

PERSONAL INSURANCE AND RELEASE FORM

PLEASE READ CAREFULLY

By signing this document you waive certain legal rights, including the right to sue.

In consideration of my being permitted to participate in the Oakville Charity Dragon Boat Festival on August 15, 2010 ("the Event"), I myself, my heirs, executors, administrators, successors and assignees hereby release, waive and forever discharge Lively Dragon Club, International Dragon Boat Federation, Conservation Halton, Region of Halton, City of Milton, Rotary Club of Oakville Trafalgar, Rotary Club of Oakville Foundation Inc., Burlington Canoe Club and their respective directors, members, trustees, agents, representatives, officers, sponsors, licensors, servants, volunteers, ("the Released Parties") whether in law or equity, in respect of death, injury, loss or damage to my person or property resulting from negligence or for any other reason or cause or by reason of my participation in the Event, whether as a spectator, participant, competitor or otherwise prior to, during or subsequent to the Event and do, notwithstanding that same may have been contributed to or occasioned by negligence of any of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify all of the aforesaid from and against any and all liability incurred by any way connected with my participation in the said Event. I have read, or have had read to me, and understand and agree to the above waiver, release and indemnity.

I agree to obey and adhere to the rules and regulations governing the Oakville Charity Dragon Boat Festival on August 15, 2010 as published on their website at www.oakvilledragon.com and the applicable Competition and Rules of Racing published on the International Dragon Boat Federation website at www.idbf.org

I have read and understand the Safety Plan published on the website at www.oakvilledragon.com

I agree to and discharge forthwith on request the Released Parties of each and every obligation or claim which shall be made, assigned or appointed against the Released Parties by any party by virtue of any injury or damage caused by me or to me absolutely.

I and my next-of-kin are duly aware of the risks and hazards inherent in the sport of paddling and entering the premises used for the purpose of launching, docking and storing equipment used in the sport of paddling, and specifically in participating in the Event and the practice sessions held at said premises and participating in the Event, knowing conditions may be hazardous and dangerous and that obstruction may exist, and that high winds may cause rough water.

I hereby give notice that I am a competent swimmer and that I voluntarily assume all risk of loss, damage or injury, including death that may be sustained by me or to any property while in or upon said premises or engaged in said event.

I agree to properly wear, at all times while participating in the Event, including any practice sessions a Personal Flotation Device "PFD" often referred to as a lifejacket of an appropriate size, in good condition approved by the Canadian Coast Guard.

I agree that I have had the opportunity to submit the optional Medical Form available at www.oakvilledragon.com

I hereby give permission to the Rotary Club of Oakville Trafalgar and Oakville Club of Oakville Trafalgar Foundation to take photographs and/or videos of me participating in any related activities and authorize the use of any such images for purpose of publicity, advertising, and training

In signing this Release, I/we hereby acknowledge and represent, that I/we have read the foregoing waiver, have not changed the waiver orally. I/we of sound mind understand the waiver and agree to the waiver voluntarily, that I am 18 years of age or older and to the best of my knowledge am fit to participate, or have co-signed with a parent or guardian, as the case may be.

Print your Team name _____ Print your name _____

Sign your name _____ Date signed _____

Witness signature _____ Date signed _____