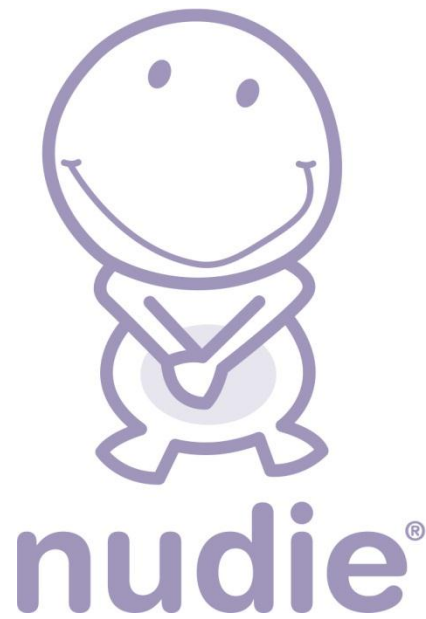


The Sydney Skinny

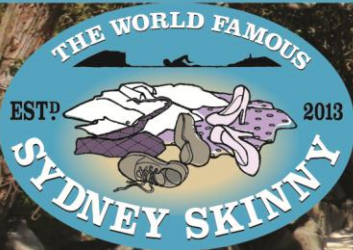
Event Day Information Booklet

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Congratulations for registering to participate in the inaugural Sydney Skinny and welcome to a world first event. This information booklet has been written to provide you with more details to help you get ready to enjoy the event.

Key information:

- Event Date: Sunday 17th February 2013
- Event Location: Middle Head Road, Sydney Harbour National Park, Mosman.
- Timing:
 - 8am – event site opens and all participants are welcome
 - 8:30am – swimmer briefing and presentation to NSW National Parks and Wildlife,
 - 9am – first wave of swimmers will start
 - 10am – swim course closes

Entry to The Sydney Skinny

You **MUST BRING YOUR TICKET** with you, which will be scanned at point of entry to the festival area.

All swimmers will then be provided with a swimmer wristband and a nudie gift bag.

The point of entry is at the very end of Middle Head Road, where the National Parks boom gate is. You will see signage and event helpers ready to direct and assist you.

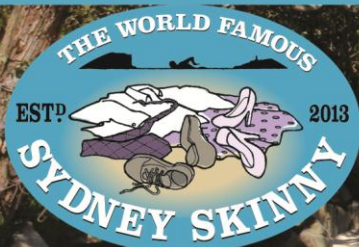
For people requiring assistance down the Cobblers Beach track please make yourself known to event staff when you arrive to receive further information about the NSW National Parks and Wildlife vehicle which will take you down to the Beach for your swim.

The event site is open from 8am and there will be a presentation from 8:30am to the Foundation for National Parks and Wildlife, plus the swim and event briefing (which all swimmers must attend). Please ensure you arrive prior to 8:15 so you can be a part of the opening presentation and to receive information for the remainder of the day.

Late Entries

The event website has online entries available until 10pm in Friday 15th February but if you miss out or a friend wants to join you, late entries are available on the day. Late entries are subject to limited numbers, so to avoid queues and disappointment on the morning we strongly recommend you enter online prior.

- On the day entries available from 8am, Sunday 17th February.
- On the day entries are at the point of entry to the event area, the end of Middle Head Road.
- \$40 cash on the day.
- No card payments on the day.
- All swimmers must fill out a swimmer entry form and sign the swimmer waiver to enter the swim



The Swim & Course

The Sydney Skinny has attracted an incredibly diverse range of participants from 1st time open water swimmers, beginner level swimmers through to National and International seasoned ocean swimmers. All swimmers must be 18 years or older.

Swimmers will be invited to go to the swimmer marshalling area from 8:50am where in groups or waves of around 50 will be sent down the trail to Cobblers Beach. This means that you can swim with your friends and family when you chose. We expect that there will be 10-15 waves of swimmers, so you can stay in the Festival area, enjoy the morning or head straight for the marshalling area to be in the early swim waves.

The marshalling area will be signposted and **Ella Bache** will have sunscreen available for you to slip, slop, slap prior to your swim. All swimmers are invited to leave their personal belongings at the Baggage drop area and just walk down the track in protective or reasonable footwear and light clothing.

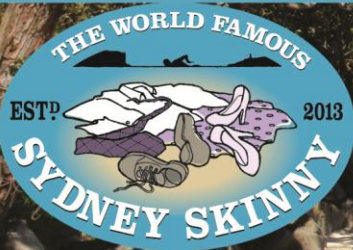
The **nudie** swim course is 900m and will be marked by 5 purple **nudie** swim cans. The course has been designed in a diamond shape so swimmers are kept close to the beach / headland at all times.

There will be water safety boats and life savers on rescue boards throughout the course. If you need assistance throughout the swim – DO NOT PANIC! Raise your arms and get the attention of one of the lifesavers who will paddle to you and assist you.

Swimming aid: You are welcome to bring any swim aid you chose; from flippers to floatation devices.

Please note: there is no nudity permitted prior to reaching the sand on Cobblers beach.



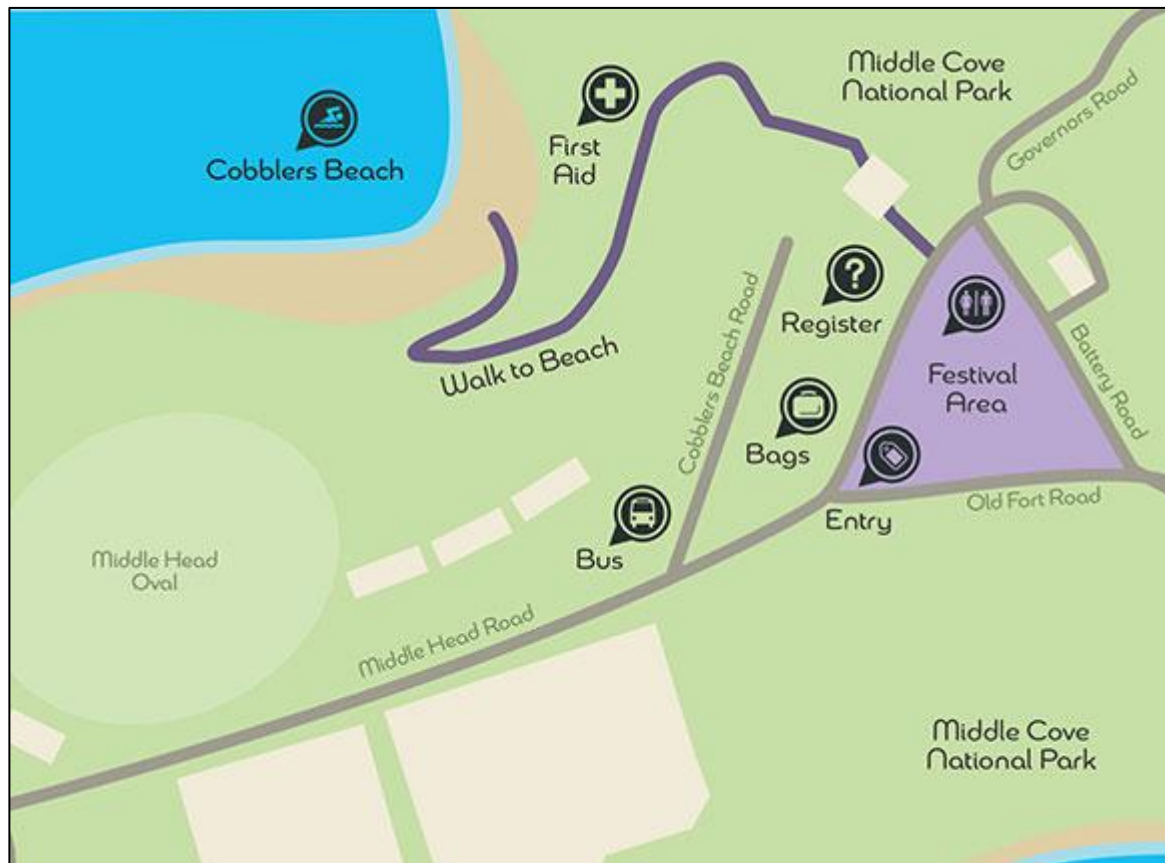


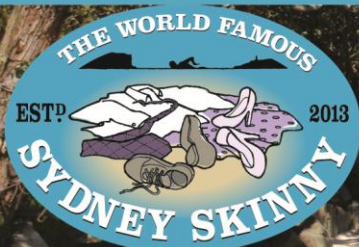
The Festival Area

Our event presenting partner **nudie** will be onsite providing participants with amazing juices and our skin care partner **Ella Bache** will be providing everyone with their great SPF 50+.

The Foundation for **National Parks & Wildlife** is putting on a BBQ, the **Coffee Crew** will be there for your early morning fix (or top up) together with music and other entertainment on the day.

The Festival area is a great location to chill out and enjoy the morning so feel free to do some of the amazing walks throughout the headland or visit Middle Head's 1801 Fort.





Donations

The event preferred charity partner is the Foundation for **National Parks & Wildlife**. While we have chosen our preferred charity partner, that doesn't mean you must choose them too. Through our event fundraising portal, swimmer can raise monies for the rejuvenation project of Middle Head through donations to the **Foundation for National Parks & Wildlife** or pick their own charity partner.

To date we have \$7,500 to present to our charity and we hope that through this event we can raise the funds to reach our goal. More info about our goal is on the event website under project – [click here](#)

Transport, Private Buses & Parking

We encourage everyone to use public transport to arrive at Middle Head, Sydney Harbour National Park. There are many bus routes from the city to Mosman Junction, the 244 & 247 are recommended, however please check current bus time tables and routes to avoid disappointment on the day.

We have hired two private busses which will be running **between Mosman Junction and Middle Head National Park**. The busses will commence from the start of Middle Head Road, at Mosman Junction. The busses will stop at the public bus stops along Middle Head Road all the way to the event site.

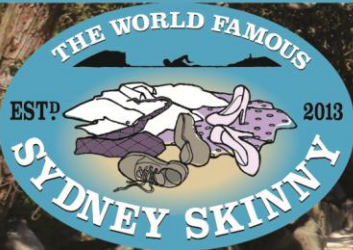
The private busses are running from 7:30am – 12:30pm on rotation and will have a Sydney Skinny sign in the front and side windows, so please flag them down to ensure the driver knows to stop for you. Please note most of the parking along Middle Head Road is free.

There are approximately 180 parking spots throughout Middle Head National Park, which are owned by Sydney Harbour Trust and are ticketed. Please make sure if you do drive you get a parking ticket as we don't want anyone's day ruined by a parking fine.

Another option is for people to ride their bicycles to the event. Please ensure you bring your bike chain and lock for security. We will have a location near the swimmer baggage area for you to leave your bike in the event site.

Bus signage:





Personal Belongings

All personal belongings can be left in the baggage area, prior to walking down the track to Cobblers Beach. Each participant bag will be tagged with your surname and contact number so we can identify each person's belongings.

Clothing

You must be clothed to walk down the bush track to Cobblers Beach and we recommend sturdy and supportive shoes are worn as the track is uneven and not sealed. You will be able to leave your clothes at the Beach area with the assistance from our friends at **nudie** and **Ella Bache**. You will be given a sarong from our helpers on the Beach at the completion of your swim so you can take your time to enjoy your post swim celebrations and find your clothes.

After your swim you can come back to the baggage area and the friendly helpers will assist you to pick up your belongings and enjoy the festival area.

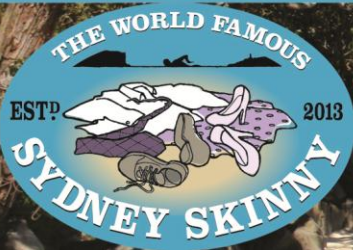
Refreshments

We are dedicated to minimising impacts to the environment so we ask all swimmers to please bring **refillable water bottles** and take them down to the Beach area for a post swim drink. There will be a water station down on the Beach, however we would prefer not to give out cups as this just creates more rubbish, so bring a water bottle with you and you can refill it if you need from our water station.

In the festival area **The Foundation for National Parks & Wildlife** will be running a BBQ for you to recharge after your swim and **nudie** will of course be there handing out their yummy juices, plus the Coffee Crew will be down there for anyone who would like a hot beverage.

Presentation

The presentation will commence in the Festival area at 8:30am prior to the start of the 1st wave. The presentation will consist of an official welcome from Nigel Marsh, the event founder and the **Foundation for National Parks & Wildlife** and also a presentation of donation by **nudie** and **Ella Bache**.



Spectators

As stated across the website and all event communications, no spectators will be allowed on the Beach, this is to ensure everyone can fully enjoy their Sydney Skinny experience.

There will be an official event photographer who will be wearing a high visibility vest and sign identifying her as the official event photographer. There may also be limited media allowed on the Beach for the 1st wave only, this will be announced on the day prior to the swim commencing. So if you do not want to be involved in the media shots you can chose to be in a later wave where there will be no media or photographer on the Beach.

There will be Rangers from NSW National Parks and private security patrolling the sites and paths around Cobblers Beach ensuring only Sydney Skinny entrants have access to the Beach area.

If you wish to use the Beach, the public are welcome to do so as soon as the swim is over (from approximately 11:30pm on the day) and prior to this will be guided to use Obelisk Beach, Chowder Bay Road on the southern side of Middle Head National Park.

There may be other media whom will be at the event; however they will be restricted to the festival area and Beach access only for the first wave of swimmers.

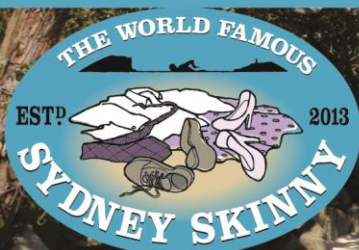
THE SYDNEY SKINNY RISK ACCEPTANCE/WAIVER

Safety and Risk Warning (Section 5M Civil Liability Act 2002)

All swimmers intending to swim in this Event must read the following announcement by the organisers of The Sydney Skinny:

- **THIS IS A PHYSICALLY DEMANDING EVENT.** The Sydney Skinny (the Event) organisers cannot guarantee your safety. Obvious risks include injury and/or drowning, due to being hit by other persons, objects or boats, cold weather, entry and exit injuries, medical conditions, marine stingers and sharks. Swimmers enter at their own personal risk and are responsible for deciding if their own physical condition allows them to participate.
- If you experience difficulty while swimming attract the attention of support paddler/water safety personnel: **DO NOT PANIC**, remain stationary, raise your arm and wait for assistance. A swimmer deemed incapable of completing the course by the Event Director may be brought onto one of the support vessels by the water safety team at any time.
- While in the water, all swimmers must comply with the directions of the Water Safety Team.

It is the responsibility of the swimmer to inform themselves of the beach and water conditions before entering the water.



Waiver and Indemnity

THIS IS A DANGEROUS RECREATIONAL ACTIVITY AND YOU ENTER AT YOUR OWN RISK.

Each swimmer should be a competent swimmer. Each swimmer will be required to wear an event participant Bracelet. Officials maintain the right to reject or refuse any entry. Medical officers commissioned by the Event have the authority to remove a competitor from the swim without reason. Swimmers may choose to wear bathing suits or not. Swimmers are permitted to use floatation aids like flippers. All swimmers must swim the prescribed course.

All swimmers must be able to complete at least 1,000m in a pool without the need to stop.

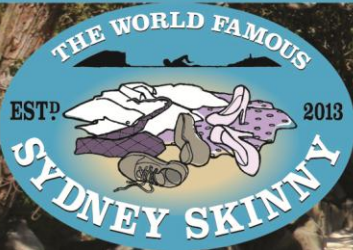
THE EVENT IS SUBJECT TO WEATHER CONDITIONS ON THE DAY. IF THE CONDITIONS ARE ASSESSED TO BE TOO DANGEROUS FOR THE EVENT TO PROCEED, THERE WILL BE NO RE-RUN OF THE EVENT AND ENTRIES WILL NOT BE REFUNDABLE.

TERMS APPLICABLE TO THE EVENT

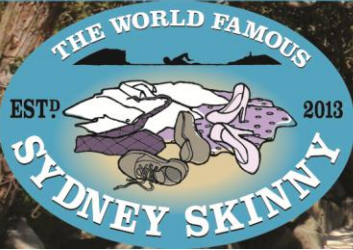
In consideration of The Sydney Skinny ("The Event") accepting me for the Event I acknowledge I have read and understand the safety and risk warnings waiver and indemnity and the conditions of The Event set out above and I agree to the following conditions:

- Definitions:** Reference to indemnified parties includes Nudie Juice Australia, The Sydney Skinny Pty Ltd, Training Aid Australia Pty Ltd, KMS Events, Everyday Hero Pty Ltd, New South Wales Maritime Authority, Middle Head National Park (and all National Parks), sponsors, supporters, persons, corporations, contractors, sub-contractors, volunteers, servants and employees involved or otherwise engaged in organising, promoting, staging, administering, running or controlling the Event.

Reference to "Claims" includes any claim for any type of damages, compensation, costs (including legal costs), awards and/or any other form of loss and/or liability. Reference to "Liability" includes any liability in contract, for breach of any duty of care, under any legislation and/or under any other legal basis.
- Indemnities:** I agree to indemnify and keep indemnified the indemnified parties against all actions, suits, demands, claims, proceedings, costs, expenses, liabilities and judgments arising out of or in relation to my participation in the Event. This indemnity may be pleaded as a bar to any action, claim, demand, suit or legal proceedings.
- Waiver:** I hereby waive release and discharge all and every claim, right or cause of action (including for negligence, breach of contract or breach of Statute) for which I might have or which arises out of my death, injury, damage or loss of any description which I may suffer or sustain as the result of my participation in the Event.
- Medical Treatment:** In the Event of any injury accident or illness to me as the result of my participation in the Event, I consent to receive such medical aid or preventative treatment which may be deemed advisable at the unfettered discretion of Race Medical Officials and Lifeguards. *I agree that The Sydney Skinny is under no liability or obligation to arrange any medical and/or hospital treatment which may expose it to financial cost and/or expense.*
- Privacy:** I consent to the free use of my name, personal information, photograph, interview or appearance in any newspaper, promotion, advertising material, publication, video, broadcast, website or use in any media now known or yet to be devised, by The Sydney Skinny and/or its sponsors. In respect of images of participants being used, The Sydney Skinny will not publicise any nudity, nor will The Sydney Skinny provide permits to any other photography which permits the use of nude imagery.



6. **Physical Fitness and Medical Condition:** I affirm that I have properly trained for and fully satisfied myself as to my physical and medical condition to compete in the Event. *I confirm I have fully disclosed to the Event any injury, disability, medical and/or health conditions (whether past or current) which is relevant to my participation in the Event. I understand that failing to do so may increase my risk of being injured or killed. I will notify The Event of any changes to my medical condition, fitness and/or ability to participate in the Event.*
7. **Instructions:** I agree to abide by and accept the rules and regulation of The Event whether announced on the day or prior thereto and to accept the decisions of both the Race Director and the Race Committee. I agree and accept that The Event Committee may, at its absolute discretion, vary the rules and regulations of The Event and without prior notice to me. *I agree to abide by and accept the rules and regulations of The Event and comply with the safety procedures whether announced on the day or prior thereto and to accept the decisions of both the Race Director and the Race Committee.*
8. **Participation:** *I agree that my participation in The Event is at the absolute discretion of The Sydney Skinny depending upon weather conditions and other factors such as my medical condition and levels of fitness. I will at the request of The Sydney Skinny cease any and all activities forming part of The Event as directed by The Sydney Skinny. I acknowledge that any such direction from The Sydney Skinny is made in the interest of my safety and/or the safety of other participants in The Event.*
9. **Disclaimer:** I agree:
- (i) In addition to having read and understood the Safety and Risk Warnings, Waiver and Indemnity for the Event, I accept full responsibility for informing myself and assessing all the dangers hazards and risks of entry in the Event and rely solely on my own assessment of these dangers, hazards and risks before participating.
 - (ii) As a person engaging in a recreational activity, I enter The Event at my own risk.
10. **Acknowledgement:** *I understand and acknowledge:*
- (i) *The risks which are associated with the Event; and*
 - (ii) *Accidents can and often do happen which may result in me being injured or even killed.*
11. **Booking Condition:** I agree that in the Event of cancellation of the Event my entry fee shall not be refundable.
12. **Legal Restrictions on Limitation:** I agree that the terms and conditions contained in this entry form shall be construed broadly to provide a release, indemnity and waiver to the Indemnified Parties of any liability for loss, injury or other damage to personal property to the maximum extent permitted by law.
13. The swimmer age requirement for participation of this event is 18yrs or older restriction.



We look forward to seeing you on Sunday and hope that you are as excited about this amazing event as we are.

Warm Regards
The Sydney Skinny

