



W:www.leinsteorpensea.ie
E:leinsteropenseaswim@gmail.com
T:[@LeinsterOpenSea](https://www.instagram.com/LeinsterOpenSea)

F:www.facebook.com/leinsteropensea
F:www.facebook.com/liffeyswim
Y:[LeinsterOpenSea](https://www.youtube.com/LeinsterOpenSea)

An 88ú Snámh Oileán, Binn Éadair
The 88th Island Swim
Ireland's Eye to Howth
Saturday 7th July 2018

Leinster Open Sea will run The 88th Island Swim on Saturday the 7th of July.

Times

Registration at ?pm
Ferry Boats leave Howth Harbour at ?pm
Race Starts at ?pm

Cancellation or Postponement

Leinster Open Sea reserve the right to:

- cancel The 88th Island Race if conditions are unsafe;
- change the route and or distance of The 88th Island Race depending on conditions;
- change the course of the race due to sea or weather conditions;
- change the start time of the races to accommodate sea conditions; or
- refuse admission to The 88th Island Race.

Leinster Open Sea will not refund entry fees in the event that The 88th Island Race is cancelled, postponed, start time changed or if a swimmer is asked to retire or refused admission to the race.

Disqualification from The 88th Island Swim

Leinster Open Sea will disqualify swimmers who:

- leave the course or the finish area without ensuring their name is marked off the list of swimmers;
- do not obey instructions given by race officials or rescue crews;
- engage in dangerous or unsporting behaviour;
- commence swimming before their given start time per the handicap and called out by the race starter;
- fail to follow the course or fail to go around designated marker buoys.

The above list is not exhaustive.

Health Guidelines for The 88th Island Swim

If you suffer from a medical condition or are recovering from illness you should consult with your doctor before entering The 88th Island Race or competing in Open Water Swimming.

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Leinster Open Sea will bear no responsibility for your decision to enter The 88th Island Race or any other swimming race on the Leinster Open Sea Calendar.

Closing Date for Entries Wednesday 4th July

Please complete online registration form before Wednesday 4th July.

Entry fee for adults : Euro €35

Changes to Rules and Swimmer's Declaration

Leinster Open Sea and the host swimming clubs will from time to time, update and amend the Race Rules and Swimmer's Declaration. Leinster Open Sea and the host swimming clubs may have to make amendments at short notice in order to ensure the safety of swimmers, rescue crews, race officials and spectators and to ensure good administration and fair competition of the Open Sea races. Leinster Open Sea follows the current rules posted on the Leinster Open Sea website www.leinsteropensea.ie

Race Course

Both Leinster Open Sea and experienced swimmers consider The 88th Island Race as one of the more difficult races on the Leinster Open Sea Calendar.

Swimmers are taken by boat from Ireland Eye and dropped off on a beach on Ireland's Eye. Swimmers then have to swim approximately 1,900 metres from Ireland's Eye to (Howth Harbour) Balscadden Beach, which is to the East of Howth Harbour.

For most races on the Leinster Open Sea Calendar swimmers swim along shore. Swimmers are usually never more than 100 to 200 metres from the shore, and if in difficult swimmers can always swim to shore (even though there are always a minimum of three rescue boats).

The Island Race is different in that for the first half of the race swimmers are swimming between an Island and the mainland and so swimmers do not have the option of swimming to shore.

Swimmers will be swimming in open water between Ireland's Eye and Howth Harbour which is exposed to wind and the impact on stronger tidal flows.

The Island Race can be a difficult race to complete for weaker swimmers or for novice swimmers. Swimmers should exercise caution before entering The 88th Island Race, as it is a harder challenge compared to the other races on the Leinster Open Sea Calendar.

On this basis, Leinster Open Sea recommend that The 88th Island Race is not a suitable race for swimmers:

- who are not eighteen years of age or more on 1st of June 2018;
- who are competing for the first year in the Leinster Open Sea Races in 2018;
- who cannot complete 1900 metres within 45 minutes;
- have difficulty completing the other races on Leinster Open Sea Calendar;
- who suffer from hypothermia.

Changes to Rules and Swimmer's Declaration

Swimmers must be 18 years or older on 1st July 2018.

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Wetsuits

Wetsuits are not permitted in The 88th Island Swim.

Retire from the Race

Exceed cut off Time

Leinster Open Sea will enforce a cut off time of 1 hour.

Leinster Open Sea set cut off times to give swimmers a generous opportunity to complete the race course. **If you exceed the cut off time and are asked to retire from the race you must do so immediately.**

Incident at The 88th Island Race

Please also be mindful that although you are making progress and can comfortably complete the race course within cut off time, there may be incidents happening elsewhere along the race course which you are not aware of. The race organisers and rescue crews may need to direct their full attention to those incidents and ask all remaining swimmers to retire and leave the water. **If you are asked to retire from the race and leave the water you must do so immediately.**

Finish of the Race

At the end of races, race officials may request swimmers to clear the water and collect their clothes and bag from the finish area. The race officials may wish to carry out a final tally to ensure that all swimmers are accounted for. Likewise race officials may wish to ensure that swimmers are in good condition and do not require medical assistance before releasing the Civil Defence and or first aid teams. **If you are asked to leave the water you must do so immediately.**

Progress in the Race

If in the opinion of race officials, shore observers or rescue crews:

- you are not making sufficient progress compared to other swimmers;
- your stroke rate has deteriorated;
- you are constantly stopping; and or
- have stopped for over a minute and a half

you will be asked to retire and leave the water. **If you are asked to leave the water you must do so immediately.**

Disqualify and refuse Entry

Leinster Open Sea reserve the right to

- disqualify swimmers who do not comply with instructions given by race officials or rescue crews; and or
- refuse entry to future races to swimmers who do not comply with instructions given by race officials and rescue crews.

Swim Ireland Membership

Swimmers competing in The 88th Island Swim must be either a full competitive member of Swim Ireland or a Special Member of Swim Ireland.

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Swimmer's Declarations

I confirm that by completing the <https://www.fitlive.ie> online entry form I am:

- in good health and have no physical condition, disease or injury which will impair me from swimming in the 88th Island Swim and completing the race course (approximately 1,900 metres to be confirmed);
- acclimatised to swimming in open water / open sea without a wetsuit in temperatures from 9 to 15 degrees Celsius;
- bound by the Swim Ireland Rule Book, Code of Conduct, Complaints and Disciplinary procedures; and
- bound by the rules of Leinster Open Sea and which are the same as those published on the Leinster Open Sea website www.leinsteropensea.ie.

I confirm that I will:

- comply with all instructions given to me by race officials and rescue crews;
- retire from the race if requested to do so by race officials or rescue crews;
- leave the water and retire if I exceed the cut off time (1 hour (to be confirmed));
- ensure that my name is crossed of the list of swimmers by a race official on completion of the course;
- not engage in dangerous or unsporting behaviour;
- ensure that my clothes and belonging are stored in a bag with my name, club and phone number clearly labelled on the bag;
- not litter or leave rubbish at Howth Harbour; and
- accept the decision of Leinster Open Sea as final.

I confirm that I have not been advised against participation in The 88th Island Race or Open Water Swimming by a health professional.

If race officials or rescue crews consider that I am suffering from fatigue, hypothermia or disorientation or consider that I am in difficulty or danger, I authorise race officials and rescue crews to remove me from the water and bring me to a place of safety where I may obtain medical assistance.

I authorise Leinster Open Sea to use my photograph, digital image or video image for administration of the races and or publicity and media purposes.

I confirm that if I win a place or a prize that I will be available and on time for the presentation attended by sponsors and VIPs. I agree that if I do not turn up on time for the presentation that I will forfeit my prize.

All Swimmers in The 88th Island Swim and the other races on the Leinster Open Sea Calendar swim at their own risk.

- I. I understand that my participation in The 88th Island Race and the other swimming races on the Leinster Open Sea Calendar in 2018 or future years, constitutes a risk of serious injury (including diseases, paralysis or death) or mishap to me, and I voluntary and knowingly recognise, accept and assume these risks personally and at my own volition.
- II. I am entering The 88th Island Race and or the other swimming races on the Leinster Open Sea Calendar in 2018 or future years, of my own free will. I am aware of and assume all

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risks associated with participating in these races, including, but not limited to:

- Slip and fall hazards at entry point and egress point due to uneven ground and wet surfaces;
- Cuts and abrasions from rocks and sharp objects (including glass) at the entry and egress points;
- Submerged hazards which are not visible from the water surface;
- Collisions with objects floating in the river or the sea;
- Collisions and contact with other swimmers competing in the race;
- Collisions with rescue boats and kayaks;
- Collisions with swimmers and mariners who are not participating in the race but who enter the race course;
- Water pollution;
- Risk of contracting infections and diseases including the following Leptospirosis (Weil's disease), E coli infections, Cryptosporidiosis and Hepatitis (The list is not exhaustive);
- Stings and bites from marine or river life;
- Hypothermia due to low air and sea temperature;
- Seasickness and disorientation from wind and waves;
- Effect of weather, wind, waver, currents and tidal streams;
- Hazards caused by the shape of the sea floor or river floor or lake bed;
- Damage or theft to personal property while swimming; and
- Hazards posed by volunteers, spectators or members of the public.

III. I shall participate with self-awareness, awareness of others and of my surrounding environment, with due care and caution, at all times looking out for my own safety and the safety of others.

IV. I acknowledge that Leinster Open Sea is a voluntary not for profit organisation and that all members are volunteers. I understand that without their efforts, The 88th Island Race would not take place. In consideration of (i) the taking place of The 88th Island Race; and (ii) my participation in the race, I hereby agree to keep:

- Leinster Open Sea;
- The other host swimming clubs who run races on the Leinster Open Sea Calendar (including Leinster Open Sea);
- Leinster Open Sea;
- Swim Ireland;
- Rescue crews (including Civil Defence and Irish Water Safety);
- Other sponsors;
- Volunteers, stewards, race officials, rescue boat owners, kayakers, first aiders and shore observers;
- Directors, employees, representatives and any agents of the above

free from any legal claim however caused by my participation in The 88th Island Race or any other swimming race on the Leinster Open Sea Calendar in 2018 or in future years including any risks that may be the result of the negligence of those persons mentioned above. Accordingly, I release and discharge all those listed above from any losses or liabilities that may arise from my participation in The 88th Island Race or any other race on the Leinster Open Sea Calendar in 2018 or future years and I agree not to sue any of those

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persons for any claims, losses, or liabilities.

- V. I grant permission for the use of my name, image and or likeness relating to my participation in The 88th Island Race and or any other race on the Leinster Open Sea Calendar in 2018 or future years, and I waive all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness;
- VI. I agree to my personal details being held on computer database by Leinster Open Sea and shared with other host swimming clubs who run races on the Leinster Open Sea Calendar.
- VII. I also acknowledge that if Leinster Open Sea or any of the other host swimming club admit me to either The 88th Island Race or any other swimming race on the Leinster Open Sea Calendar in 2018 or future years, it is my decision to enter the race and my duty to ensure that I am fit and able to safely complete the course without assistance. Leinster Open Sea and or the host swimming clubs bear no responsibility for my decision to enter either The 88th Island Race or any swimming race on the Leinster Open Sea Calendar in 2018 or in future years.
- VIII. I will further ensure that I will check the Leinster Open Sea website www.leinsteropensea.ie and ensure that I have read the current set of Race Rules and comply with the current Swimmer's Declaration before participating in either The 88th Island Race or any other swimming race on the Leinster Open Sea Calendar in 2018 or in future years. I am aware that Leinster Open Sea and the other host swimming clubs reserve the right to change and amend the Race Rules and Swimmer's Declaration at short notice.
- IX. I will take responsibility for friends and family who accompany me to The 88th Island Race or any other swimming race on the Leinster Open Sea Calendar. I will ensure that they follow the instructions of race officials, stewards and rescue crews.
- X. I will ensure that if I have my own personal kayaker accompany me on The 88th Island Race or any other swimming race on the Leinster Open Sea Calendar in 2018 or future years, that I will obtain permission from the Race officials and Handicapper and my kayaker will obey the instructions given to them by race officials, rescue crews and stewards. If my kayaker does not follow such instructions, Leinster Open Sea or the other host swimming clubs may disqualify me from the race.