



VOLUNTEER RELEASE WAIVER AND ASSUMPTION OF RISK

I, the undersigned, do understand and hereby acknowledge and agree that participation as a volunteer at an adventure race (the "Event"), that may include but is not limited to activities such as trekking, paddling, mountain biking, orienteering 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 I may not receive normal levels of rest, food and water during the Event. I am volunteering to assist with the Event with the knowledge that I am responsible for my own physical and mental well-being in all respects during my participation as a volunteer in the Event.

In consideration of the organizers of the Event permitting me to volunteer with 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 Event, liable for any personal injury, death or damage to any property and/or equipment that may occur during, or in any way associated with, my participation in the Event as a volunteer.

I further agree and acknowledge that:

- 1) I have read all materials provided to me containing instructions and details concerning my role as a volunteer with the Event and I understand the demands that will be placed upon me in this role as a volunteer.
- 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 as a volunteer 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 fellow volunteers and, if the physical health of any such volunteers appears compromised, I will inform an Event staff or volunteer of such condition immediately.
- 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 as a volunteer, 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 the Event (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 as a volunteer, except for liability arising out of the gross negligence of the Organizers.

IMAGE RELEASE

The undersigned, in consideration of my participation as a volunteer 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 as a volunteer in this Adventure Race, for use in connection with broadcasting, advertising, trade shows, exhibitions, websites, promotions, training materials or otherwise.

Event Name: High School Adventure Challenge

Date: May 1-2, 2010

Volunteer's Name: _____

Email Address: _____

Signature: _____ (Signature of parent if under 18)

Real Wilderness. Real Navigation. Real Adventure.