

WAIVER FORM FOR THE 2017 KATHMANDU COAST TO COAST ACADEMY

There has always been a degree of sound decision making required by those that recreate in the outdoors. Competitors in the Kathmandu Coast to Coast Academy need to exercise self-responsibility and appreciate the inherent risks presented by the outdoor activities in the event.

Risks are increased in the Kathmandu Coast to Coast by factors such as fatigue, equipment selection, weather, cloud cover, wind, rain, river flows, number of competitors, variable skill level and unfamiliarity with the course. Incidents can happen anywhere and at any time and our safety procedures reflect this. We are continually reviewing our systems, as there are always things to learn, but we are confident our procedures are robust. However, if you identify a hazard, either in training or during the Kathmandu Coast to Coast, please inform us immediately.

Heavy rainfall creates issues in terms of landslides, track washouts, fallen trees and river course changes - expect change since the last time you completed the course (where applicable).

Cycle training and competing will be on sealed public roads, and you must share the road with other users. Keep to the left and do not cross the white centreline on any roads at any time. You must be familiar and capable of riding in large bunches. Act within the road rules and follow established cycling etiquette. Expect oncoming and overtaking traffic at all times. Obey the road code. Cycling hazards include railway crossings, one lane bridges, other traffic, road work sites, pot holes, loose shingle, wind gusts, road kill, flooding and falling debris.

Training for and competing in the mountain run through the Mingha and Deception valleys from Aickens to Klondyke Corner is: an alpine route with rivers fed from permanent snowfields and rainfall. 33kms long and cannot be fully covered by safety rescue personnel A remote wilderness route with intermittent tracks which are not always obvious Goat Pass is at an elevation of 1100 meters A mountain riverbed over rough terrain. The mountain run's main hazards are cold deep water river crossings, uneven rocky ground, rising rivers, boulders, mud, loose overhead rocks, deep river holes, flooding, landslides, slippery surfaces, steep eroded river banks, cliffs, shingle, rooted terrain, windblown trees, large rocks and other typical hazards from back country terrain. In addition, competitors may, at times, be running by themselves. River crossing training is essential.

There are railway line crossings on the cycle and run stages. If alarm bells are sounding or a Race Official, or other person associated with the Kathmandu Coast to Coast requests that you stop, you must stop. One Lane Bridges. There are one-lane bridges on the cycle stages. Please obey the road rules and give way to traffic.

Road running training and competing from Kumara Beach to the Kumara cycle stands is on shingle (unsealed) and sealed road sections. The running stage on race day from Mt White highway to Mt White Bridge is on a shingle (unsealed) road section. The running stage from Waimakariri River Gorge Bridge to the cycle stands is on a shingle (unsealed) road and through a farm paddock. Expect pedestrians, oncoming and overtaking traffic at all times. The running stage from the New Brighton cycle stands to the finish is over grass, asphalt and beach sand.

Kayaking training and competing will be down the Waimakariri River from Mt White Bridge to Waimakariri River Gorge bridge, this is: an alpine river fed from permanent snowfields and rainfall. 67 km long and cannot be fully covered by safety rescue personnel. Mid to large volume (30 to 200 cumecs) grade two for the majority of the course. a wilderness river. From some parts it would take you more than 5 hours to walk to the nearest house. a white water river. Paddling on flat water is no substitute for paddling on moving water. The kayaking stage main hazards are braided gravel beds, rock/boulder gardens, strong winds, deep water, other boats, wave chains, bluffs (headwalls) and re-circulating eddies. While kayaking alone is not recommended for recreational kayak trips, participants in the event may at times find themselves kayaking by themselves, because they: Are ahead of the field. Have fallen to the back of the field. Have taken a different channel. Are between safety kayakers and checkpoints. Are spread out by the nature of the event. Safety kayakers, jet boats and checkpoints are located at various locations through the river system on race day, to ensure that participants encounter officials at regular intervals. Sites with increased level of hazards are allocated increased resources. This level of support will not be there on training days. Students will be always accompanied by one experienced Adult. Participants should have sufficient proficiency to handle the river conditions that the event is staged in.

Participants need to ensure you also communicate hazards your support crews might encounter while at the Coast to Coast. They include: Gates/fences/electric fences - please leave them as you found them (if open, leave open / if closed, close behind you)

Shingle roads and farm tracks - please keep your vehicle speed down, and be aware of pedestrians and competitors. Tracks may become slippery in wet conditions.

Other hazards include: Road works - please keep to the temporary speeds. Wasps and bees. Alcohol - Do not drink and drive. Stock - Be respectful of all stock on the farms, do not scare or harass them. Barbed wire. Railway lines. Sun - ensure you are wearing sun protection at all times of the day (hat, sunglasses, sun-block, shirt with collar). In the event of a fire, extinguish it if possible, raise the alarm, and call emergency services. The weather is very unpredictable - come prepared for hot/cold, wet/dry and wind.

I, the undersigned, agree that I have read this form and confirm that I have the necessary skills, experience and competence to compete in The Kathmandu Coast to Coast and to join the Kathmandu Coast to Coast Academy. Because I can seriously affect other competitors and I will act responsibly at all times.

I have informed the organisers of any existing or recurring medical conditions that may affect me competing and training for the Kathmandu Coast to Coast. The Kathmandu Coast to Coast prefers to use education rather than legislation, but there are a number of important rules that must be adhered to. I agree to abide by the rules of the race, and understand that participation in this race is at my own risk and I accept full responsibility for my wellbeing during the event.

Waiver and Release from Liability and Potential Claims based upon Negligence or Other Claimed Misconduct

I am aware of the risks involved in being part of the Kathmandu Coast to Coast Academy and competing in a the Kathmandu Coast to Coast multisport race ("the Coast to Coast"). I understand that training for and participating in the Kathmandu Coast to Coast is at my own risk and I accept full responsibility and liability for my actions. In my judgment I have sufficient competence and experience to participate safely.

I certify that I am in sound health, physical and mental condition, and will undertake have sufficient training for participation in the Kathmandu Coast to Coast, I am not aware of any medical condition to the contrary and have not been advised otherwise by a qualified medical person.

On behalf of myself, my agents, administrators, heirs, next of kin, successors and assignees I:

(a) WAIVE, RELEASE AND DISCHARGE from any and all liability for death, disability, personal injury, property damage, property theft, and all other risks or claims or actions of any kind (including negligence) whatever and however occurring to me as a result or in connection with, directly or indirectly, my participation, training for and my traveling to and from the Kathmandu Coast to Coast the following person or entities: Ultimate Event Productions Ltd ("the organisers"), Adventure Sport NZ ("the Race Director"), land managers and/or owners, event sponsors, volunteers, all cities, towns, regions, districts or other areas of whatever nature in which the event may be staged and their (its) representatives, respective officers, organisers, contacts, directors, employees, independent contractors, agents, and volunteers.

(b) INDEMNIFY AND HOLD HARMLESS the persons or entities mentioned in paragraph 3(a) above from any and all liabilities, risks, claims or actions (including negligence) whatever or howsoever caused arising as a result of or in connection with, directly or indirectly, my participation in, training for, and traveling to and from the Kathmandu Coast to Coast.

I acknowledge that the organiser reserves the right to alter stages and times of the Kathmandu Coast to Coast for safety or other reasons.

I hereby consent to receive medical treatment, which may be deemed necessary in any event of injury, accident and or illness training for and during the Kathmandu Coast to Coast.

I agree that compensation for any injury received, or for any personal expenditure incurred as the result of any accident during participation and training for the Kathmandu Coast to Coast and associated events or an activity related in any way to the Kathmandu Coast to Coast shall be limited to the compensation, if any, which may be agreed to or awarded by the New Zealand Accident Compensation Commission.

I hereby consent to the use of my name, voice, photograph, video or film likeness and any information provided on this entry form to be used without payment in any broadcast, telecast, promotion or advertising for the purpose of promoting future or other events by the organiser, sponsors and/or assignees.

I agree to accept emails from the organisers, Race Director and sponsors regarding their services.

I agree to abide by the rules and regulations as set down for the Kathmandu Coast to Coast, and I understand that my entry may be voided if through my actions or behaviour, in the opinion of the organisers, I break any of the rules or I bring the Coast to Coast or sports into disrepute. I further understand that the organisers reserve the right to reject any entry without having any justification for their actions.

If you have read this document, understand and accept its contents, please sign and date.

Team member 1:

Signature:

Name:

Date:

Parent/Guardian Signature:

Date:

Team member 2:

Signature:

Name:

Date:

Parent/Guardian Signature:

Date:

Team member 3:

Signature:

Name:

Date:

Parent/Guardian Signature:

Date:

I have read the waiver release document, Terms and conditions of the promotion, I understand and accept its content. Furthermore I agree to both the:

1. Competitor's Personal Responsibility
2. Waiver and Release from Liability and Potential Claims based upon Negligence or Other Claimed Misconduct

Team member 1:

Signature:

Name:

Date:

Parent/Guardian Signature:

Date:

Team member 2:

Signature:

Name:

Date:

Parent/Guardian Signature:

Date:

Team member 3:

Signature:

Name:

Date:

Parent/Guardian Signature:

Date: