## **11. Personal Data**

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

11.2. When filling out the registration web-form for the Camp, the Participant shall provide the Organizer with the following information, which is personal data of the participant of the Camp: 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 Camp, the Participant shall provide the Organizer with information about passport data.

11.3. 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 Camp 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 Camp.

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

11.5 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 Camp. The Organizer has the right to attract subcontractors for the processing of personal data of participants of the Camp, and also has the right to transfer personal data for processing to their affiliates (list of persons is stored with the representatives of Organizers 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.

11.6. The date of issue of consent to personal data processing by the Participant of the Camp 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.

11.7. The consent to personal data processing can be withdrawn by the Participant of the Camp through a written application in any form addressed to the Organizer and sent to him at: [welcome@x-waters.com](mailto: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.**

**This Regulation is an official invitation-call for the Camp.**

*Dear participant of the Camp! 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 Camp Organizer OOO Bisnes-Kultura

## **Application for participation in the Training Camp**

I, (FULL NAME) \_\_\_\_\_  
born " \_\_\_\_ " \_\_\_\_\_, residing at the address: \_\_\_\_\_

\_\_\_\_\_ passport (series number) \_\_\_\_\_ 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 \_\_\_\_\_ 20\_\_.

I AM FULLY INFORMED AND UNDERSTAND that open water Camp can be a source of increased danger, injuries of varying severity and even death.

I UNDERSTAND the rules of the Camp and undertake to comply with Camp rules, the orders of organizers and rescuers.

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

I ACCEPT full responsibility for all my actions (or inaction) performed within and in connection with the Camp.

In the event that when participating in the Camp, or as a consequence of participating in the Camp, 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 judges, nor to organizers, nor to any representative of the Organizer, nor to other participants of the Camp, regardless of the circumstances in which this injury (or other harm to health) occurred.

I GIVE my consent to the Organizers to use photo, video and other materials with my participation created during the Camp.

## **Medical contraindications to the participation in the Camp**

- 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 Camp. \_\_\_\_\_

I CONFIRM my voluntary desire to participate in the Camp. \_\_\_\_\_

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: " \_\_\_\_ " \_\_\_\_\_ 20\_\_

Official form of the medical institution

MEDICAL CERTIFICATE

Date \_\_\_\_\_

Issued to

Full Name \_\_\_\_\_,

born \_\_\_\_\_ to certify that that s/he has passed a medical examination on "\_\_\_" \_\_\_\_\_ 20\_\_\_, there are no contraindications to cold swimming, admitted to participate in open water swimming competitions at a distance of 2000 meters or more.

The certificate is valid until \_\_\_\_\_

Doctor \_\_\_\_\_

Seal here