

TERMS AND CONDITIONS

Rules for the ice swimming as part of the event 'Ice swimmers go cold water screening. A kick of positive energy and dopamine from One Minute Film Festival' held as part of the 18th International Short Film Festival ŻUBROFFKA

§1

These 'Terms and Conditions', hereinafter referred to as the "Regulations", define the rules of ice swimming, hereinafter referred to as "ice swimming", as part of the show 'Ice swimmers go cold water screening. A kick of positive energy and dopamine from One Minute Film Festival' held as part of the 18th International Short Film Festival ŻUBROFFKA, organised by the Białystok Cultural Centre, hereinafter also referred to as "BOK".

§ 2

4. Before the ice swimming, each participant is obliged to read the provisions of these Regulations.
5. Participation in the ice swimming event means that the participant accepts the provisions of these Regulations and shall apply them.
6. Admission to the event is free of charge.

§ 3

3. Only an adult on their own responsibility and minors, but only at the age of 16-18, can go ice swimming on the terms specified in section 2.
4. Minors (16 – 18 years old) may go ice swimming only in the presence of a parent (legal guardian), with his/her consent and under his/her responsibility.

§3

3. Ice swimming should not be done in the event of medical contraindications to ice swimming, referred to in §4.
4. Ice swimming can cause deterioration of health or even life-threatening effects in a person with health contraindications to ice swimming.

§4

1. MEDICAL CONTRAINDICATIONS TO ICE SWIMMING include, but are not limited to:

- l) diseases of cardio-circulatory system,
- m) blood circulation disorders,
- n) hypertension,
- o) cerebrovascular disease,
- p) extensive lesions of varicose veins,
- q) kidney and liver diseases,
- r) diabetes,
- s) some mental disorders,
- t) Lyme disease,
- u) epilepsy,
- v) other diseases or conditions that exclude ice swimming.

2. In case of doubt or chronic illness, a doctor should be consulted before deciding to participate in the event.
3. It is not allowed to go ice swimming under the influence of alcohol or when intoxicated and to consume alcohol or other narcotics during ice swimming.
4. The staff has the right to prevent a person whose behaviour indicates the consumption of alcohol or drugs, or a person whose behaviour could threaten other participants of the ice swimming from entering the facility.

§ 5

Participation in the ice swimming requires compliance with the following rules:

- 9) do warm-up exercises before ice swimming,
- 10) go into water slowly after the warm-up,
- 11) monitor your health on an ongoing basis and stop ice swimming if you experience disturbing symptoms,
- 12) don't put your head and hair under water,
- 13) stay in water for no longer than approx. 2 minutes if you are first-time ice swimmer,
- 14) stay in water up to 10 minutes if you have ice swum many times,

- 15) do some warm-up exercises after the last immersion,
- 16) you may re-immerse only after a break of at least 10 minutes and do another warm-up before.

§ 6

5. The participant is obliged to strictly comply with the prohibitions and obligations indicated in these Regulations.
6. BOK is not responsible for any deterioration in health of the ice swimming event participant, as well as a threat to the health of the participant.
7. BOK provides medical care which is an ambulance with two medics at the venue of the event.
8. Each participant does ice swimming ON HIS OWN RESPONSIBILITY and declares that he is aware of the risks it poses.

§ 7

BOK is not responsible for any items left at the venue of the event.

§ 8

3. When staying at the Dojlidy Municipal Beach, it is absolutely necessary to comply with the official instructions, these Regulations and the internal regulations of the BOSiR.
4. BOK is entitled to remove the participant from the venue in the event of a violation of the above-mentioned instructions and regulations.

§ 9

Participation in ice swimming is equivalent to giving consent of a participant to the recording of the image during the event 'Ice swimmers go cold water screening. A kick of positive energy and dopamine from Shcha 7 sec Animated Film Festival' during the 17th International Short Film Festival ŻUBROFFKA organised by the Białystok Cultural Centre – DKF "gag" and the use of this image by posting photos on websites, as well as on social profiles for the purposes of information and promotion of the ŻUBROFFKA festival pursuant to art. 81 (1) of the Act of 4 February 1994 on copyright and related rights (Journal of Laws of Laws of 2019, item 1231)

§ 10

3. These Regulations are published by BOK on the website: www.zubroffka.pl
4. The ice swimming participant may also read these Regulations at the venue of the event.

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Kierownik	Główny księgowy	Radca prawny
		