

Lindsay Kids of Steel Triathlon  
c/o Greg Nisbett (Race Director)  
93 Kent Street West  
Lindsay, ON K9V 2Y5  
Phone: (705) 328-0871  
Info@lindsaykidsofsteel.com  
Register online at:  
[www.lindsaykidsofsteel.com](http://www.lindsaykidsofsteel.com)



### Awareness and Assumption of Risk

I am aware that triathlons involve risks including risk of personal injury, death, property damage, expense and related loss, including loss of income. Included in these risks are negligence on the part of the Lindsay Kids of Steel Race Committee, its directors, officers, officials and volunteers, other participants, the City of Kawartha Lakes, Sir Sanford Fleming College, owners of the facilities where the activities occur, and the Ontario Association of Triathletes (referred to in the rest of this agreement as "LINDSAY KIDS OF STEEL RACE COMMITTEE AND OTHERS"). I freely accept and fully assume all such risks and the possibility of personal injury, death, property damage, expense and related loss, including loss of income.

### RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of Lindsay Kids of Steel Race Committee accepting my application to participate in the Lindsay Kids of Steel Triathlon on June 21<sup>st</sup>, 2015, I agree:

1. To waive any and all claims that I may have in future against LINDSAY KIDS OF STEEL RACE COMMITTEE AND OTHERS.
2. To release the LINDSAY KIDS OF STEEL RACE COMMITTEE AND OTHERS from any and all liability for any personal injury, death, property damage, expense and related loss, including loss of income that I or my next of kin may suffer as a result of my participation in this activity, due to any cause whatsoever, including negligence, breach of contract or breach of any statutory duty of care.
3. To hold harmless and indemnify LINDSAY KIDS OF STEEL RACE COMMITTEE AND OTHERS from any and all liability for any damage to property of, or personal injury to, any third party, resulting from my participation in this activity.
4. That this agreement is binding on not only myself but also my next of kin, heirs, executors, administrators and assigns.

I HAVE READ THIS AGREEMENT AND UNDERSTAND IT. I AM AWARE THAT BY SIGNING THIS DOCUMENT I AM WAIVING CERTAIN RIGHTS WHICH I OR MY NEXT OF KIN, HEIRS, EXECUTORS, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST LINDSAY KIDS OF STEEL RACE COMMITTEE AND OTHERS.

Signed this \_\_\_\_\_ day of \_\_\_\_\_,  
(day) (month) (year)

**Signature (if under 18 years old, parent or guardian must sign)**

(MUST ALSO SIGN RACE RULES)



**NOTE: REGISTRATIONS MUST BE RECEIVED PRIOR TO DAY OF RACE**



Lindsay Kids of Steel Triathlon  
c/o Greg Nisbett (Race Director)  
93 Kent Street West  
Lindsay, ON K9V 2Y5  
Phone: (705) 328-0871  
Info@lindsaykidsofsteel.com  
**Register online at:**  
[www.lindsaykidsofsteel.com](http://www.lindsaykidsofsteel.com)



## Race Rules

1. Maps of the course are posted (on race day) and participants are responsible for being familiar with the course layout.
2. Helmets are mandatory and chinstraps must be fastened before getting on the bike and must stay fastened until after the participant is off the bike. Failure to wear an approved secure cycle helmet will result in automatic disqualification and all race insurance will become invalid.
3. No riding in the transition area.
4. Only athletes and our volunteers are allowed in the transition area.
5. Participant numbers must be visible from the front during the race.
6. Parental assistance is not permitted in the transition area or on the course.
7. Bike check is mandatory
8. Drafting is not permitted.
9. The Race Director reserves the right to limit the number of entries.
10. PROFANITY WILL NOT BE TOLERATED FROM PARTICIPANT OR PARENTS!

**FAILURE TO FOLLOW RULES IS GROUNDS FOR DISQUALIFICATION.**

We understand the rules and regulations above:

\_\_\_\_\_  
Athlete's signature

\_\_\_\_\_  
Parent's signature

(MUST ALSO SIGN AWARENESS AND ASSUMPTION OF RISK)



**NOTE: REGISTRATIONS MUST BE  
RECEIVED PRIOR TO DAY OF RACE**

