



## **Competition Schedule:**

*Note that this may change closer to the time*

### **Friday 17 June:**

6pm nominations for Saturday close  
8pm competition draw for Saturday available on [www.lazyseal.co.nz](http://www.lazyseal.co.nz)

### **Saturday 18 June:**

#### **Te Rauparaha Arena Aquatic Centre**

##### *Session 1*

08:15 am	<i>Statics</i> officials' briefing
08:30 am	competitors' briefing
09:00 am	first competitor's check in
09:15 am	warm ups commence
10:00 am	first top time
12:00 pm	finish

##### *Session 2*

03:00 pm	<i>Dynamics 1</i> first competitor's check in
03:15 pm	warm ups commence
04:00 pm	first top time
07:00 pm	finish

08:00 pm nominations for Sunday close

09:00 pm hopefully results from Saturday and competition draw for Sunday available at [www.lazyseal.co.nz](http://www.lazyseal.co.nz)

### **Sunday 19 June:**

#### **Te Rauparaha Arena Aquatic Centre**

##### *Session 3*

09:00 am	<i>Dynamics 2 – Women &amp; Recreation Grade</i> first competitor's check in
09:15 am	warm ups commence
10:00 am	first top time
12:00 pm	finish

##### *Session 4*

03:00 pm	<i>Dynamics 2 – Men</i> first competitor's check in
03:15 pm	warm ups commence
04:00 pm	first top time
07:00 pm	finish

08:00 pm prizegiving/celebrations – tbc

10:00 pm competition results available at [www.lazyseal.co.nz](http://www.lazyseal.co.nz)

## **Nominations:**

Nominations should be sent by the time specified in the competition schedule via:

email to [ben@lazyseal.co.nz](mailto:ben@lazyseal.co.nz)  
or text or call to 021 069 3996  
or tell Ben at the pool before leaving

**Entries:**

No late entries will be accepted. Entries are to be received by 5pm on Thursday 16 June 2011. There is no excuse not to, as it is now an online form that should take all of five minutes. When you get to the pool on the competition day, you will be required to sign all the rest of the documentation at the bottom of this info sheet. Fees should be paid before the competition, as per the details below. Please make sure that if you are intending to enter the AIDA Competition Grade, you have a of medical certificate of non-contradiction to freediving that is less than 12 months old. This is compulsory for AIDA International. Recreation Grade divers will need such a certificate only if they have a medical condition as listed on the form below.

The entry form can be found at: <http://goo.gl/7P8aD>

If you cannot access this for any reason, please contact the organiser.

**Medicals:**

Competition Grade divers will need a medical certificate, as noted above. Any doctor can provide you with this, though here in Wellington we've tended to use Dr Helen Fieldes, who is a very experienced dive doctor . She has been dealing with freedivers for several years now and knows what's going on. From memory, a medical from her costs \$50, which she generally conducts after hours. She informs us that she will be around this Queen's Birthday weekend and next weekend, plus Wednesday the 8<sup>th</sup>, Thursday the 9<sup>th</sup> and Monday the 13<sup>th</sup>. She can be contacted on 0272215335 or 043857017. If you cannot get an appointment with Helen, contact your GP. You can download an official' medical statement form for them to fill out from AIDA: <http://goo.gl/UXwTV>

Recreation Grade divers will only require a medical certificate if they answer YES to one of the questions on the medical disclaimer form below.

**Fees:**

Competition fees will be a flat \$35, regardless of grade. This is the lowest fee we have ever charged, so please support us!

The competition fee covers pool hire and entry, officials' costs, AIDA International competition fees and other competition requirements. It does not cover your national AIDA subs.

Fees need to be received on or before entries close. They should be direct credited to:

Account name: Lazy Seal Freediving Club

Account number: 38-9004-0459813-00

*Please reference your name and "WWC11".*

*Please note:*

In addition to the entry fee, all participants must be current members of AIDA NZ.

Membership is from 1 April 2011 – 31 March 2012. Fees are as follows:

AIDA NZ subs: \$100 annually

Foreign competitors: \$50/competition

Foreigners may join AIDA NZ with payment of annual subs. Local athletes can also pay the \$50/competition fee instead of joining AIDA NZ if they wish. This does not cover you for any other competitions for the rest of the year though!

If not already paid, please direct credit funds to (or pass on cash to Guy if you are from abroad):

Account name: AIDA New Zealand Inc

Account number: 38-9007-0470620-00

*Please reference your name and "subs".*



# Wellington Winter Champs

*Freediving Competition  
Te Rauparaha Arena Aquatic Centre*

*18-19 June 2011*



## Liability release and assumption of risk form

I, \_\_\_\_\_ (print name) hereby affirm that I have been thoroughly informed of the risk involved with any freediving / breath-hold activity.

\_\_\_\_\_ (initial) I understand that freediving / breath-holding underwater may involve inherent risks including but not limited to hypoxia, blackout, drowning or hyperbaric accidents. Treatment of a freediving / breath-hold diving accident victim with these or other injuries may require immediate medical attention and / or hyperbaric oxygen therapy.

\_\_\_\_\_ I specifically understand that the risk of shallow water blackout is inherent of freediving / breath-hold diving activities, and that I still intend to participate in freediving / breath-hold diving. I agree that I will not freedive / breath-hold alone; I will always freedive with a qualified surface support freediver with me at all times.

\_\_\_\_\_ I understand that neither the Lazy Seal Freediving Club Inc, nor AIDA International, nor AIDA New Zealand Inc, nor their members, nor Te Rauparaha Arena Aquatic Centre, nor any of their respective officers, agents and employees (hereinafter referred to as "Released Parties") may be held liable or responsible in anyway for any injury, death or other damages to myself, my family, heirs or assigns that may occur as a result of my participation in this freediving / breath-hold competition or as a result of the negligence of any party, including the Released Parties, whether passive or active.

\_\_\_\_\_ I agree to hold harmless the Released Parties from any claim or lawsuit by myself, my family, estate, heirs or assigns, arising during or after I complete the freediving / breath-hold competition.

\_\_\_\_\_ I understand that any diving activities are physically strenuous and that I will be exerting myself during this freediving / breath-hold diving competition, and I expressly assume the risk of any and all injuries, and I will not hold the Released Parties responsible if I am injured as a result of heart attack, panic, hypoxia, hyperventilation, oxygen toxicity, decompression illness, gas embolism, drowning or any other causes of injury or death not specifically stated herein.

It is the intention of \_\_\_\_\_ (print name) by this written document to exempt and release all of the Released Parties as defined herein, from all liability whatsoever for personal injury, property damage or wrongful death however caused, including but not limited to the negligence of the Released Parties, whether active or passive.

\_\_\_\_\_ I HAVE FULLY INFORMED MYSELF OF THE CONTENTS OF THIS LIABILITY RELEASE AND ASSUMPTION OF RISK BY READING IT BEFORE SIGNING IT ON BEHALF OF MY HEIRS AND MYSELF.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent or Guardian (if aged 16-17 years)

\_\_\_\_\_  
Date



# Wellington Winter Champs

## Freediving Competition Te Rauparaha Arena Aquatic Centre



18-19 June 2011

### Important: Please read carefully before signing

Freediving is a strenuous activity carried out in the underwater environment, which may, under certain conditions, increase your risk of injury. This risk may be significantly increased if you have certain physiological conditions. This statement has been developed to make you aware of these conditions. The purpose of a medical statement is to find out, if you should be examined by a doctor before participating in any Freediving activity / events. Please read each question carefully and answer them accurately. Please explain any "yes" answer on the backside of this questionnaire. A positive answer will not necessarily exclude you from participating in any AIDA New Zealand / Lazy Seal endorsed events / training / competitions. But it will require a medical clearance from a physician. This form and your answers will be kept confidential.

### Medical History

Yes No

#### 1. NEUROLOGICAL CONDITIONS

Any history of seizure disorder, stroke, brain surgery, black out, severe migraine headaches, or aneurysm of the brain's blood vessels.

#### 2. CARDIOVASCULAR CONDITIONS

Heart attack, heart surgery, irregular heart beat, uncontrolled elevated blood pressure

#### 3. PULMONARY CONDITIONS

Any history of spontaneous collapsed lung, collapsed lung due to injury, cysts or air pockets of the lungs, damage to lung tissue, emphysema, or any lung problem which interferes with your ability to breathe

#### 4. EAR CONDITIONS

Permanent holes of the eardrums, history of ruptured eardrum, severely impaired hearing or hearing loss in one or both ears, or ear surgery

#### 5. SINUS CONDITIONS

Tumor, polyps, cysts of the sinus cavities or nasal passages, sinus surgery, or persistent sinus infections

#### 6. ASTHMA

History of asthma or asthma attacks, history of wheezing caused by exercise, anxiety, cold, fatigue, etc. Any conditions requiring medications and/or use of an inhaler for control of wheezing

#### 7. DIABETES MELLITUS

Especially Type I Diabetes (Insulin dependent) or Type II Diabetes, which requires insulin or oral medication for control. Any form of Diabetes that is unstable or produces episodes of hypoglycemia (low blood sugar reactions) hyperglycemia (extremely high blood sugar) or if there is related kidney disease, eye disease, heart disease or blood vessel disease. Also, of history of elevated blood sugar during pregnancy.

#### 8. PREGNANCY

Are you presently pregnant

#### 9. FREEDIVING / SCUBA DIVING CONDITIONS

Previous history of a diving accident, decompression sickness, decompression of the inner ear or air embolus

#### 10. MEDICATION

Do you take any medication on a regular basis either over the counter or prescribed by a physician

#### 11. GENERAL MEDICAL PROBLEMS

Any physical and / or emotional condition not mentioned that might effect your safety in an underwater environment or affect your judgment under times of physical or emotional stress

The information I have provided about my medical history is accurate to the best of my knowledge.

Participant Signature

Date