

I give permission to Danny Robdrup to sign me up for the ATA membership

Yes, Sign: _____

Alberta Triathlon Association Waiver, Release & Indemnity

I understand and agree that my participation in events, programs, races, or activities organized, operated, conducted, and/or sanctioned by the Alberta Triathlon Association (ATA) and/or various ATA clubs and members registered with ATA is conditional upon my execution of this document.

I hereby:

- 1) Acknowledge and accept my obligation as a participant in sanctioned events, to be aware and abide by the Triathlon Canada Competition Rules as updated and outlined on the Triathlon Canada and Alberta Triathlon Association (ATA) websites.
- 2) Acknowledge and accept to abide by all disciplinary and appeal procedures of the ATA. I understand that my failure to not abide, may result in disciplinary action by the ATA as provided for by the Disciplinary and Appeals Procedures.
- 3) Acknowledge and accept that race conditions and courses in competition events may vary in safety, and may have unmarked and unforeseen obstacles.
- 4) Agree to conduct myself in a sportsperson like manner, at all times while competing in all ATA sanctioned events as noted in the Triathlon Canada Competition Rules.
- 5) Acknowledge that event entry fees and/or my participation fees may be non-refundable.
- 6) Acknowledge that I have sole responsibility for my personal possessions and athletic equipment at all times during my participation in events.
- 7) Attest that I am physically fit, healthy and I have sufficiently trained and prepared for the physical and mental challenge of my participation in competition and events.
- 8) Acknowledge and accept that as a competitor and participant in a triathlon and/or multisport event, that it involves the possibility of risk to my safety, health, wellbeing, and may possibly result in injury or death.
- 9) Acknowledge and accept the risks, and all others arising from these events and programs, even if arising from the negligence, gross negligence, or negligent rescue by those associated in any way with the ATA and/or various ATA Clubs events and programs I may be involved in, the venues at which these events and programs takes place or by those organizing, officiating, or participating in these events and programs throughout the year, including their respective officers, directors, employees, agents, servants, volunteers, and representatives.
- 10) Consent to receive medical treatment which may be deemed advisable in the event of injury, accident, or illness, including immediately prior to and immediately following, an ATA event(s).
- 11) Agree to remove myself from participation in competition and event(s) if I sense or observe any unusual hazard or unsafe condition, or if, at any time, at any event or program, I feel unable or unfit to safely continue for any reason.
- 12) Agree my executors, administrators, heirs, next of kin, successors and assigns, waive and release any and all claims that I may have against Alberta Triathlon Association, its officials, directors, members, volunteers and agents, and their executors, administrators, heirs, and assigns, for all injuries or death suffered by me while in transit to/from or participating in, including immediately prior to and immediately following the particular ATA event.
- 13) Have read and understand this waiver, release and indemnity, I am aware that by signing this agreement I am waiving substantial legal rights (on my behalf and on behalf of my heirs, executors, administrators and next of kin), including the giving up of my right to sue.

ATA Media Release

The Alberta Triathlon Association would like to share information and communicate with members, including youth Participants (<18 years old), their parents or legal guardians, and prospective members by highlighting triathlon activities in commonly used public forums. This may include team photographs and results, or team activities which may be showcased and could be identified using the participant's name.

The Alberta Triathlon Association is requesting acknowledgement from Participants and, where applicable, parents or guardians to post or publish Participant results, photos, videos or audio clips in the club chosen forums, including the Internet.

Please note the following information:

Once photographs, names and other identifying information or race results are released in any public forum, the Alberta Triathlon Association cannot control or prevent further distribution or use of the material by those who access the information.

Print _____ Sign _____ Date _____

Do you wish to become draft legal through a certification course?

Yes No

DO you wish to become a Technical Delegate by taking a TD course?

Yes No

Do you wish to receive a subscription to Triathlon Magazine Canada?

Yes No

Do you wish to purchase additional 24/7 training and racing insurance for \$30?

Yes No

Do you wish to purchase bike insurance through the ATA Pedal Protect program?

No Yes, \$5,000 for \$55 Yes, \$10,000 for \$85
Yes, \$15,000 for \$105

Do you wish to purchase ATA travel Insurance?

Yes, Danny will call when registering this applicant
No

Do you wish to donate additional money to the ATA?

\$10 \$20 \$40 \$60 No

Do you have allergies that could impact training?

If yes, please describe

Yes No

Do you keep an epi-pen on you? if so where

Are you on any medication that could affect training?

Any previous injuries or surgeries?

Yes No

Your registration is not complete without the following provided

Goal(s) for 2019:

A brief sporting background:

Send a Photo for media use to danny@zephyrstriteam.com

Sign below to allow Zephyrs Triathlon Team to use your photo in ad's, publications and other media. By printing and signing your name below you also allow all pictures of you at races, training sessions and meetings to be used for the same purpose in any following year.

Print:

Sign:

The image e-mailed will be e-mailed back for use on other sites with a Zephyrs logo on it. Sites that you can use it on include the swim distance tracker at the University of Lethbridge and social media sites or blogs etc. You may use it where ever you need too.

The team has a new app/web portal that allows you to keep track of points, find upcoming team races and keep in touch with the team more easily. The app also allows all members to have your contact info and your emergency contact info in case anything were to happen. Please download:



www.teamsnap.com for the web portal, and it is easily found in all app stores for mobile devices

It is always beneficial to have a Garmin Connect or Strava account as we can keep up to date with everyone's progress as we move through the season.

What do you feel is your strongest discipline in triathlon?

What do you feel is your weakest discipline in triathlon?

All athletes are provided with a Training Peaks account, this is how you will receive your training plan and how you will let me know how those training sessions go. If you want the premium version of this to track progress and see greater results, there is a premium version that the coach and athlete can use for an additional \$30/month. I feel that only the high performance athletes will need this option, but it is available for anyone who wants to utilize it.

TRAININGPEAKS™
RESULTS START HERE