

I HEREBY ASSUME THE RISKS OF PARTICIPATING IN TRIATHLONS OR BI-SPORT/DUATHLON EVENTS.

I certify that I am physically fit and have sufficiently trained for participation in this event(s), and have not been advised against participation by a qualified health professional. I acknowledge that my statements are being accepted by Triathlon Ireland ("TI") and are being relied upon by TI and the various race sponsors, organisers and administrators in permitting me to participate in any TI sanctioned event.

In consideration for allowing me to participate in this TI sanctioned event, I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors, and assigns, or anyone else who might claim or sue on my behalf, and I expressly acknowledge that it is my intent to take these actions:".

a) **I AGREE** to abide by the Competitive Rules adopted by TI, including the Medical Control Rules as they may be amended from time to time, and I acknowledge that my permission to participate may be revoked or suspended for violation of the Competitive Rules;

b) **I AGREE** that prior to participating in an event I will inspect the race course, facilities, equipment, and areas to be used and if I believe any are unsafe I will immediately advise the person supervising the event activity facilities or area.

c) I waive, release, **AND DISCHARGE** from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damage of any kind, including economic losses, which may in the future arise out of or related to my participation in or my traveling to and from this event, **THE FOLLOWING PERSONS OR ENTITIES: TI, EVENT SPONSORS, RACE DIRECTORS, EVENT PRODUCERS, VOLUNTEERS, ALL CITIES, COUNTRIES, OR LOCALITIES IN WHICH EVENTS OR SEGMENTS OF EVENTS ARE HELD, AND THE OFFICERS, DIRECTORS, EMPLOYERS, REPRESENTITIVES AND AGENTS OF ANY OF THE ABOVE. EVEN IF SUCH CLAIMS, LOSSES, OR LIABILITIES ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF THE PERSONS I AM HEREBY RELEASING OR ARE CAUSED BY THE NEGLIGENT ACTS OR OMISSIONS OF ANY OTHER PERSON OR ENTITY;**

d) **I ACKNOWLEDGE**, that there may be traffic or persons **ON THE** course, route and I **ASSUME THE RISK OF RUNNING, BIKING, SWIMMING OR PARTICIPATING IN ANY OTHER EVENT SANCTIONED BY TI.** I also **ASSUME ANY AND ALL OTHER RISKS** associated with participating in the events including, but not limited to falls, contact and/or effects with other participants, effects of weather including heat and / or humidity, defective equipment, the condition of the roads, water hazards, contact with other swimmers or boats, and any hazard that may be posed by spectators or volunteers. All such risks being known and appreciated by me, I further acknowledge that these risks include risks that may be the result of the negligence of the persons or entities mentioned above in paragraph (c) or of other persons or entities;".

e) **I AGREE NOT TO SUE** any of the persons or entities mentioned above in paragraph (c) for any of the claims, losses, or liabilities that I have waived, released, or discharged herein;".

(f) **I INDEMNIFY AND HOLD HARMLESS** the persons or entities mentioned above in paragraph (c) from any and all claims made or liabilities assessed against them as a result of: (i) my actions or inaction's: (ii) the action's, inaction's or negligence of others including those parties hereby indemnified: (iii) the conditions of the facilities, equipment or areas where the event or activity is being conducted: (iv) the Competitive Rules; or (v) any other harm caused by occurrence related to the event;".

(g) **I GRANT PERMISSION** for the use of my name and / or likeness relating to my participation in the event, and I **WAIVE** all rights to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness;".

(h) **Photographs/Media** - I give permission and consent to the taking and use of photographs and/or video footage in which I feature at sporting events and understand that these may be used in the promotion of the activities of Triathlon Ireland and related companies, clubs, societies and selected third parties. These photographs will only be used in keeping with Triathlon Ireland Safeguarding Code's "Guidelines on use of Photographic and Filming Equipment" which is available at www.triathlonireland.com in our Child Protection Information section.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OLD OR OLDER, I HAVE READ THIS DOCUMENT, AND I UNDERSTAND ITS CONTENTS.