

Columbia Memorial Hospital Swim Across the Columbia Participant Agreement

The 2024 Astoria Regatta – Swim Across The Columbia is a unique opportunity to participate in a historical open-water adventure swim. Our objective is to allow experienced open-water swimmers to participate in the resurrected trans-Columbia River crossing, officially sanctioned for the first time in 1934 by the Annual Regatta Festival. This version of the Crossing the Columbia Swim will be a charitable event with all proceeds going to Astoria's Critical Access Hospital – Columbia Memorial Hospital, as it builds a new facility that will support the region's acute care needs.

This swim entails significant risk and participants will be responsible for their safety. While the Astoria Regatta, the City of Astoria, and Clatsop County will bring multiple assets to bear in an attempt to provide the safest environment possible for this swim, the safety of the swimmers must be assured by their Support Team. Each Team in addition to the swimmer, will require a paddler or kayaker, and a logistics coordinator (supporting transportation).

Open-water swimming events involve a substantial amount of risk, including the risk of death, therefore safety is our number one concern. Teams must be prepared for this arduous crossing which will entail at least 5 miles of open water swimming. The kayaker or paddler will be responsible for navigation.

We will limit the number of participants to enhance the safety of the event. A water safety team will be assembled to give aid to the support team of each swimmer. As a participant of this event, you agree to assume the risks of open water swimming and agree to be individually responsible for your person and safety during the race.

The Astoria Regatta will not evaluate your physical conditioning. You participate at your own risk. Participants must be able to swim and paddle swim in cold water (approximately 70 degrees Fahrenheit) for several hours. The Columbia River has significant maritime activity including large freighters, recreational boaters and fishermen. We will not stop marine traffic. Athletes may need to alter their course to avoid vessels large and small. In addition to boating traffic, there is often flotsam and jetsam in the river flow, which must be avoided.

Weather in the Pacific Northwest can also be unpredictable and could lead to delays or cancellations. Additionally, an event involving immersion in cold water can lead to hypothermia with subsequent drowning or other medical emergencies.

Swimmers entering this event will be asked to attest to having read this waiver which acknowledges the many risks that may be encountered. Your attestation provides an explicit understanding that the responsibility for the swimmer's safety lies with the swimmer and their safety team. If you do not agree with these terms and the event waiver, DO NOT participate in this event.

Participants of the Crossing Columbia open water swim MUST agree to become familiar with race information and course before event day. If difficulties arise during the swim event, move to your support paddler. The paddler will contact The Arrow Tug (by phone) or signal one of the events Water Safety Jet Ski members or accompanying Regatta vessels by flag. The Arrow Tug will assess the assets needed for response. Medical emergencies will be immediately escalated to USCG.

Mariners who are friends and family of the Astoria Regatta will create a preferred course corridor (PCC) that participants can navigate through. They will also hail boating traffic and encourage all vessels with props to stay outside of the PCC. The Arrow Tug will idle at the north end of the shipping channel which

is approximately halfway into the 5-mile swim. If freighter traffic is imminent, swimmers and their teams will be redirected or paused to ensure a safe passage.

Time Guidelines

5-mile race participants should be able to swim 10,000 yards freestyle in less than 3 hours and 30 minutes in a pool, and 4 hours in open water conditions. Participants who are not on target to finish the swim in 3.5 hours, will be pulled from the water at the discretion of the Logistics Coordinator.

A safe swim is our most important goal. If you are not comfortable swimming this distance, we suggest you try out other local races that provide shorter distance races.

The swim will begin at the Knappton Cove Heritage Center in Knappton, Washington, and end at the Columbia River Maritime Museum for the Regatta Closing Ceremony.