

## ANNEX A – GENERAL STATEMENT OF RISK

**This Part to be submitted to the Race Director, prior to registration**

By completing the bottom of this form, the undersigned acknowledges that he or she has read the content of this General Statement of Risks and accepts these risks as inherent in taking part in this event. This event will normally be operated in accordance with the TRIATHLON ONTARIO Sanctioning policies and Triathlon Canada's Competition Rules.

“In matters of safety and injury prevention, the TRIATHLON ONTARIO Official, Coach, Race Director or Organizer has the overriding authority to take whatever action they consider to be in the best interests of the safety of the athlete and all other participants. “

The risks and hazards associated with or related to triathlons, duathlons, and any TRIATHLON ONTARIO sanctioned events include, but are not limited to, injuries from:

- a) Swimming, biking and running;
- b) Executing strenuous and demanding physical techniques;
- c) Vigorous physical exertion, rapid movements, quick turns and stops;
- d) Cardiovascular “strain” that in healthy individuals manifests in increased breathing elevated heart rate and fatigue and sometimes, vertigo and nausea; in individuals with diagnosed or otherwise undiagnosed coronary artery disease: any/or combination of chest pain, nausea, irregular heart rhythm, heart attack, stroke;
- e) Unexpected reactions from interaction of medications on cardiovascular or respiratory function; adverse allergic reactions to medication during exercise;
- f) Exerting and stretching various muscle groups;
- g) Entering the water by either diving or jumping;
- h) Extended time in water and underwater;
- i) Extreme weather and temperature conditions which may result in dehydration, heatstroke, sunstroke or hypothermia, or that may exacerbate known or undiagnosed underlying cardiovascular disease or diseases related to energy metabolism (diabetes, coronary artery disease, heart failure, arrhythmias);
- j) Unanticipated allergic reactions from insect bites or contact with water-borne organisms;
- k) Gastrointestinal upset (nausea, diarrhoea) due to ingestion of contaminated water during swimming events; time course is usually measured in hours post-swim;
- l) Ingestion of contaminated water or food (pure water or mixed sports drinks ) from race aid stations, or from athletes' own pre-prepared hydration bottles.
- m) Mounting, dismounting or falling off a bicycle;
- n) Falling or colliding with the ground, walls, stands, equipment or with other participants;
- o) Falling due to uneven or irregular terrain or surfaces;
- p) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- q) Contact or being struck by other participants, spectators, equipment or vehicles;
- r) Spinal cord injuries which may render me permanently paralyzed;
- s) Travel to and from competitive events and associated non-competitive events which are an integral part of TRIATHLON ONTARIO sanctioned races, activities and events.

Medical treatment at TRIATHLON ONTARIO sanctioned events is normally limited to First Aid provided by a holder of a First Aid Certificate. The event's medical team may provide more aggressive treatment. However, in case, medications and equipment on site is extremely limited, treatment is geared primarily to treat injuries as opposed to medical conditions, and is sufficient to stop bleeding, immobilize breaks, or maintain breathing. Personal

requirements for prescription medication, or patent medicines, required to treat pre-existing conditions, are the personal responsibility of the individual. Participants with pre-existing medical conditions must ensure: that their condition is stable; that their medication is both established and available; that their condition is known to the Race Director, Organizer, Coach or the First Aid Attendant(s); and, that they have a sufficient supply of their prescribed medication with them for the planned duration of the event plus an appropriate additional amount to allow for the possibility of delays. Failure to do so could result in long and short-term complications or death.

In the event of medical emergencies or injuries at this event, the race director, organizer or coach will contact medical authorities to obtain advice. It is possible that the time taken to evacuate the patient may be measured in hours. The condition of the patient may be adversely affected by this time factor.

Even though many events are in close proximity to hospitals or medical facilities, the ability of an ambulance to make an immediate evacuation cannot be assumed. The distance from medical assistance, the weather, and the capacity of the mode of transport will all have an effect on the time taken to affect an evacuation. The condition of the patient may be adversely affected by this time factor.

The organizers will take such steps as are necessary and within their competence to stabilize a patient for transportation to a medical facility. Charges for transportation by ambulance services and charges for medical care at the medical facility are the responsibility of the patient. For this reason, it is advisable that participant take appropriate steps, especially when the participant is non-Canadian or when the event will be a foreign (non-Canadian) location, to ensure that they have sufficient medical insurance coverage for such eventualities. Failure to have appropriate insurance coverage could result in delays in treatment, a reduced level of care, or detention pending settlement of the account.

The Organizer assumes no liability for loss of, or damage to, any personal effects or equipment brought to the event by participants. Participants may wish to consider purchasing insurance from their own insurance carrier to cover such eventualities as loss of personal property or damage to personal property, to avoid out-of-pocket expense.

My signature below indicates that I have read The General Statement of Risks (Annex A) outlining the risks that I may encounter while participating during the below-stated period of time. I acknowledge that I have understood these risks. I also acknowledge that I have asked for additional information where necessary and that I have been satisfied with the response that I have received. Understanding that none, some, or all of the above listed events may arise while participating in this event, I accept these risks as being inherent in being allowed to participate.

Name:			
Signature:		Date:	
Triathlon Ontario Sanctioned Event			
From:		To:	
Witnessed By:			