



OYL's Swim-A-ling-A-ling – Entry Form

A fun filled 12 hour swim-a-thon.
Event Date: Sunday, 11th January 2015
Event Venue: Oshwal Sports Complex

Entry Requirement:

Entry fee: KShs 1000/= per entry (to be enclosed with this form)

Entry Deadline: 6th January 2015

Entry for the event is open to all. Any person below the age of 18 years should get this entry form signed by their parent/guardian.

Personal Information (Participant):

Given Names:.....

Address:

Date of Birth (DD/MM/YYYY):.....

Age:.....

Gender: M / F (please circle the relevant one)

Email Address:

Mobile Number(s):

Parent/Guardian Information:(for participants below the age of 18 years)

Given Names:.....

Email Address:

Mobile Number(s):

Relationship:

Swimming Experience (Participant)

Beginner / Intermediate / Professional (please circle the relevant one)

Medical Information: (kindly state below any medical information relating to the participant – including any medication in use)

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Indemnity Agreement:(kindly tick all boxes after reading each point carefully)

- I am aware that swimming has some inherent risks of illness, injury or death. This may be a result of the negligence of others, myself, forces of nature or other agencies known or unknown. Rescue and medical services may not be able to reach me in time.
- I hereby fully assume all risk of illness, injury or death, and discharge the organizers of 'Oyl's Swim-A-Ling-A-Ling', their agents and associates from all actions, claims or demands from any damages resulting out of my participation in this sporting event. The foregoing obligation shall be binding upon me personally as well as on my heirs, executors, administrators, assigns and all members of my family.
- I hereby authorize any medical treatment deemed necessary in the event of any emergency, injury or mishap. I agree to bear all costs of rescue and/or medical services that may be incurred on my behalf.
- I recognize that as the provider of services, Oshwal Youth League and Oshwal Sports Complex will operate under a covenant of good faith and fair dealing, but that it may be necessary to terminate the event due to forces of nature, medical necessities or other reasons. I accept their right to take such actions for the safety of all participants including me.
- I understand that though precautions will be taken to provide a safe and enjoyable experience, there can be no guarantee of absolute safety against illness, injury and/or accident, and that there are grave and unpredictable elements of risk in any adventure, sport or activity associated with the outdoors.
- I agree that any film or photographs of me as a participant becomes the property of Oshwal Youth League and may be used for promotional and commercial purposes at any time.
- I hereby agree to have read and understood the attached Rules and Regulations, pertaining to this event, and I also agree to abide the same.

Signature (Participant)..... **Date:**

Signature (Parent/Guardian)..... **Date:**

Please contact our team on oylswimathon@gmail.com for any queries.



OYL's Swim-A-ling-A-ling

Rules & Regulations

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Event Date: Sunday, 11th January 2015
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You can swim as much or as little as you like...but there are some rules;

1. All Entries will enter into a lucky dip, from which Teams for the event will be created prior to the event by the organizers after the entry deadline. The list of the team member will be communicated in advance to the relevant OYL team captains.
2. Each team must swim relay style for 12 hours straight
3. One person from each team must be in the pool swimming laps at all times
4. It is the team and the OYL Team captains' responsibility to create a team roster; to decide how long each member spends in the pool
5. Each team must allocate a lap counter to cover the 12 hour event period – the lap tally will be recorded every hour by an official and will be displayed.
6. 1 lap = 2 lengths of the 25m pool
7. Swimmers are permitted to use floatation devices and swimming aids (including fins, kick boards, etc.) except during the 'Power Swim' session (see below)
8. There will be certain times during the day when exceptional rules will be applied, for example between the hours 9am and 10 am 'only participants under the age of 12 should swim'. These rules will be communicated to the OYL team captains prior to the event.
9. Throughout the day, all pool rules should be adhered to and be alert to any instruction given by the lifeguards and officials on duty.
10. Finally and most importantly.....HAVE FUN!

Power Swim Session

The Power Swim Session competition will be held over two 1 hour periods during the day. The following rules apply:

1. Teams are encouraged to swim as many laps as they can in these two 1 hour periods, with the winner being the team that swims the most combined laps.
2. Team captains must nominate a maximum of 8 swimmers to participate in each of these periods.
3. Swimmers cannot use floatation devices during this session.