



# Lake Revelstoke Dragon Boat Society

(Registered as a non-profit society #S-0065126 with the Province of British Columbia)

## WAIVER, RELEASE, AND INDEMNIFICATION FORM - 19 years and over

I \_\_\_\_\_ of \_\_\_\_\_  
(Print Name) (Physical Address)

of the City or Regional District of \_\_\_\_\_, Province of \_\_\_\_\_

recognize and acknowledge that paddling dragon boats is a considerable test of an individual's personal fitness, strength, coordination, and endurance. I acknowledge that I should consult a physician prior to starting a physical fitness program.

Participation in this sport presents a serious risk to each and every participant. These risks include but are not limited to: drowning, hypothermia, boat collision, impact injuries, muscle strain, muscle overuse injuries, sunburn, and all other possibilities for injury when involved in racing, training, and paddling on all types of waters.

I understand and acknowledge that the Revelstoke Dragon Boat Society (LRDBS) will practice and race on cold lakes and swift rivers; and that the Society requires personal floatation devices (PFDs) be worn at all times while practicing and racing.

I have read and understand the above paragraphs and the risks described therein, and confirm the following:

1. I have attained the full age of 19 years and I am mentally competent to provide my consent to the terms contained in this waiver, release and indemnification form, and I fully understand the contents of this Waiver, Release, and Indemnification form.
2. I hereby agree to abide by the rules and regulations of LRDBS and its executive, directors, and coaches, as set from time to time;
3. I hereby waive and release, for myself, my executors, administrators, next of kin, and assigns, any and all claims or clauses of action that I may have against the LRDBS, or its directors, coaches, members, volunteers, sponsors, or any one or more of their executors, administrators, next of kin, or assigns (hereinafter "The Participants"), including any and all claims for personal damage, death, or property damage caused by the LRDBS or The Participants, arising out of my participation in paddling, including but not limited to training, racing and related events, together with any costs, including legal fees, that may be incurred as a result of any such claims whether valid or not;
4. I hereby indemnify and hold harmless the LRDBS and The Participants, against any and all claims or causes of action that I or my executors, administrators, next of kin, successors, or assigns may have or assert for damages for personal injury, death, or property damage including any costs including legal fees that may be incurred as a result of any such claims whether valid or not;
5. I hereby indemnify and hold harmless the LRDBS and The Participants against any damage to my personal possessions, vehicles and athletic equipment during paddling, including training, racing and related activities, and including damage occurring during transportation of persons and equipment to and from paddling activities, races and related events;
6. I hereby give permission to the LRDBS to use my picture on their website and in other media promoting the Society's activities.
7. I hereby attest that, to the best of my knowledge, I am in good physical health and agree to participate in the herein described activities, acknowledging the inherent danger therein, and knowing my level of physical health.

Applicant signature:	Print applicant name:
Witness signature:	Print witness name:

Date: \_\_\_\_\_