



2016 TRIATHLON ONTARIO YOUTH – ASSUMPTION OF RISK AGREEMENT

By signing this document you will waive certain legal rights, PLEASE READ CAREFULLY.

IN CONSIDERATION of allowing my minor child/ward to participate in the triathlons, duathlons and multisport events of TRIATHLON ONTARIO and Kincardine Women's Triathlon, **I ASSURE TO YOU THAT:**

1. I am the parent/guardian of the participant having full legal responsibility for decisions regarding the participant.
2. I believe that my minor/ward is physically, emotionally and mentally able to participate in the programs, activities and events of the TRIATHLON ONTARIO and Kincardine Women's Triathlon.
3. I hereby acknowledge that I am aware of the risks and hazards associated with or related to the triathlons, duathlons and multisport events of TRIATHLON ONTARIO and Kincardine Women's Triathlon. The risks and hazards include, but are not limited to injuries from:
 - a) Swimming, biking and running;
 - b) Executing strenuous and demanding physical techniques;
 - c) Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements, quick turns and stops;
 - d) Exerting and stretching various muscle groups;
 - e) Entering the water by either diving or jumping;
 - f) Extended time in water and underwater;
 - g) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia;
 - h) Mounting, dismounting or falling off a bicycle;
 - i) Falling or colliding with the ground, walls, stands, equipment or with other participants;
 - j) Falling due to uneven or irregular terrain or surfaces;
 - k) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - l) Contact or being struck by other participants, spectators, equipment or vehicles;
 - m) Spinal cord injuries which may render me permanently paralyzed;
 - n) Travel to and from competitive events and associated non-competitive events which are an integral part of TRIATHLON ONTARIO's and the Kincardine Women's Triathlon's races, activities and events.
4. Furthermore, I am aware that:
 - Injuries sustained to my child/ward can be severe;
 - My child/ward may experience anxiety while challenging himself/herself during the competitions, activities, events and programs;
 - My child/ward may come into close contact with other participants;
 - My child/ward's risk of injury is reduced if he/she follows all rules established for participation; and
 - My child/ward's risk of injury increases as he/she becomes fatigued.

I UNDERSTAND AND AGREE, on behalf of myself, my heirs, assigns, personal representatives and next of kin that my signing of this document constitutes that:

5. I am registering my child/ward willingly and my child/ward is participating voluntarily in these activities, events and programs.
6. My child/ward's physical condition has been verified by a medical doctor within the past twelve months.
7. I agree that there are risks as described above and my child/ward will be exposed to these risks and hazards.
8. I agree to **accept and assume all these risks and hazards** and am responsible for any injury or other loss which my minor child/ward might receive while participating in these triathlons, duathlons and multisport events.
9. If something happens to my child/ward, I **RELEASE** the TRIATHLON ONTARIO and Kincardine Women's Triathlon of responsibility and liability for any and all claims, demands, actions, judgements, executions and costs



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which might arise out of my child/ward's participation. I understand TRIATHLON ONTARIO and Kincardine Women's Triathlon to mean: TRIATHLON ONTARIO and Kincardine Women's Triathlon and respective directors, officers, committee members, members, employees, volunteers, officials, judges, participants, sponsors, facilities where the activity occurs, agents and representatives.

I ACKNOWLEDGE MAKING THIS AGREEMENT

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

Printed Name of Participant

Signature of Participant (Age 15 and Up)

Printed Name of Parent or Guardian

Signature of Parent or Guardian

Date