

# **The GAOL BREAK SWIM 2010**

## **South West Rocks Surf Life Saving Club Incorporated**

### **RISK WARNING** (section 5M Civil Liability Act 2002)

Warning is given to all entrants in the Gaol Break 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. South West Rocks SLSC Inc (the Club) and Organisers assume no responsibility for death or personal injury to any entrant including death and personal injury arising from a breach of an express or implied warranty that the Club and the organisers will render The Gaol Break Swim with reasonable care and skill.

### **CONDITIONS**

The Entrant or Parent/Guardian of the Entrant named in consideration of the acceptance by South West Rocks Surf Lifesaving Club Incorporated (the Club) of the entry in the 2010 Gaol Break Swim consent and agree:

1. To receive such medical or other attention which may be deemed to be advisable by the Club its medical and first aid assistants, beach or water safety patrol personnel in the event of injury accident and/or illness during the Gaol Break Swim.
- 2 To accept full responsibility to inform myself/ourselves and to assess all the dangers hazards and risks and of entry in the Gaol Beak Swim and rely solely on my/our own assessment of these dangers, hazards and risks before participating in the Gaol Break Swim and not withstanding any decision thereon made by the Club and other persons corporations and bodies involved engaged in promoting or staging the Gaol Break Swim (the Organisers).
3. To permit free use by the Club and the Organisers of my/our name and photograph in any broadcast, telecast or other media as may pertain to the Gaol Break Swim.
4. To have sole responsibility for my/their/our Personal possessions and equipment during the Goal Break Swim.
5. That in the event of cancellation of the Gaol Break Swim my/their entry fee will not be refundable by the Club
6. That as a person to whom recreational services are supplied by the Organisers, it is a term of my entry that I engage in the recreational activity of the Gaol Break Swim at my own risk.
7. That the terms and conditions contained in this entry form will be construed broadly to provide a release, indemnity and waiver to the Organisers of any liability for loss injury or other damage to personal property to the maximum extent permitted by law and will be construed according to the law of New South Wales.

## **ENTRY FORM**

Print and complete this entry form and post to SWR SLSC PO Box 100 South West Rocks NSW 2431 or go to [www.oceanswims.com](http://www.oceanswims.com) and complete your entry on line. On line entries close at midnight, Friday, March 20, 2010. Mailed entries must be received by March 20, 2010.

Entry fee is \$30 for individuals, \$60 for teams (teams have 3 swimmers), cheques made out to SWR SLSC or major credit cards online (Visa, Mastercard only).

Race day entries \$40 for individuals, \$75 for teams, will be accepted between 8.30 and 10 am on the swim day at the Surf Club.

For teams, three entry forms are required (please staple together if entering by mail).

**Given Name (s)** \_\_\_\_\_

**Family Name** \_\_\_\_\_

**Age on 20/3/10** \_\_\_\_\_

**Male/Female** \_\_\_\_\_

**Phone No** \_\_\_\_\_

**Emergency Contact** \_\_\_\_\_

**Emergency Cont Ph No.** \_\_\_\_\_

**Street Address** \_\_\_\_\_

**Suburb/Town** \_\_\_\_\_

**State** \_\_\_\_\_

**Post Code** \_\_\_\_\_

**Email address (Individual)** \_\_\_\_\_

**Email Address Team** \_\_\_\_\_

**Please ensure all emails for  
Team competitors are noted**

**Declaration** (must be signed).

I accept and agree to the conditions and Race Rules and acknowledge the Risk Warning as stated above.

Email copy with scanned signature will be accepted to confirm intention but original forms MUST be provided in the mail to the PO Box 100, South West Rocks.

Signature of entrant

---

**If entrant is under 18 years, a parent or guardian to complete.**

I certify that I am the parent/guardian of the above named entrant who will be \_\_\_\_\_ years of age in the day of the swim and being confident in his/her capability give consent to the entry in the Gaol Break Swim. I acknowledge the Risk Warning as stated overleaf.

Signature of parent/guardian

---

Date

---

Name

---

Address

---

## **INFORMATION ON THE GAOL BREAK SWIM**

South West Rocks a small seaside holiday town, 4.5 hours drive north of Sydney. The swim is from the historic Trial Bay Gaol (closed since 1914) to the Surf Club, a distance of about 2.7 km.

The swim is around Trial Bay, which is north-facing and is usually fairly calm. The swim follows the beach and does not pass any rocks or headlands. Swimmers are just beyond the shore break at all times and under intermediate conditions the race can be shortened rather than cancelled.

Water safety and beach patrol is provided by South West Rocks Surf Life Saving Club Accommodation is readily available close to the race venue. Check

[oceanswims.com](http://oceanswims.com) for accommodation and event hospitality packages.

Race start time is 10.30 am on March 20, 2010. Late entries are taken at the surf Club from 8.30 am on the day until 10 am.

The race is for individuals in the normal age categories from 13 to 60+, male and female and also for teams of three for a team relay event of approximately 1 km per swimmer. The Team category is a scratch event only with no allowance for age or sex.

The major places will be determined by a handicap system. Each age group will have a time correction factor and prizes will be awarded to the first three male and female swimmers.

The first three place-getters in each category will receive a special certificate and all swimmers who finish the course will receive certificates. Certificates will be printed on the day and available at the surf club.

As the swim is point to point, free transport will be available from the finish to start. After the race there will be a social event at the surf club with BBQ, drinks and merchandise available.

For further information phone Bob Ryan 0427561490 or email [bob@bobryan.net.au](mailto:bob@bobryan.net.au)