Rules for MARNATON eDreams 2019
BIG SWIM (+20km)

The MARNATON eDreams events are held in exceptional, natural coastal environments, with some sections being part of a Natural Park and/or Nature Reserve. We must remind all participants of the importance of respecting the environment around us at all times, and therefore helping to protect it.

MARNATON requests everyone's cooperation in leaving no trace of our presence behind and, after the event, to leave the area in a better condition than we found it.

As an open water swimmer you respect and protect the environment.

1. Requirements for participants

- Individuals of any nationality may take part, federated or not, who are in good health and who have undertaken the appropriate training to take part in the challenge.
- Event authorised for people over the age of 18, from 2001.
- You must know and accept the conditions of these rules.
- You must have successfully completed all of the steps and met all of the requirements for signing up.
- Accept the disclaimer and declaration of physical fitness which appear on the registration form.
- All the information required in the registration process must be true. The organization won't be held responsible of falsehoods or errors that the participant might do at the time of registration.
- Registration for the event is personal and non-transferable and implies the acceptance of these rules.

2. Registration

You can only register via the Marnaton website at (www.marnatonedreams.com)

- **Closing date for registration:** up to 10 days to the date of the event or when the maximum number of participants has been reached.
- **It includes:**
    - Accident insurance.
    - Medical assistance during the journey (vessels with Rescue staff) and upon arrival (Field hospital with Medical staff).
    - Provisioning during the swim and at the end.
    - Transfer from the Finish point to the Starting point.
    - Swimming cap for the event.
    - Event t-shirt.
    - Cloakroom.
    - Chip ranking and timing.
    - Trophies for absolute winners.
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- **Management of withdrawals:** The organization offers the participant the possibility of hiring a cancellation insurance during the registration process. In case of not hiring this insurance there won't be any devolution **in any case,** including injuries, accidents, trips...etc.
- **Changing of name:** The organization offers a service for changing the name of a subscription for a 10€ fee to cover the paperwork until 20 days before the beginning.
- **Change to challenge**: Under no circumstance will we allow changes from one challenge to another, nor from this year or the following edition.
- **Cancellation of the challenge**: if the organization has to cancel the challenge or change the course or timings due to adverse conditions or force majeure beyond its control, in no event will the registration fee be refunded. The event will not be postponed to another date nor will participants be refunded their registration fee.

3. Collection of swimmers bag

- To collect their bib number, the participant will need to show their ID CARD, PASSPORT or TAX ID CARD (original or photocopy).
- When collecting bib numbers you must collect: Cap, Chip, Event T-shirt, Wet Bag for the Cloakroom.

4. Cloakroom

The swimmer must use the Wet Bag, identified with their bib number, which the organisation will provide for them to keep their personal belongings. The Wet Bag must be left at the designated point before the start of the race.

To retrieve their bag, which is looked after by the event organisers near to the finish, the swimmer must show their cap and their bib number.

The bags in the cloakroom will be watched over at all times. The organisation will not be held responsible for the misplacement or loss of the swimmers' personal belongings. To prevent this from happening, please do not place any valuable items in the cloakroom bags which the swimmers have to leave on the beach.

5. Transport

Swimmers will travel between the finish line and the starting point on buses and/or boats. The transport timetables will be published and reported well in advance on the website.

6. Compulsory technical kit

All participants are obliged to wear the following items, which may be checked at the starting point and/or any point of the race.

Compulsory kit:

- Bathing suit.
- Swimming goggles.
- Cap provided by the organisation with your bib number.
- Chip provided by the organisation, worn correctly (ankle).

Optional material:

- Swimming wetsuits are highly recommended. However, participants may swim without wetsuits if they submit the following form (PDF) showing that they are able to swim for 4 hours without a wetsuit in water of below 17ºC. They must submit the form (PDF) when they collect their swimmer's bag.
- If the water temperature is below 17ºC the organisation reserves the right to enforce the use of wetsuits or to place any swimmers who are not wearing a wetsuit on the short swims.
- Buoy: permitted.

Additionally, the organisation advises that you also bring the following items:

- Vaseline or oil to avoid abrasion.
- Sun-cream, preferably anti-jellyfish.
- Whistle

The organisation may add more compulsory items which are not included in this section. In that event, participants will be given plenty of warning via the website or an email.

7. Starting Point

There will be only one start. All swimmer that arrives late to the start won't be able to participate. He or she will automatically be disqualified.

8. Operation

- The swimmers will be guarded by a kayak at all times. The kayak will be provided by the organization. The swimmer can hire the paddler to the organization throught the registration platform o he can provide one showing the proper experience level.
- The rythm of the swimmer is free. The organization will establish crossing limits every kilometre with a maximum of 24'/km (including stops).
- The kayak will be equipped with a transmitter to have direct contact with the boat team for any setback that may arise.
- The kayak will not separate more than 5 meters from the swimmer.
- The kayak will be equipped with a geolocator to have its position at all times in case of emergency.

9. Route and Buoys

The organization will NOT mark the course being the guide kayak that guides the swimmer. Swimmers will have to swim as a general rule not more than 100m from the coast, in order to ensure their safety.

For the good development of the race, the organization reserves the right to modify the course of a swimmer if it considers that it is endangering its integrity or that of other members of the course, or if it considers that it is not complying with the regulatory distance. The decision of the judges on the boats will be indisputable and can generate a claim once the test is over.

10. Support Vessels and Kayaks

Swimmers will be guarded by support vessels in order to ensure the safety of the swimmers. The motor support boats, marked with the BLUE flag, will govern respecting a certain safety distance at all times. There will be general support vessels, to cover the tracking of the crossing, as well as vessels that will have crew specialized in rescue and first aid.

11. Refreshments

The organization will facilitate the provisioning, which will consist of water, isotonic drinks, bananas and gels.

Each swimmer will load the product in his kayak, which will be in charge of supplying the swimmer with this refreshment whenever he requests it or by means of an agreed pattern before starting.
If the swimmer has special needs at the nutrition level, he may load the product he considers, provided he does not exceed 10kg in total.

If a swimmer is running out of supplies, the kayak must notify the nearest boat by radio to replace the necessary product.

Swimmers will not be able to get into the kayak or be towed by it, but they can lean on it to stretch, adjust their glasses or refresh.

In no case may the participant throw the wrapping or packaging of the supplies into the sea. Said act will be penalized with disqualification.

12. Withdrawal

If a Participant decides to withdraw, we recommend:

1. Communicate it to his kayaker, who will call the nearest vessel to proceed to evacuation.

The organisation reserves the right to force the swimmer to withdraw from the event:

- Whenever a swimmer shows signs of extreme tiredness, dehydration, hypothermia, is swimming at an extremely slow pace or has any abnormal symptoms which prevent them from swimming normally.

- If the swimmer fails to comply with any of the regulations which govern these rules (see section on Disqualifications)
- When the obligatory cut-off time at the start of each event has passed.

13. Evacuation

In the event of adverse conditions and/or force majeure, the organisation will be forced to cancel the event and evacuate all participants.
In the case that a participant has to be evacuated, the organization will establish one or more points of evacuations with medical assistance depending on the course.

14. Penalties

TYPE OF FAULT	PENALTIES
Disposing of rubbish in unauthorised areas or any kind of behaviour which does not respect the natural environment	Disqualification
Unsporting behaviour towards other athletes or the organisation	Disqualification
Lack of compulsory equipment	Disqualification
Participating in the event without having signed up	Expulsion and a ban on participating in future events
Participating with someone else's bib number	Disqualification
Not passing the obligatory chip control points (starting point, end point, mid-point if any)	Disqualification Time penalties will be decided depending on the seriousness of the infringement.
Not following the route marked out by the organisation	Disqualification
Failure to assist another person	Disqualification
Withdrawal without informing the organisation of your withdrawal	Ban on participating in future events
Not following orders from stewards or medical staff	Disqualification
Climbing into a support vessel, kayak or refreshment boat	Disqualification
Exceeding the maximum permitted swimming time	Disqualification and should give up the event in a boat of the organization

The organisation reserves the right to penalise any form of behaviour not contained on the above list of faults which violates the provisions of these rules.

15. Change to the route(s) and/or suspension of the crossing.

For reasons of force majeure beyond its control, the organisation reserves the right to suspend, divert, neutralise or change the event's time slots and/or courses and refreshments. (See PDF of alternative plans).

This decision will be taken by a technical committee, agreeing with maritime authorities taking into account safety. As well as respecting the conditions to which the permits are subject.

They can be reason for plan B or cancellation:

1. Wave of a significant height of more than 0.8 meters.
2. Winds of more than 15 knots .(no gusts). Whenever the direction of the wind affects the route.
3. Visibility less than one nautical mile.
4. Jellyfish plague.
5. Electrical storm.
6. Any other reason that the organization believes that does not guarantee the safety of the participants or the security measures.

16. Ranking System

When the event is over, the swimmer will have half an hour for possible changes to and/or disputes over the ranking before prizes are awarded.

16.1. Event

Each participant will be ranked according to the time it took them to reach the finish line.

16.2. MARNATON eDreams Cup

This event is not part of the Marnaton Cuo

16.3. 2019 categories

The trophy will be given to the first 3, masculine and femenine.

17. Disclaimer and Declaration of Physical Fitness

- Registering for the event implies the participant's acceptance of the rules and that they are properly prepared for the crossing, being aware of the severe weather conditions which can be found in the area where the race is being held. Consequently, the participant holds harmless the organisation for any possible health problems which may arise as a result of their participation in the race.
- Participants registered in the event understand that they are taking part in the competition voluntarily and at their own risk and, therefore, they release the Organisers of the event of all liabilities and agree not to bring any cases against the organisers, partners, sponsors and other participants, or to make any claim of civil liability against the foregoing parties. For this purpose, when registering, the participant must tick the box to accept the disclaimer to complete their registration.

- The organisation recommends that all swimmers do a 3000m test in a swimming pool. Ideally this will be completed in less than 60 minutes, and no more than 70, to be able to successfully complete the crossing.
- The organisation does not recommend participating in the event if the result of the 3000m test in the swimming pool is a time over 70 minutes.
- The organization recommends that all the participants have an annual medical stress test/review.
- In recent years, with the popularity of outdoor and long-distance sports, sadly, the number of deaths among the participants is rising; this is why the organization insists on taking the strictest precautions.
- Please remember that the challenge insurance does not cover conditions such as heart attacks.

18. Medical questionnaire

All participants must complete a questionnaire about Medical information. In the case of answering affirmatively any of the questions, to be able to participate it will be indispensable to upload the required medical certificate to the platform.

- The certificate must be completed by a qualified doctor, with signature and number of collegiate.
- It will specify the tests that the doctor has estimated that by age or risk have been carried out.
- The participant declares that all the information presented in the medical certificate is true.
- The participant declares that all information appearing on the medical certificate is accurate.

19. Changes to the rules

If the organisation considers it to be necessary, it may change these rules. Due notice of the changes will be given to the participants. Registration implies acknowledgement and acceptance of these rules.

20. Image rights

The organizing body reserves the right to use any type of photograph, film or recording that it takes, as long as it is related to participation in the event. The organizing body exclusively reserves the right over the image of the MARNATON challenges, as well as of the audio-visual, photographic and journalistic exploitation of the competition.

In accordance with the provisions of article 21 of Law 34/2002 on Information Society Services and Electronic Commerce (Servicios de la Sociedad de la Información y el Comercio Electrónico), we request your consent to carry out marketing communications which we consider may be of interest to you, by email or by any any other method of equivalent electronic communication.

Any media or marketing project will have to have the organization's prior express consent in writing. Otherwise, all legal actions will be taken that are considered to be relevant.

21. Data protection

Data protection. In compliance with the provisions of the General Ruling of *Data Protection 976/2016*, MM MARNATON 2008 S.L. (hereinafter referred to as MARNATON) with Tax Identification Code: B64835390, informs you that the personal data that you provided on the registration form on the website: www.marnatonedreams.com is incorporated into an automated file which MARNATON is responsible for; the purpose of this file is to administer and manage your participation in the event.

In any case, you may withdraw your consent at any given time and exercise your rights of access, rectification, cancellation and objection, by writing for this purpose to MARNATON using the email address eventos@marnaton.com.