



2019 EVENT INFORMATION

WELCOME

We're delighted that you're joining us for the seventh annual The Sydney Skinny, supporting the Charlie Teo Foundation, funding brain cancer research. The Swim has been described as *"the swim of a lifetime"*, so to ensure you get the most out of it, please read the following information to help you prepare for the big day.

For the first time in 2019, we welcome and thank some new partners to the Sydney Skinny family. Firstly, we thank Peter Nicholas of [HiLife Health & Beauty](#), who literally saved the day with his personal generosity. We also welcome [Appliances Online](#), [H2coco](#), and [Good Going Bakery](#) who have all joined us to help us celebrate all that is good in this world and make the event, the best it possibly could be.

The Sydney Skinny will take place on **Sunday 17 March 2019** at **Middle Head, Sydney Harbour National Park, Mosman**.

You must bring your ticket with you and arrive at least 45 minutes prior to your Wave.

This year, the Festival Area will have plenty of things to keep you and your friends and family occupied. We encourage you to spend the morning with us and make the most of it.

The Festival Area is fully clothed and open to friends and families too so don't leave non-swimmers behind this year.



*2018 Event Map

FESTIVAL AREA

The festival area at Middle Head provides swimmers and supporters with plenty to enjoy before, during or after The Sydney Skinny from yummy food to entertainment and activities.

More information to come.



GETTING THERE

The Sydney Skinny celebrates all that is good in the World – pollution isn't one. And as parking is limited, if possible, please leave your car behind and use **public transport or bicycle** to get to Middle Head, Sydney Harbour National Park. Please see details of different transport options on our website:

<http://www.thesydneyskinny.com.au/about/sydney-skinny-ocean-swim-transport.htm>

Our free mini bus shuttle service will collect you from Mosman Junction and Taronga Zoo Wharf and take you to and from The Sydney Skinny (from 7.45am until 2pm). Flag down a bus with our sign in the window.

You can use the NSW Transport planner to help you plan your trip here: <http://www.transportnsw.info>

If you are driving, please consider giving someone else a lift.... There are a limited number of car parks along Middle Head Road with metered parking.

Cobblers Beach will be clear of boats from 5am so if you do plan to arrive via water, please find alternative mooring sites.

The Event is located at the very end of Middle Head Road. Walk past the boom gate and buildings and follow the signs.

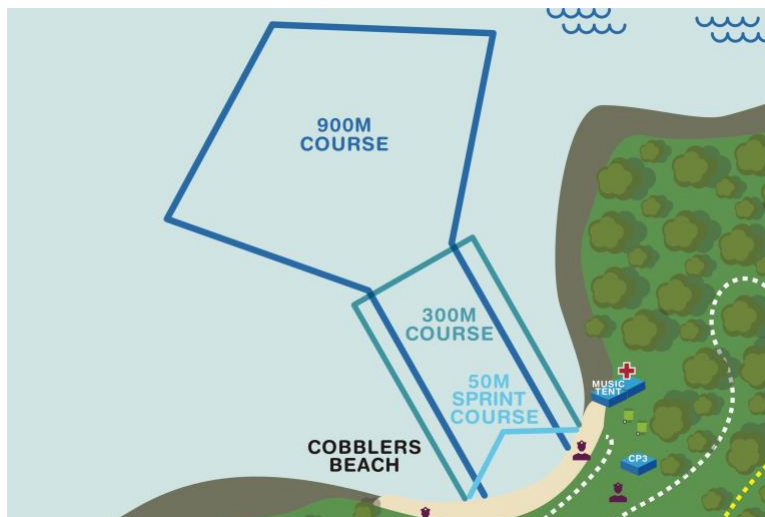
REGISTRATION

On arrival, please visit the Registration Tent and exchange your ticket for a coloured wristband **at least 45 minutes before your wave**. This wristband will denote which wave you have chosen and allow you access to the beach in time.

ON THE DAY ENTRIES

You can buy tickets online until 4pm on Saturday 16 March. If you want to bring a friend, tickets will be available on the day from the Registration Area - please check the website for details. The Swim is filling up faster than ever so we strongly suggest you buy tickets online in advance.

THE SWIM



The Swim takes place on beautiful and intimate Cobblers Beach. Each wave will be called to gather in the Festival Area for a briefing and will walk down together to the beach in time for their swim. The beach is only large enough for one wave at a time so we do ask that after you swim, you return to the Festival Area to share your experience with families and later swimmers.



CLOTHING AND VALUABLES

Clothes must be worn everywhere but on Cobblers Beach. Most swimmers walk down in their clothing, removing and leaving them (along with any pretensions) on the sand just before joyously leaping into the water. The track down is rough in patches so we suggest you wear suitable shoes. Valuables should be left in the Bag Tent, next to Registration. The Bag Tent will close at 1pm, so please collect any valuables before this time.

Note: Valuables are left at your own risk. The Sydney Skinny will take all care but no such responsibility of such items.

ASSISTANCE WITH ACCESS

Access to Cobblers Beach is on an unpaved track, which can be steep in places. If you need assistance, please let us know in advance – swim@thesydneyskinny.com.au so we can schedule you in. Wheelchairs and 4WD transport are available.

SWIM COURSE

The Swim is not timed and nor is it a race. Choose one of two swim courses, the 900m and the nudie novice 300m – both designed in a diamond shape to keep swimmers close to the beach at all times. Follow the relevant buoys that will guide you.

Those completing the 300m will start on the right hand side of the start area. All swimmers in each wave will start together and you can change your distance selection on the day.

SAFETY

Two water safety boats and lifesavers on rescue boards will oversee the Swim and will brief you before you get into the water. If you need assistance, DO NOT PANIC. Raise your arms to get the attention of one of the lifesavers who will assist you.

SWIMMING AIDS

You are welcome to bring any swim aids you choose.

SARONGS

You will be handed a collectable, 2019 Sydney Skinny Sarong from our Sarong Team as you leave the water.

T-SHIRTS

You can buy a rather fab Sydney Skinny T-Shirt from our friends at Remo General Store - they are a great cut and quality. Have a look here... <http://www.thesydneyskinny.com.au/about/sydney-skinny-ocean-swim-fundraising-tshirts.htm>

RAISE MONEY FOR THE CHARLIE TEO FOUNDATION

This year we have made it even easier to get involved and raise money for the Charlie Teo Foundation.

- **The Charlie Teo Foundation Wave** is your chance to join us in supporting this great cause. Register for the Charlie Teo Foundation wave and pledge to raise funds for brain cancer research. All swimmers in the Charlie Teo Foundation Wave will have the opportunity to swim with Charlie, and top fundraisers will receive a unique experience with Charlie. Please make sure to set up your [EveryDay Hero page](#) to track your progress towards your target. Please note the Charlie Teo Foundation and the Sydney Skinny reserve the right to reallocate you to a different wave if you do not meet the minimum requirement.
- If you would like to make a **one off donation**, you can do so by entering an amount through the [registration process](#).
- **Donate at any time** through the [Charlie Teo Foundation page](#) which you can access on [our website](#).



- **Personal Fundraising** - even if you aren't in the Charlie Teo Wave, we encourage everyone to set up a fundraising page! We have partnered with Everyday Hero to give you the ability to customise your page, then start sharing the link with your friends, family and colleagues to make a donation. So what are you waiting for? [Create your own online fundraising page today!](#)

WOMENS WAVE – WAVE 4

Wave 4 is for female swimmers only, but please be aware, as a mixed event there will both genders on the beach, rescue boards and in waves before and after. This is about giving opportunity for a little more camaraderie and support, not exclusivity.

PARTY WAVE – WAVE 14

Every swimmer has the chance to swim again in the last wave of the day. Get in quick – spots are filling fast!

MEDIA / PHOTOGRAPHS

The swim is an exhilarating experience that you will want to share. That said, it's a very personal experience and we ask that no photos be taken on the beach unless they are group shots in which everybody in frame has agreed to be included.

There are lots of places on the track and in the Festival Area that are great for group shots. We love to see your pics so please make sure you tag us: #sydney skinny #swimofalifetime #sydney skinny2019

Press photographers may be present on the beach for the first two waves only and will be escorted from the beach by our PR Team. If you have any concerns, please speak to a member of the Security Team on the day.

TERMS AND CONDITIONS

Our T&Cs are attached at the rear of this document. If you choose to take part in the Swim, it is deemed that you have accepted these.

SPECTATORS

Only swimmers with wristbands will be permitted on the beach. No spectators are permitted. Friends and family can enjoy the activity available in the Festival Area whilst they wait for you.

Due to growing numbers in the event, we ask that as you finish your swim, all participants re-dress and return to the festival area in a timely manner to avoid overcrowding and for the safe egress of all participants. Event staff and security will be asking participants who have completed the swim to please return to the festival area.

If you missed out on the opportunity to take part in the Party Wave, don't worry! Everyone is welcome to return to the beach after the event for another dip or to enjoy some sunshine.

TICKS

Please be aware that this year there are a lot of ticks in Sydney and they are particularly prevalent after rain.



EVENT AND WAVE TIMINGS

08:00	Registration Opens
08:15	Official Welcome
08:25	WAVE 1 to Marshalling Area
08:40	WAVE 2 to Marshalling Area
08:45	WAVE 1 (Media) Swim – Official Event Photographer & Media Allowed
09:00	WAVE 2 (Media) Swim – Official Event Photographer & Media Allowed
09:10	WAVE 3 to Marshalling Area
09:20	MEDIA to leave the beach - no photos after this time
09:25	WAVE 4 (Women's Wave) to Marshalling Area
09:30	WAVE 3 Swim
09:40	WAVE 5 to Marshalling Area
09:45	WAVE 4 (Women's Wave) Swim
09:55	Charlie Teo Foundation Wave to Marshalling Area
10:00	WAVE 5 Swim
10:10	WAVE 6 to Marshalling Area
10:15	Charlie Teo Foundation Wave Swim – Charlie Teo Foundation Photographer & Official Event Photographer Allowed
10:25	WAVE 7 to Marshalling Area
10:30	WAVE 6 Swim
10:40	Wave 8 to Marshalling Area
10:45	WAVE 7 Swim
10:55	WAVE 9 to Marshalling Area
11:00	WAVE 8 Swim
11:10	WAVE 10 to Marshalling Area
11:15	WAVE 9 Swim
11:25	WAVE 11 to Marshalling Area
11:30	WAVE 10 Swim
11:40	WAVE 12 to Marshalling Area
11:45	WAVE 11 Swim
11:55	WAVE 13 to Marshalling Area
12:00	WAVE 12 Swim
12:10	WAVE 14 (Party Wave) to Marshalling Area
12:15	WAVE 13 Swim
12:30	WAVE 14 (Party Wave) Swim – Official Event Photographer Allowed
13:00	Bag Store Closes
13:30	End of Event



2019
SUPPORTING
PARTNER



CHARLIE TEO
FOUNDATION
"Funding brain cancer research"

We're really looking forward to seeing you on the day. Any last minute updates will be posted on our Facebook page and if you have any questions or concerns, please do get in touch with us at – swim@thesydneyskinny.com

Here's to a wonderful day at The Sydney Skinny 2019!

Best wishes

The Sydney Skinny Event Team



SAFETY WARNINGS AND TERMS AND CONDITIONS

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 our water safety team 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.

Website Disclaimer

Every effort has been made to ensure that the information in this publication is accurate. However the author expressly disclaims all warranties, express or implied, including, but not limited to, the implied warranty of fitness for a particular purpose.

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, The Sydney Skinny Pty Ltd, Taylor Event Development Pty Ltd, The Charlie Teo Foundation, 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.

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.

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.

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.

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.

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.
- Booking Condition: I agree that in the Event of cancellation of the Event my entry fee shall not be refundable.

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.



The swimmer age requirement for participation of this event is 18yrs or older restriction.

Refund Policy

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. UNDER SUCH CIRCUMSTANCES, ANY REMAINING PROCEEDS FROM THE SWIM ARE DONATED TO THE NOMINATED CHARITIES FOR THE EVENT.

The Event policies and management practices ensures high professional standards in the delivery of participation are maintained, whilst prioritising safety and minimising hazards to all swimmers and personnel involved in the Event at all times.

Refund conditions:

1. Participants must contact the Event co-ordinators at least ten (10) working days prior to the Event date outlining their request to cancel their entry. Registration fee less 5% will be refunded to cover bank fees and charges.
2. For a participant who withdraws from the Event within ten (10) working days of the Event date, no refund will be payable.

Privacy Policy

The Event and its staff respects your right to privacy and your ability to make informed choices about the collection and use of your personal information. For this reason, all files are strictly confidential and all information is classified. We are bound by National Privacy Principles in the Privacy Act. We use personal information collected from competitors to inform them of competition details or advance notice of competitions. We consider that information provided by you to us is sensitive and deserves to be handled with the utmost care.