



## WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation in a Frontier Adventure Sports-organized adventure race (the "Event"), which may include but is not limited to activities such as trekking, paddling, mountain biking, swimming, orienteering, navigation and climbing, involves risk and danger which include, but are not limited to, factors related to terrain, water and weather conditions. I understand and acknowledge the risk and danger inherent in the Event and that the Event is physically and mentally demanding. I specifically acknowledge that I may be exposed to danger in remote wilderness areas and that my participation in the Event involves an absence of usual levels of rest, food and water. I am participating with the knowledge that I am responsible for my own physical and mental well-being in all respects during my participation in the Event.

In consideration of the organizers of the Event accepting my registration and permitting my participation in the Event, I agree that neither I nor my heirs or successors will hold Frontier Adventure Sports, 2172074 ON Inc, or any of their employees, directors, volunteers, heirs, successors, sponsors, partners or any other individuals or organizations involved or associated in any way with Frontier Adventure Sports, 2172074 ON Inc, and the adventure race in which I am participating, liable for any personal injury, death or damage to any property and/or equipment that may occur during my participation in the Event or in any way associated with my participation in the Event.

I further agree and acknowledge that:

- 1) I have read the Event rules and regulations and will abide by them at all times during my participation in the Event.
- 2) I acknowledge and confirm that I can swim to a safe standard reasonable for an event of this nature.
- 3) I acknowledge and confirm that I am in good physical condition and that I will be able to complete the required activities of this Event. If at any time during the Event my continued participation risks causing any form of physical or mental harm to myself, I will inform an Event staff or volunteer of my condition and discontinue my participation immediately. I acknowledge and confirm that I will observe the condition of my team mates and, if the physical health of any such team mates appears compromised, I will inform an Event staff or volunteer of such condition and my team will immediately discontinue participation in the Event.
- 4) I am familiar with and understand the dangers associated with Event activities and I will take all reasonable precautions to ensure the safety of myself and my team mates during the Event.
- 5) I agree to promptly notify an Event staff or volunteer of all incidents or accidents of which I become aware during my participation during the Event where injury or damage to property or equipment does or may occur.

I hereby release and forever discharge Frontier Adventure Sports, 2172074 ON Inc, their employees, directors, volunteers, heirs, successors, sponsors, partners and all other individuals or organizations involved or associated in any way with Frontier Adventure Sports, 2172074 ON Inc, and their adventure race series (the "Organizers"), on my own behalf and on behalf of my heirs and successors, from any liability arising from personal injury, death, or loss or damage to property however caused arising out of or in connection with my participation in the Event, except for liability arising out of the gross negligence of the Organizers.

### IMAGE RELEASE

The undersigned, in consideration of my participation in this Adventure Race, does hereby grant to FRONTIER ADVENTURE SPORTS and 2172074 ON INC, their heirs, successors and permitted assigns, and all of its sponsors and partners whatsoever, all right, title and interest in and to any videotape, slides, photographs, film or other reproduction of my image in any format whatsoever, captured in connection with my participation in this Adventure Race, for use in connection with broadcasting, advertising, trade shows, exhibitions, websites, promotions, training materials or otherwise.

#### ***Please Print Clearly:***

Event Name: High School Adventure Challenge

Date: May 1-2, 2010

Participant's Name: \_\_\_\_\_

Email Address: \_\_\_\_\_

Signature: \_\_\_\_\_(Signature of parent if under 18)