

<< DISCLAIMER AND DECLARATION OF RESPONSIBILITY >>

Individual Registration

I confirm that I have read and fully understood all the rules, regulations, and important notes set out in the “18th Hong Kong 3000 Metre Open Water Safety Long Distance Swim (2026)”. I agree to comply with all swimming rules and with any written or verbal instructions given by the organizer and relevant staff. I fully understand that this event involves inherent risks, including but not limited to sea conditions such as waves and currents. After carefully assessing my own swimming ability and physical condition, I voluntarily choose to participate and expressly accept all possible risks and consequences arising from my participation. I hereby declare that I am in good health, possess adequate swimming skills, have no medical conditions, and meet all eligibility requirements for the registered event. I understand and agree that the organizer and/or co-organizers, sponsors, and related personnel shall not be held liable for any injury, death, or loss arising from my participation in the event due to my own negligence, lack of skill, or physical condition. *(All participants aged 18 or above must sign in the Participant’s Signature section.)*

Parental / Guardian Consent (For Participants Under the Age of 18)

I hereby consent to my child / ward participating in the above-mentioned swimming event. I confirm that I have read and fully understood all the rules, regulations, and important notes of the “18th Hong Kong 3000 Metre Open Water Safety Long Distance Swim (2026)”, and agree that my child / ward will comply with all swimming rules and with any written or verbal instructions given by the organizer and relevant staff. I fully understand that this event involves inherent risks, including but not limited to sea conditions such as waves and currents. After carefully assessing my child’s / ward’s swimming ability and physical condition, I consent to their participation and expressly accept all possible risks and consequences. I declare that my child / ward is in good health, possesses adequate swimming skills, has no medical conditions, and meets all eligibility requirements for the registered event. I understand and agree that the organizer and/or co-organizers, sponsors, and related personnel shall not be held liable for any injury, death, or loss arising from my child’s / ward’s participation due to their own negligence, lack of skill, or physical condition. *(If the participant is below age of 18, a parent or legal guardian must sign in the Parent / Guardian Signature section.)*

Group Registration Declaration

On behalf of the group, we hereby agree to register the listed swimmers for participation in this event. All registered swimmers have authorized the group to make this declaration on their behalf. We confirm that all swimmers have read and understood all rules, regulations, and important notes of the event, and agree to comply with all swimming rules and with any written or verbal instructions given by the organizer and relevant staff. We fully understand that this event involves inherent risks, including but not limited to sea conditions such as waves and currents. All swimmers have assessed their own swimming ability and physical condition before participation and expressly accept all possible risks and consequences. We hereby declare that all registered swimmers are in good health, possess adequate swimming skills, have no medical conditions, and meet all eligibility requirements for the registered event. We understand and agree that the organizer and/or co-organizers, sponsors, and related personnel shall not be held liable for any injury, death, or loss arising from any swimmer’s participation due to personal negligence, lack of skill, or physical condition.

< Acknowledgement Slip >

《18th Hong Kong 3000 Metre Open Water Safety Long Distance Swim (2026)》

To Whom It May Concern,

I, _____ (participant aged 18 or above), have read, understood, and agreed to all of the above terms and conditions.

OR

I, _____ (name of parent / guardian), being the parent / legal guardian of _____ (participant below age of 18), have read, understood, and agreed to all of the above terms and conditions.

Participant’s Signature: _____

Date: _____

OR

(for participants under 18)

Parent / Guardian Signature: _____

Relationship to Participant: _____

Date: _____