

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT.
THIS FORM COVERS ALL RACES, TRAINING, COACHING or MOTOR PACING SESSIONS at
HECTOR NORRIS PARK**

Period 01 October 2021 to 30 September 2022

In consideration of participating in all HNP Events, training and coaching initiatives as well as any Races at HNP (Hector Norris Park) I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity.

I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue the event organisers as listed above or any affiliated persons or organisations that engage in training, coaching or racing, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim. I, the undersigned (on subsequent pages attached), hereby indemnify the organisers of this event in respect of any and all direct and consequential loss or damage, without limitation. In doing so I confirm that I understand the nature of this indemnity and that the organisers shall not be liable to me, my family dependent or another third party for any loss, injury or death sustained by myself, howsoever arising, I confirm that cycling poses a risk to myself and my property and that I am participating in this event at my own risk.

Name: _____ Surname: _____

CSA Age Category: _____ Date of Birth: _____

CSA License/ID No: _____ League Category: _____

Email: _____ Cell No: _____

Emergency Contact Name: _____ Cell: _____

Medical Aid Details: _____

Signature : _____ Date: _____

(Parents of minors to also complete Guardian Consent form)