

BOZEMAN TRIATHLON CLUB
ACKNOWLEDGEMENT and ASSUMPTION OF RISKS and RELEASE OF LIABILITY

**Acknowledgement of Risks Inherent in Participating in
Bozeman Triathlon Club Activities**

I understand that there are inherent risks associated with participating in the Bozeman Triathlon Club training sessions, clinics, races, gatherings and events (collectively the "Activities") that are hazardous to participants regardless of reasonable safety measures which may be taken. Certain risks involving participation in the Activities (including but not limited to large and small group open water swimming, mountain biking, open road biking, trail running, open road running, indoor running/cycling, strength training and stretching sessions) cannot be eliminated. I recognize that these risks include, but are not limited to, the following:

- Cold weather and heat related injuries and illnesses including hypothermia, dehydration, heat exhaustion, heat stroke, frostnip and frostbite.
- Risks typically associated with group open water swimming events including drowning, strong currents, uncontrollable swimming conditions, unpredictable weather, extremely cold water, contact with floating debris, contact with aquatic life, birds and other swimmers, water quality issues, and any resultant injury caused by any of the foregoing, including death, and the risk of injury when navigating the natural terrain (including slippery, rocky and uneven ground) to and from the swim portion of the Activities.
- Risks typically associated with mountain biking and/or trail running over rugged, remote and natural off road terrain including collisions and/or contact with rocks, roots, trees, logs and other natural and unnatural terrain features, unpredictable weather and trail conditions (including sharp drop-offs and bogs), attack or contact with animals and insects, riding and/or running in close proximity to other cyclists/runners, including contact or collisions therewith and the risk of injury caused by any of the foregoing, including death.
- Risks typically associated with open road biking and/or open road running including the risk associated with automobiles traveling in close proximity to riders and runners, failure of riders, runners and other parties to recognize the rules of the road and traffic safety/traffic control devices, varied terrain, and uncontrolled third parties (including automobiles) any of which actions may cause contact or collisions therewith and the risk of injury caused by any of the foregoing, including death.
- Risks typically associated with indoor cycling and running including dehydration, heat exhaustion, heat stroke, exhaustion, heart attack and injury caused by using indoor running and biking equipment.
- I understand that the above description of risks is not complete and that unknown or unanticipated Activities risks may result in injury, illness or death. _____ (**initials**)

Assumption of Risk and Responsibility

I assume full responsibility for any and all risks of bodily injury, death, and loss of or injury to personal property that may arise from or be caused by risks inherent in engaging in the Activities and I am otherwise physically fit enough to participate in the Activities. I agree to follow all written and verbal safety rules and instructions presented to me by Bozeman Triathlon Club coaches and volunteers. _____ (**initials**)

Release of Liability

I hereby expressly waive and release Bozeman Triathlon Club, Inc., and its officers, directors, coaches, volunteers, members and Activities advisors and their respective heirs, agents, representatives, employees and/or sponsors (collectively the "the Club"), from any and all rights and claims for injury or damages which may hereafter accrue to me or my personal property arising from or caused by any risks inherent in the Activities. I agree to indemnify and hold harmless the Club from all claims, damages, losses, injuries, and expenses that may arise from or be caused by risks inherent in the Activities or from any negligent or intentional acts which I may perform. _____ (**initials**)

I understand that this document does not release the Club from claims that may arise from its negligence.

Signature of Participant\Guardian of Minor Participant: _____ Age _____

Printed Name: _____ Date _____

Emergency Contact Name and Number: _____