

## Awareness and Assumptions of Risk

I am aware that running can involve risks including risk of personal injury, death, property damage, expense and related loss, including loss of income. Included in the risks are negligence on the part of YMCA Northumberland and its directors, officers, officials, employees and volunteers, the Corporation of the Town of Cobourg, YMCA Northumberland Strong Kids Duathlon Committee and all other participants. I freely accept and fully assume all such risks and the possibility of personal injury, death, property damage, expense and related loss, including loss of income to me or my children.

## Release of Liability, Waiver of Claims & Indemnity Agreement

In consideration of YMCA Northumberland Strong Kids Duathlon Committee accepting my application to participate in this activity, I agree:

- To waive any and all claims that I may have in the future against YMCA Northumberland and its directors, officers, officials, employees and volunteers, the Corporation of the Town of Cobourg, Cobourg Strong Kids Duathlon Committee and all others;
- To release YMCA Northumberland and its directors, officers, officials, employees and volunteers, the Corporation of the Town of Cobourg, Cobourg Strong Kids Duathlon Committee and all others from any and all liability for any personal injury, death, property damage, expense and related loss, including loss of income that I or my next of kin may suffer as a result of my participation in this activity, due to any cause whatsoever including, but not limited to, negligence, breach of contract and breach of any statutory duty of care;
- To hold harmless and indemnify YMCA Northumberland and its directors, officers, officials, employees and volunteers, the Corporation of the Town of Cobourg, Cobourg Strong Kids Duathlon Committee and all others from any liability for any damage to property of, or personal injury to, any third party, resulting from me or my child(s) participation in this activity;
- This Agreement is binding on not only myself, but on my next of kin, my heirs, executors, administrators and assigns.

## Consent

YMCA Northumberland may use photographs, images and/or recordings containing my child's picture, image, voice and/or other likenesses for promotional, advertising, public relations and/or informational purposes.

I hereby consent to the use of these materials without further notice or compensation, in any publicity or advertisement carried out by YMCA Northumberland including, without limitation, in YMCA Northumberland brochures, newsletters, annual reports, posters and/or on website/internet materials (collectively, the "Materials") and further acknowledge and confirm that the Materials and all photographs, images and/or recordings shall remain the exclusive property of YMCA Northumberland who shall own all copyright and other intellectual property rights therein.

**I have read this agreement and understand it. I am aware that by signing this document I am waiving certain rights which I or my next of kin, heirs, executors, administrators and assigns may have against YMCA Northumberland, the Corporation of the Town of Cobourg, YMCA Strong Kids Duathlon Committee and others.**

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Parent/Guardian Name

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Parent/Guardian Signature

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Date

# EVENT DETAILS

## FRIDAY, AUGUST 26TH, 2022

5:00pm: Check In

5:30pm: Participant Meeting

5:45pm: First Race Begins

## LOCATION

**SWIM: CENTENNIAL POOL**

42 Charles Street, Cobourg

**RUN: VICTORIA PARK**

## DISTANCES & START TIMES

AGE	START	SWIM	RUN
3	5:45 pm	15m	200m
4-5	5:55 pm	15m	200m
6-7	6:10 pm	50m	500m
8-9	6:25 pm	100m	1km
10-11	6:35 pm	100m	1.5km
12-15	6:45 pm	150m	2km

## EQUIPMENT

- Swimsuit or shorts
- Floatation devices (available by request)
- Running shoes
- Goggles (not mandatory)
- Water bottle
- Towel

## POST EVENT

All participants will be awarded a medal upon completion of their race and refreshments will be provided.

# STRONG KIDS DUATHLON

FRIDAY, AUGUST 26TH, 2022

5:30PM TO 7:30PM

CENTENNIAL POOL & VICTORIA PARK, COBOURG



## REGISTER TODAY!

- **ONLINE AT [YMCANRT.ORG](https://www.ymcanrt.org)**
- **IN PERSON AT THE COBOURG YMCA**



@ymcanortherland @ymcanrt

# Friends & Family Donations\*

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ \$ \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ \$ \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ \$ \_\_\_\_\_

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ \$ \_\_\_\_\_

**\*Donations over \$25 will receive a tax receipt.**

## YMCA STRONG COMMUNITIES CAMPAIGN

By supporting the YMCA Strong Communities Campaign, you help support children, teens, adults and seniors in Northumberland County. Together, we can build healthy communities.



# Registration

## \$15 per child

### Participant

Name: \_\_\_\_\_  
Age: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

### Main Contact

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

### Relationship to Child:

\_\_\_\_\_

**Does the participant have any medical conditions?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Yes, please add me to your email list.**



Signature required