

Liability Release

I agree to the following Terms and Conditions by signing below.

I acknowledge and agree that the following terms, conditions and undertakings apply to my engagement in RMHC VIC & TAS Ride for Sick Kids Spin Challenge.

- 1. I, the participant specified on signature sheet, have enrolled in the Ride for Sick Kids Spin Challenge and recognise that the program may involve physical activity. I hereby affirm that I am in good physical condition and do not suffer from any known disability or condition which would prevent or limit my participation in this exercise program.*
- 2. The exercise you are taking part in Ride For Sick Kids Spin Challenge is a fun charity event. We will be conducting games and challenges over the 10hrs with prizes to give away. The challenges are in a fun nature, and you should not push past your physical limits at any time. When taking part in Ride For Sick Kids Spin Challenge please listen to your body and take as many breaks as you need. Please notify a volunteer if you are feeling unwell.*
- 3. In normal circumstances, this exercise should not harm me in any way. I am not obligated to participate in any activity that I do not wish to do, and it is my right to refuse such participation at any time during my timeslot. I understand that should I feel light-headed, faint, dizzy, nauseated, or experience pain or discomfort, I am to stop the activity and notify a volunteer.*
- 4. I shall inform the RMHC VIC & TAS team of any medical issues prior to commencing my timeslot.*
- 5. RMHC VIC & TAS will not be liable in any way for any unforeseen circumstances or for any circumstances of which I should have been aware, but failed to notify them.*

6. *I give permission to the staff of RMHC VIC & TAS to ring 000 should the need arise.*
7. *RMHC VIC & TAS is not liable for any injuries to anyone including children that may occur at the venue.*
8. *I, the participant specified on the signature page, fully understand that I may injure myself as a result of my enrolment and subsequent participation in this program and I hereby release RMHC VIC & TAS Ride For Sick Kids Spin Challenge and its agents from any liability now or in the future for conditions or injuries that I may obtain. These conditions and injuries may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, trauma, anxiety, fears, injuries to knees, injuries to back, injuries to feet, and any other illness or soreness that I may incur, including death.*
9. *I understand that RMHC VIC & TAS and agents acting on their behalf will be capturing photography and video of today's event and I give them permission to use my image for their purposes. I understand that they will not share my information with other parties unless to promote RMHC VIC & TAS and the work they do,*