



**Terms and conditions
Arctic Swim
open water competition
August 12-13th, 2017**

1. Purposes of the event

1. Healthy lifestyle and open water swimming promotion.
2. Chance for every one to gain an extraordinary swimming experience.

2. Management

Host of the event: LLC Business Culture (ООО «Бизнес-Культура»)

Operational management functions are delegated to the race committee.

Director of the event: Alexander Bazanov

Executive Secretary: Marat Bogdalov

Cases not covered in the Terms and conditions shall be considered by the Race committee individually.

3. Location and time of the competition.

3.1 The Arctic Swim international race at all distances will be held on August 12 and 13, 2017 in the Barents Sea (Arctic ocean) near Teriberka village.

The acclimatization swim shall be held on August 12, 2017.

3.2 The exact start time shall be appointed by the organizers 1 month before the start. The schedule of the event shall be published on the official website of the race swim together with the start time.

3.3 All distances finish on the shore at the beach of Teriberka village.

The start of 1 nautical mile distance is at the shore in the vicinity of Lodeinoe village.

The start of 0.5 nautical mile distance is at the beach of Teriberka village.

A detailed swim plan shall be published at arcticswim.com

3.4 The organizers have the right to change the distance schemes and the start time having notified the participants.

4. Acclimatization swim.

4.1 Acclimatization swim shall be held at 15:00 on August 12, one day before the start, and is mandatory for all participants except those that are classified as "Ice swimmers" (clause 6.7 of this Terms and conditions).

4.2 The duration of the acclimatization swim is 10 minutes for 0.5 mile distance and 15 minutes for 1 mile distance, pace and distance are not regulated.

4.3 The acclimatization swim will take place at the beach of Teriberka village, in the area of the race start.

5. Distances.

5.1 The competition includes the following distances:

- 1 nautical mile
- 0.5 nautical mile

5.2 Time limits:

1 nautical mile	60 minutes
0.5 nautical mile	30 minutes

5. Participants.

6. Participants of the competition.

6.1 Participants of the competition on any distance shall be men and women born in 1999 or earlier.

6.2 The age of participants is determined by the number of full years as of December 31, 2017.

6.3 The maximum total number of participants is 100 people.

6.4 Expected water temperature is from +6°C to +8°C. Air temperature from +6°C to + 20°C.

6.5 The participants shall be divided into 2 categories:

- "Daredevils" participate in wetsuits and neoprene helmets;
- "Ice swimmers" - without any thermal insulation.

6.6 The use of wetsuits in "Daredevils" category is mandatory. The wetsuit shall be full-size - with sleeves to the wrist and leg pants to the ankles. Neoprene helmets are also mandatory. It is recommended to use neoprene socks and gloves without membranes.

Should any participant lack at least one mandatory item of equipment, s/he is not allowed to participate in competition.

6.7 Swimmers with the following swimming experience are allowed to participate in the "Ice swimmers" category:

- in ice water (up to +2°C) at a distance of at least 200 m;
- in glacial water (from +2.1°C to +5.1°C) - at least 450 m;
- in cold water (from +5.1°C to +14°C) - at least 1000 m.

After registration for "Ice swimmers" category the participant should provide one of the following confirmations:

- "Guarantee" filled in and certified by the head of the public organization of winter or cold swimming, confirming such swimmer's experience. The form will be sent to the participant after the registration for the swim;
- or a diploma confirming the participation in such competitions in a category that does not require a wetsuit, with the signature of the director / chief judge of competitions and the seal of the organization of the competition;
- or a certified protocol of such competitions in a category that does not require a wetsuit, in soft copy on the race website, or printed with the signature and seal of the director / chief judge of the competition. Links to

electronic versions of protocols are accepted if the information provided in them is sufficient to identify the participant exclusively.

The confirmation should be issued no earlier than April 2017, and diplomas confirming the experience of swimming in the conditions specified above, should be related to competitions not earlier than the 2016-2017 season.

The category "Ice swimmers" doesn't allow using neoprene swimming suits, shorts, helmets, gloves, socks. Men are allowed to wear swimming trunks (max knee-length), women - in swimming suits with open shoulders and max knee-long trousers. Using fats, ointments or other means of warming is forbidden.

6. Registration

6.1 Registration is done by filling up the online form on the website arcticswim.com. If you did not receive confirmation letter after your registration, please contact the race committee.

6.2 The registration will be open until the total number of 100 participants is reached (including all distances and age groups), but not later than August 12, 2017. If there are more participants wishing to participate, the organizers reserve the right, but do not guarantee to reconsider this clause of the Terms and conditions. Additional options to slots may end out earlier than the slots themselves.

6.3 Participant is obliged to provide personal information according to ID.

6.4 All participants must fully complete their entry form and pay entrance fee to finish the registration.

6.5 Entrance fee is spent on organizational needs. The fee amount can be found on the official website.

6.6 The entrance fee is not refundable.

6.7 Registration is canceled if the participant failed to provide correct personal data through the registration process. Entrance fee is not refundable.

6.8 The personal data will be used for administrative and market research purposes only following Federal Law №152-FZ (Personal data collection law). Your personal details will not be used for any other reason and will not be shared with any other organizations.

6.9 Participants agree to the following Terms and conditions outlined below when entering the VolgaSwim competition.

7. Requirements for applying for competition

7.1 To take part in the competition and pick up one's starter pack participant need to provide following:

- ID (passport or driver's license)
- Fully filled up entrance form
- Active insurance contract covering accidents
- For participants under "Ice swimmers" category - one of the confirmations specified in clause 6.7;
- For participants under "Daredevils" category - mandatory equipment in accordance with clause 6.6
- Medical certificate issued not earlier than 6 months before the day of the swim, which affirms that the party allowed to compete in swimming or triathlon to a selected distance or greater.

7.2 Starter packs are picked up only by the person who registered for the race. It is prohibited to receive starter pack for someone else.

7.3. All participants are required to attend a prelaunch briefing.

8.4 All participants under "Daredevils" category should take the acclimatization swim.

7.4. All items in this section are mandatory to comply with any of them involves the removal of the participant from the competition without refund.

8. Starter package and timing chip.

8.1. Electronic time measurement takes place at all distances.

8.2 Starter package includes:

- Electronic chip
- Swimming cap
- Swimming buoy (you need to return it after the race)
- Ads materials

8.3 Only participants with an electronic chip, rescue buoy and swimming cap issued by the organizers and in swimming equipment in accordance with the requirements specified in clause 6.6. and 6.7. of these Terms and conditions are allowed to get access to the start gates.

After finishing the distance the chip and safety buoy must be returned to the organizers. Improper fixing of the chip can make it impossible to collect individual timing results.

9. Rewarding

10.1 The following rewards should be provided:

- In 0.5 and 1 nautical mile swims - 3 winners under "Daredevils" category in each group - "men" and "women" - in absolute standings, and 3 winners under "Ice swimmers" category in each group - "men" and "women" - in absolute standings.

9.2 Every finisher will get finisher's medal.

10. Quitting the race

10.1 If the participant has decided to quit the competition, he must inform the organizers and return an electronic chip and a safety buoy. You can do it at the start gate or in the start camp.

11.2 Medical personnel, rescuers, organizers and competition judges may refuse a participant from the competition at any time if they deem it necessary.

11.3. Medical personnel have the right to conduct additional examination of the participant at any time without reasoning.

11. Disqualification

11.1 The race committee reserves the right to refuse a participant or spectator admission to an event if there is a risk of health and safety to the person, other staff/volunteers or members of the public.

12.2 The organizers have the right to disqualify the participant if the s/he does not comply with the rules of the competition and these Terms and conditions, interferes with other participants, otherwise hinders the competition.

11.2 Each swim route have it's own time limit. Participant disqualifies if he fails to fit the time limit.

12.4 The swimmer is eliminated from the race if he fails to stay within the check lines. The rules for passing the check lines should be explained by the organizers at the pre-start briefing.

11.4 The use of special devices such as fins, vanes, mattresses, etc., except for individual rescue buoys and wetsuits, neoprene helmets, glows and socks is prohibited.

11.5 Each participant during the race must wear official swimming caps. Those who finish the race without a cap may be disqualified.

11.6 Each participant need to have the official individual safety buoy fixed on his body during the race. Those who finish the race without a buoy may be disqualified and need to reimburse the costs of the buoy to the organisers.

12.8 The use of musical devices during the swim is prohibited. If a participant keeps a musical device during the swim, the organizers have the right to eliminate him/her from the distance.

12.9 Swimmers in a state of alcoholic or narcotic intoxication, including minor, are not allowed for the start.

12. Safety

12.1 LLC «Business Culture» is responsible for the safety of the attendees and visitors of the event.

12.2 The participants will be guided and supported by the rescue teams on the boats during the race.

12.3 Each participant will be provided Volgaswim's individual safety buoy for the time of the event.

12.4 In accordance with the regulatory legal acts in Russian Federation the medical support is provided by ambulances with necessary equipment.

12.5 LLC Business-Culture guarantees security on the shore during the event by hiring a professional security company.

12.6 Organizers are not responsible for participants who do not follow instructions and rules.

All participants are responsible for reading the event information prior to the event.

13. Video and photo materials

13.1 VolgaSwim organizers may take photographs or video footage at their events. Images and footage will be used for promotional purposes and may include printed documents or media, editorial coverage, advertising press and use on the internet. Participants who do not wish for their images to be used in such ways must inform the event organizer prior to the event.

14. Objections

14.1 Any objections are accepted by the organizers in written form within 30 minutes after the announcement of preliminary protocols.

The race committee reserves the right to add or change the Terms and conditions of the event with no refund of entry fee.

These Terms and conditions qualify as the official invitation for the event.