

| I understand and agree that my participation in rides, events, training programs, races, or activities organized, operated, conducted and/or sanctioned by Team Coastal Cycling is conditional upon my execution of this document. 1. I am aware that recreational or competitive cycling and associated training programs involves the possibility of injury or death. 2. I accept these risks, and all others arising from these events and programs, even if arising from the negligence, gross negligence or negligent rescue by those associated in any way with the Team Coastal Cycling rides, Training events and programs I may be involved in, the venues at which these events and programs takes place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers and representatives (the "Releasees"). 3. I understand that all applicable rules for participation must be followed and that SOLE RESPONSIBILITY FOR MY PERSONAL SAFETY REMAINS WITH ME, including my physical and emotional preparation and health and fitness to participate in all events and programs throughout the year. 4. I undertake and agree to remove myself from participation if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safety continue for any reason. 5. I give, a FUIL RELEASE AND WAIVER OF LIABILITY AND ALL CLAIMS that I have, or may have in the future, against Team Coastal Cycling, and all other Releasees from all liability for any loss damage, injury or expense that I may suffer as a result of my participation in any part or parts of the events or programs or my presence at any venue at which they may take place, due to any cause whatsoever including the forms of negligence set forth in paragraph 2 above or from any breach of contract or statutory duty or other duty of care including any duty of care owed under the relevant Occupier's Liability of co | NAME: | AGE: |
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| agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue. SIGNATURE: DATE: PARENTAL CONSENT FOR MINOR PARTICIPANT and INDEMNITY AGREEMENT I have read and understood the above waiver, release and indemnity, and have discussed the same with the minor person signing above. I am satisfied the said minor understands the waiver and release and his/her obligations as set | 2. I accept these risks, and all of gross negligence or negligen. Training events and programs I those organizing, officiating, or respective officers, directors, er 3. I understand that all applicab PERSONAL SAFETY REMAIN participate in all events and pro 4. I undertake and agree to remodition, or if, at any time, at a 5. I give, a FULL RELEASE AN against Team Coastal Cycling I may suffer as a result of my pat which they may take place, dabove or from any breach of corelevant Occupier's Liability Act 6. I AGREE NOT TO SUE and | rescue by those associated in any way with the Team Coastal Cycling rides, may be involved in, the venues at which these events and programs takes place or by participating in these events and programs throughout the year, including their aployees, agents, servants, volunteers and representatives (the "Releasees"). The rules for participation must be followed and that SOLE RESPONSIBILITY FOR MY SOUTH ME, including my physical and emotional preparation and health and fitness to prams throughout the year. The programs of the event or program, I feel unable or unfit to safety continue for any reason. The WAIVER OF LIABILITY AND ALL CLAIMS that I have, or may have in the future, and all other Releasees from all liability for any loss damage, injury or expense that articipation in any part or parts of the events or programs or my presence at any venue are to any cause whatsoever including the forms of negligence set forth in paragraph 2 attract or statutory duty or other duty of care including any duty of care owed under the on the part of the Releasees. Further agree TO INDEMNIFY AND SAVE HARMLESS the Releasees from all |
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| Releasees in the terms set out above. | I have read and understood the person signing above. I am satiout. In consideration of the parti | above waiver, release and indemnity, and have discussed the same with the minor fied the said minor understands the waiver and release and his/her obligations as set cipation of my minor child/ward I too agree to waive, release and indemnify the |
| I am aware that by signing this agreement I am waiving substantial legal rights, which my minor child/ward and I, our respective heirs, executors, administrators and next of kin may have against the Releasees. | | |
| SIGNATUREDATE: | SIGNATURE | DATE: |