

## Redlands Triathlon Club Waiver

I acknowledge that triathlon, duathlon and other multi-sport racing and training events can be inherently dangerous, and test a person's physical and mental limits. They do present the possibility for injury, property loss and even death. I hereby assume the risks of participating in any and all Redlands Triathlon Club (RTC) events including but not limited to: training, clinics, races, functions, meetings, activities, etc. I certify that I am physically fit and have sufficiently trained for participation in RTC events and have not been advised against participating by a qualified health professional. I acknowledge that the statements made on this waiver are relied on by RTC, and RTC sponsors, organizers, administrators and others to permit me to participate in RTC events. I agree that prior to participating in any RTC event that I will inspect the course, facilities, equipment and areas to be used. If anything appears to be unsafe I will immediately advise whomever is in charge of the event, activity or facility.

I waive, release and discharge RTC, USAT, RTC sponsors, event or activity sponsors, event or activity organizers, all state, county or city in which an event or activity is located, as well as any officer, director, employee, representative, agent, volunteer or anyone else associated with the above from any and all losses or liabilities including but not limited to injury, disability, death, property damage, medical bills, theft, economic losses which may arise out of or relate to my participation in any RTC event even if such claims, omissions or liabilities are caused by negligent acts or omissions of any of these mentioned above.

I assume the risk of swimming, cycling, running or participating in any other event held by Redlands Triathlon Club. I assume any and all risks associated with participating in RTC events including but not limited to falls, contact and/or effects with other participants, any hazard that may be posed by others including spectators and volunteers, defective equipment, effects of weather, water hazards, road hazards and hazards found any where an RTC event may be held. All risks are known and appreciated by me, I further acknowledge that these risks include risks that may be the result of the negligence of the persons or entities mentioned above or other persons or entities.

I agree not to sue any of the persons or entities mentioned above for any claims, losses or liabilities that I waived, released or discharged herein. I indemnify and hold harmless the persons or entities mentioned above from any and all claims made or liabilities assessed against them as a result of (I) my actions or inactions (ii) the actions or inactions or negligence of others including those parties indemnified above (iii) the conditions of the facilities, equipment or areas where the event or activity is being held (iv) the competitive rules or (v) any other harm caused by an occurrence related to the persons or entities mentioned above including RTC, the RTC officers and directors, and/or any sponsor, entity or locality associated with these events.

I hereby also grant permission for the use of my name and/or likeness relating to my participation in an RTC event and I waive all right to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness.

I acknowledge that I am eighteen years of age or older or am the legal guardian of the registered minor, I have read this document and I understand its contents.

Yes I have read and understood the waiver.

Name (please print): \_\_\_\_\_

Signature of Participant or Guardian: \_\_\_\_\_

Date: \_\_\_\_\_