



FWOC Liability Release and Waiver Document SOGO Adventure Running

Updated: May 2020

Updated by: Charlotte and Lenora

Description: FWOC event waiver. Used for all SOGO registration events.

1. This Release is given in consideration of our being allowed to participate in any way in the orienteering services provided by Canadian Orienteering Federation, the Alberta Orienteering Association and/or the Foothills Wanderers Orienteering Club (referred to collectively as the "Orienteering Group")
2. We acknowledge and fully understand that orienteering is an activity where, as participants, we will travel by foot or other means in areas that may contain harsh terrain or wildlife, and will be exposed to the elements. The orienteering activities involve some risk of serious illness and injury, including permanent disability or death, and severe personal and/or economic losses which result not only from the participant' own actions, inactions or negligence but the action, inaction or negligence of others. Further, there may be unanticipated or unexpected risks which arise during such activities.
3. We, as participants and, where applicable, as parents or guardians of participants, assume all the risks of illness and injury to ourselves, our children or our property that may be sustained in connection with the orienteering activities provided by the Orienteering Group and accept personal responsibility for the damages following such illness, injury, permanent disability or death.
4. We, as participants and, where applicable, as parents or guardians of participants, release, waive, discharge and covenant not to sue the Orienteering Group, its affiliated clubs and organizations, their respective administrators, directors, agents, coaches and other employees, other participants, sponsoring agencies, sponsors, advertisers and owners and lessors of the land upon which the orienteering activities are provided (the "Releasees") and from any and all liability to me, my heirs, next of kin, administrators and assigns for any and all claims, demands, actions and causes of action any sort for losses or damages on account of illness, injury including death or damages to property, caused or alleged to be caused in whole or in part by negligence of the Releasees or any other fault.
5. Our participation in orienteering activities is voluntary.

Release: On behalf of myself and all family members, I have read and agree to the above Liability Release and Waiver Document

SOGO Adventure Running, date