



## IronCanucks Triathlon Team 2013 Membership Form

### Personal Information

Name *	
Mailing Address *	
City, Prov., Postal Code *	
Phone	
E-Mail Address *	
Emergency Contact Name & Phone #	
Gender *	
Year of Birth *	
Age on December 31, 2013	
Medical Conditions/Medications	

### Plans for the season

To assist the Club in helping you reach your goal, please indicate your plans for this season:

- |  |  |
|--|--|
| <input type="checkbox"/> Complete my first Tri-A-Tri | <input type="checkbox"/> Complete a Duathlon       |
| <input type="checkbox"/> Complete my first Sprint    | <input type="checkbox"/> Improve Sprint time       |
| <input type="checkbox"/> Complete first Olympic      | <input type="checkbox"/> Improve Olympic time      |
| <input type="checkbox"/> Complete first Half-Ironman | <input type="checkbox"/> Improve Half-Ironman time |
| <input type="checkbox"/> Complete first Ironman      | <input type="checkbox"/> Improve Ironman time      |

Other

**I hereby make application to become a member of IronCanucks Triathlon Team and. I have read the privacy release on page 2 of this form and agree with IronCanucks collection and use of my personal data. I have read and accept the waiver and indemnity on page 2 of this form.**

Name (printed) *	
Signature *	
Date *	

## Privacy Notice, Release and Waiver

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### Privacy Notice

IronCanucks Triathlon Team will not rent, sell or otherwise make your personal information available to any third party without your permission. The information you provide IC will be used to maintain membership records and the communication of events and races. It is also used to prepare demographic statistics on IC triathletes to help develop new programs.

### IronCanuck Triathlon Team Release, Waiver and Indemnity

I am aware that there are risks, dangers and hazards inherent in athletic activities, and in my preparation for, travel to or from, and participation in any running, swimming, biking, or event organized, operated by IronCanucks Triathlon Team under the supervision/insurance coverage of Second Wind Conditioning Inc. I also understand that IC training sessions are informal workouts for the enjoyment of the members and that these sessions are conducted on public and/or private property where no special privileges are granted to the membership.

These risks, dangers and hazards include, but are not limited to:

- Injuries resulting from vigorous physical exertion and strenuous cardiovascular workouts;
- Injuries resulting from falls to the ground due to uneven or irregular terrain or surfaces;
- Extremes of weather and temperature which may result in heatstroke, sunstroke or hypothermia;
- Injuries resulting from failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- Injuries from colliding with or being struck by other participants, spectators, equipment or vehicles;
- Risks associated with travel to or from training or competition locations; and
- Additional risks associated with non-competitive activities which are often an integral part of competitive events.

I UNDERSTAND AND ACKNOWLEDGE that IC activities have inherent dangers that no amount of care, caution, instruction, or expertise can totally eliminate. I expressly and voluntarily assume all risk of death or personal injury sustained while participating in IC activities whether or not they are caused by the negligence of the released parties.

I HEREBY RELEASE AND DISCHARGE Triathlon Canada, other associated clubs and all other associations, sanctioning bodies and sponsoring companies, and all their respective agents, officials OF ALL CLAIMS, demands, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property. This includes, but is not limited to, losses caused by the negligence of the released parties.

I ALSO RELEASE the right to any likeness taken of me at an IC sanctioned event and/or IC activity and IC may use it in any print, video or web promotions. Neither IC will sell or give that right on to another party.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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*IronCanuck Triathlon Team Mandate: To provide a healthy, safe and supportive triathlon training environment for all members.*