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PERSONAL WAIVER OF LIABILITY RELEASE
INDEMNIFICATION & HOLD HARMLESS NOTICE

May 30 to June 19, 2010

Team #

Team Name: _____

Personal insurance waiver and release of liability form "Please Read Carefully"

I have signed my name on the bottom of this page in consideration for receiving permission to participate in The Dragon Flies Dragon Boat Festival, as well as join in on practice sessions, enter the premises, waterways and grounds supervised or in any way controlled by The Dragon Flies Breast Cancer Survivor Group. In consideration of permission to participate in this festival which is acknowledged to be good and sufficient consideration, I hereby agree to forever RELEASE and discharge from any and all liability, and agree not to sue The Dragon Flies Breast Cancer Survivor Group, Lively Dragon, iB Dragonboating, The Township of Scugog (Palmer Park) and their respective directors, members, trustees, agents, representatives, officers, sponsors, licensors, servants, volunteers, employees, team members, ("The Releasees") or their authorized representatives hereafter referred to as "the Organizers".

I understand that there are inherent risks in participating in this festival, and I accept all of those risks. I agree that I will not hold any of the above noted persons or organizations responsible for any liabilities, claims, injuries, losses, damages, expenses, demands, actions, and causes of action of whatever kind or nature arising out of or related to any such loss, damage, or injury, including death, etc. that may be sustained by me for whatever reason while participating in or upon the premises leased, supervised or in control by the Organizers, and their respective directors, members, trustees, agents, representatives, officers, sponsors, licensors, servants, volunteers, employees, team members and authorized representatives for such damages or costs incurred by me.

I understand and agree that the event may be cancelled, changed or adjusted due to conditions beyond the control of "the Organizers". These conditions include water level, current, weather, as well as the safety of participants. The cancellation, change or adjustment is at the sole discretion of "the Organizers" and that the team or I will not receive or seek a refund of fees paid.

I, and my next-of-kin are duly aware of the risks and hazards inherent in the sport of Dragon Boat practicing and/or racing and upon entering the premises used for the purpose of launching, docking and storing equipment used in the sport of paddling, and specifically in participating in The Dragon Flies Dragon Boat Festival and the practice sessions held at said premises and participating in said events, knowing conditions may be hazardous and dangerous and that obstructions may exist, and that high winds may cause rough water, and that I hereby voluntarily assume all risk of loss, damage or injury, including death, that may be sustained by me or to any property while in or upon said premises or engaged in said event. I agree to abide by and follow all rules of participation as published and/or expressed.

I am aware that the sport of Dragon Boating involves a large measure of physical exertion and should not be attempted by anyone with health conditions that may be affected by such physical exertion. By signing this document, I hereby certify that I do not suffer from any health conditions that may affect my ability to safely participate in Dragon Boat practicing and/or racing.

I, agree to properly wear a Personal Flotation Device "PFD" often referred to as a Lifejacket of an appropriate size, in good condition approved by Canadian Coast Guard at all times while participating in The Dragon Flies Dragon Boat Festival event, including any practice sessions arranged through The Dragon Flies Dragon Boat Festival Committee, iB Dragonboating and/or Lively Dragon.

In signing this release, I/we hereby acknowledge and represent, that I/we have read the forgoing waiver, have not changed the waiver orally. I am of sound mind and understand the waiver and agree to the waiver voluntarily, that I am 18 years of age or older and the best of my knowledge am fit to participate, or have co-signed with a parent or guardian, as the case may be.

I understand that my photograph or likeness may be used in future promotional material, and I consent to such use. I give permission to The Dragon Flies Dragon Boat Festival Committee, iB Dragonboating and/or Lively Dragon to take photographs and/or videos of me participating in any related activities and authorize the use of any such images for purpose of publicity, advertising, and training.

MEDICAL WAIVER: I certify that if I have a medical condition of which the medical personnel should be aware, I have attached hereto a "Participant Medical Form" (blank form available on web site) in my name: (please check one) YES NO

Print Your Name: _____ Signature: _____

Signature of Parent or Guardian (if under 18 years of age): _____

Date: _____ On the team roster my name and signature is on line number: _____



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Participant Medical Form

Team #

Team Name: _____

Name: _____ Sex () M () F

Date of Birth: Day _____ Month _____ Year _____

Contact in case of emergency: _____ Telephone #: _____

Family Doctor: _____ Telephone #: _____

Relevant Medical History:

Important Medical Considerations: _____

Medications: _____

Can the participant/athlete administer his/her own medication(s) Yes (_____) No (_____)

Medication instructions: _____

(Please note we are not authorized to give medication but can assist you with your medication)

Blood Type: _____

Allergies: _____

Previous injuries illnesses or operations: _____

Other concerns: (Prosthesis, contact lenses, etc.) notes: _____

I assume full responsibility for my health being such that the activities will in no way aggravate any conditions present or present a risk to my fellow paddlers. If in doubt, I will seek and follow medical advice.

Signature: _____ Date: _____

Signature of Parent or Guardian (if under 18 years of age): _____

Note: The participant /athlete Participant Medical Information Form is a confidential document.



Team Roster Form

Team #

EACH team member must sign this form on the designated numbered line indicated on their individual waiver form. ALL Team Captains are responsible for the completion of this form.

Team Name: _____ DATE: May 30 – June 19, 2010 .

Team Steersperson: _____ Signature: _____

OR

Festival Steersperson (check box if using a festival steersperson)

PRACTICE

#	Print Name	M F	Age	Signature	ATTENDANCE Please initial		
					#1	#2	#3
1							
2							
3							
4							
5							
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25							

* Please note that substitution of paddlers or use of athletes not listed on this roster will lead to disqualification of the team. If you do not fully understand this statement, ask for clarification from the Race Officials. A Team Roster **must** contain a minimum of 16 paddlers, one steersperson, and one drummer. A maximum total of 25 athletes can be listed on the roster. Proof of age may be required. Participants can only be on one team roster and must participate with **one** team only. Steerspersons and drummers may be used on additional teams when approved by the Festival Officials.

Teams granted exemption from festival practices by The Dragon Flies Dragon Boat Festival Committee **must return the waivers, rosters and medical forms** by **May 10, 2010** to:

The Dragon Flies Dragon Boat Festival P.O. Box 691, Lindsay, Ontario K9V 4W9