



PLEASE READ WHAT FOLLOWS VERY CAREFULLY BEFORE SIGNING IT AND RETURNING IT WITH YOUR ENTRY FORM. THIS DOCUMENT HAS LEGAL CONSEQUENCES. BY SIGNING IT, YOU WILL LIMIT OR ELIMINATE YOUR ABILITY TO BRING FUTURE LEGAL ACTIONS AGAINST: (1) THE MID-SUSSEX TRIATHLON CLUB, (2) THE ARDINGLY ACTIVITY CENTRE AND (3) SOUTH EAST WATER. YOU MAY WISH TO TAKE INDEPENDENT LEGAL ADVICE BEFORE SIGNING IT.

1. I understand that each of the disciplines of triathlon - running, bicycling, swimming - as well as the transitions and transition areas between disciplines, are inherently dangerous and physically and mentally demanding. I am aware that this session will involve: (i) an open water swim over a 1.5 Km course in the Ardingly Reservoir; (ii) a cycle route of 40 Kms that will be held entirely on open public roads, where there will be unrestricted vehicular, pedestrian and other traffic, and (iii) a 10 Km run over a course that is mainly on off-road public footpaths and bridleways adjacent to the Ardingly Reservoir. I understand that I will be participating in the event at my own risk. I accept and assume all of the risks associated with my participating in the session.

I have been advised to familiarise myself with the cycle and run routes. I have been given access to electronic maps of each of the routes. I have read and understand the risk assessments completed for each of these routes and for the swim.

I will wear a wet suit and a swim cap for the open water swim.

2. I understand and agree that it is my responsibility to determine whether I am sufficiently fit and healthy enough to participate in the session.

I am physically and mentally fit enough and sufficiently trained to participate in it. I have not been advised against participating by a qualified/registered medical practitioner.

3. I understand and agree that it is my responsibility to take out and maintain suitable insurance cover against any injury I might sustain, or any damage that might be caused to my or others property, because of my participation in the session.

I have been advised to join one of the three home nations triathlon associations - Triathlon England/Triathlon Scotland/Welsh Triathlon.

I will behave responsibly throughout the event. I will accord with the relevant British Triathlon Federation guidelines, club policies and the Highway Code at all times.

4. I, acting in my own right and on behalf of any person or legal entity that might claim or sue on my behalf, waive and release from any claim, demand, loss or liability of any kind the following:

- The Mid Sussex Triathlon club
- The Ardingly Activity Centre
- South East Water

I have read and understand all of the points made above. I agree to and accept them without qualification.

Signed .....Date.....

Print name please.....