

OxTrail OCR – Training Session Waiver & Release of Liability

IMPORTANT: PLEASE READ CAREFULLY – THIS IS A LEGAL DOCUMENT

By registering for and participating in OxTrail OCR training sessions (“Training Sessions”), I acknowledge that I have read, understood, and agree to the following waiver and release of liability.

1. Acknowledgment & Assumption of Risk

I understand that participation in physical fitness training and obstacle course racing (OCR) activities involves inherent risks, including but not limited to: strength training, running and trail running, obstacle skills, uneven terrain, outdoor weather conditions, use of shared equipment, slips, falls, collisions, overexertion, sprains, fractures, cuts, heat or cold-related illness, exposure to insects or wildlife, allergic reactions, illness, permanent disability, or death.

I voluntarily assume all such risks, whether known or unknown, foreseeable or unforeseeable, even if arising from the negligence of OxTrail OCR or others.

2. Scope of Activities

This Waiver applies to **OxTrail OCR training sessions only**, conducted in parks, trails, or other outdoor or permitted locations. It does not apply to races or separately ticketed events, which may require additional waivers.

3. Health & Fitness Declaration

I confirm that:

- I am physically fit and able to participate in Training Sessions
- I have completed a current PAR-Q (Physical Activity Readiness Questionnaire) and will obtain medical clearance if required
- I have disclosed any relevant injuries, medical conditions, or limitations
- I will notify OxTrail OCR of any changes to my health status that may affect safe participation

4. Compliance & Conduct

I agree to:

- Follow all instructions, safety guidelines, and rules provided by OxTrail OCR coaches, organizers, or volunteers
- Train within my personal limits and stop immediately if I feel unwell or injured
- Act respectfully toward other participants, volunteers, the public, and the environment
- Not participate under the influence of alcohol or non-prescribed drugs

5. Waiver & Release of Liability

To the fullest extent permitted by law, I waive, release, and discharge **OxTrail OCR**, its directors, officers, volunteers, coaches, contractors, partners, landowners, municipalities, and affiliates (“Releasees”) from any and all claims, demands, damages, losses, or liabilities arising from my participation in Training Sessions, including those caused by the negligence of the Releasees.

I agree to indemnify and hold harmless the Releasees from any claims arising from my actions or participation.

6. Medical Treatment

I authorize OxTrail OCR to obtain emergency medical treatment on my behalf if necessary and release the Releasees from any liability related to such treatment or transportation.

7. Personal Property

I acknowledge that I am responsible for my personal belongings and that OxTrail OCR is not responsible for lost, stolen, or damaged property.

8. Minors (Ages 14–18)

For participants aged 14–18, a parent or legal guardian must consent to participation and acknowledge the risks involved. The parent/guardian confirms the accuracy of all medical and registration information.

9. Governing Law

This Waiver shall be governed by and interpreted in accordance with the laws of the **Province of Ontario, Canada**. If any provision is found unenforceable, the remaining provisions shall remain in full force and effect.

10. Voluntary Agreement

I acknowledge that I am signing this Waiver freely and voluntarily, fully understanding that I am giving up certain legal rights, including the right to sue.

Participant Name: _____

Date of Birth: _____

Emergency Contact: _____

Phone: _____

Participant Signature: _____

Date: _____

(If under 18)

Parent/Guardian Name: _____

Parent/Guardian Signature: _____

Date: _____