



### **OTCC 2025 Competitor & Volunteer Information Package**

#### Welcome to the 2025 ISA Ontario Tree Climbing Championship (OTCC)!

Thank you for your participation in this year's event. Our competitors, volunteers, sponsors, exhibitors, and attendees make the OTCC possible, and your support helps us continue to celebrate and advance the professionalism of arboriculture in Ontario.

This package contains essential information about schedules, rules, safety requirements, gear check procedures, and other important event details. **Please review it carefully before the competition.** 

Our goal is to ensure that everyone has a safe, fair, and enjoyable experience that showcases the best of our industry. On behalf of the OTCC Committee and ISA Ontario, we wish you a safe, successful, and fun competition!

We look forward to seeing you at Lake Ontario Park in Kingston!

Sincerely,

Ken Gillies - OTCC Chairperson

**Important Contacts:** 

Len Millias

OTCC Chair - Event & Media: ISAO Office:

Ken Gillies 416-493-7022 or 888-463-2316

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Head Judge – Rules: Gear - Technical:

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**ISAO Executive Director:** 

Julie Tucker

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ITCC/OTCC Rules: itcc-isa.com/rules

If you have any questions, please contact the appropriate contact above





### OTCC Schedule, Climber Rotation, and MANDATORY Roll Call

Competitors must attend all mandatory roll call times at Lake Ontario Park as noted below in order to compete.

Thursday September 18 2025		Frida	y September 19 2025	Saturday September 20 2025			
8:00am	Committee arrival	6:00am	Vendor set up	7:30am	Volunteer registration		
9:00am	Volunteer registration	7:00am	Volunteer registration	8:00am	Climber roll call (at your event) & events start		
12:00pm	Volunteer lunch	8:00am	Climber roll call (at your event) & events start	12:00pm	<b>Lunch</b> (after lunch: Arbor Challenge & Ascent Event-Ontario Record)		
4:00pm	Climber roll call	12:00pm	Lunch	1:30pm	Masters start (approx.)		
4:30pm	Gear check & walkthroughs	4:30pm	Day One wrap-up	5:00pm	Closing Ceremonies		

#### Thursday Roll Call: Mandatory at 4:00PM

- Registered climbers who are not at Thursday roll call when their name is called will lose their position on the climber's roster, and reserve climbers will be offered positions according to their order on the waitlist. Should the waitlist also be exhausted, late climbers may regain a position on the roster, at the committee's discretion.
- Competitors cannot enter the park earlier in the day on Thursday due to event setup. Please wait in the parking lot until 15-20 minutes before roll call.

#### Friday & Saturday Mandatory 8:00AM Roll Call:

- Mandatory at 8:00am <u>at your event station as per the climber rotation</u> (groups will be assigned after Thursday's roll call).
- If you are more than 5 minutes late, you will be disqualified from that event.
- If your first event of the day is a break, you will meet for roll call at 8:00AM at the ISA Ontario trailer. If you are more than 5 minutes late, you will be disqualified from your next event.
- Stay with your group at all times. If your entire group arrives early to the next event and the event is free, you may start early, but only if everyone is present and the event head judge approves.

#### **Climber Rotation and Group Assignments**

Climbers will be assigned to their group (A through I) after Thursday's roll call. See the rotation here:

			Day 1 -	- Friday, Septe	mber 19,	2025				
Rotation	Time	Throwline	Break	Work Climb	Break	Ascent	Break	Aerial Rescue	Break	Speed Climb
1	8:00am- 9:20am	А	В	С	D	E	F	G	Н	1
2	9:20am-10:40am	1	А	В	С	D	Е	F	G	Н
3	10:40am-12:00pm	Н	T.	Α	В	С	D	E	F	G
LUNCH	12:00pm-12:30pm		Lunch Break for Everyone (including Volunteers)							
4	12:30pm-1:50pm	G	Н	1	А	В	С	D	E	F
5	1:50pm-3:10pm	F	G	Н	- 1	А	В	С	D	E
6	3:10pm-4:30pm	E	F	G	Н	- 1	Α	В	С	D
			Day 2 -	Saturday, Sept	ember 2	0, 2025				
7	8:00am- 9:20am	D	E	F	G	Н	T.	А	В	С
8	9:20am-10:40am	С	D	E	F	G	Н	I	Α	В
9	10:40am-12:00pm	В	С	D	E	F	G	Н	- 1	А





### **Competitor Cancellation Policy**

Any registered competitor who withdraws their name after September 2, 2025 (barring extenuating
circumstances as decided by the Committee) or does not attend any roll call (rendering themselves
ineligible to compete), will not receive a refund of their fees.

### **Accommodation Options**

Hotel: Hilton Home 2 Suites:

- 1550 Princess St, Kingston, ON K7M 9E3.
- Book online with our link
- \$199+fees if you book by: August 21, 2025
- Phone 613-548-3696 reference "ISA Ontario Tree Climbing Competition"
- ~ 10mins from the park.

Camping: John from Eco Tree Care generously offered his property for camping

- 1526 Simmons Rd, Odessa, ON KOH 2HO.
- Note the OTCC is not affiliated with this property.
- Sign up here.
- ~ 25 mins from the park

### **Map of Event Site**

The OTCC will be held in <u>Lake Ontario Park: 920 King St W, Kingston, ON K7M 8H3</u>.



Lake Ontario Park is a waterfront park but please also note there are no lifeguards on site: swim at your own risk.

### Prohibition of: Alcohol, Drug Use, Smoking and Vaping

- All attendees must refrain from alcohol consumption, and legal and illegal drug use immediately prior to, during, and after the competition, including while on competition/park grounds.
- To be clear: You CANNOT consume alcohol in or around the Park at any time (including in parking lots).
- Note that Kingston also does not allow smoking or vaping in public parks.

The event showcases the industry's professionalism. Violations put participants and the future of the OTCC at risk.





#### Meals

- Volunteers will be provided with a complimentary sandwich lunch Thursday, Friday, and Saturday.
- Competitors will be provided with a complimentary sandwich boxed lunch Friday and Saturday.
- Complimentary morning coffee, water, & snacks will also be available on Thursday, Friday and Saturday.

#### Weather

- The event will proceed in light rain.
- Thunderstorms/lightning will result in pauses or cancellation.
- Sunday is reserved as a potential rain day.

#### Oak Wilt

- ISAO will work closely with the City of Kingston to prevent damage to Oaks and implement Oak Wilt best practices.
- Oaks are valued competition trees, but caution is essential to protect them.

### **Photography and Video**

- Images taken during this event may be used by ISAO and/or for OTCC event promotion only.
- Any commercial use of the images taken by anyone during this event to promote products or services is not permitted unless written consent is received from ISA Ontario, and in some cases, the individual in the image.

#### **OTCC Masters Event**

- Non-Ontario residents may compete in preliminary events but cannot compete in the OTCC Masters
- The number of Masters competitors will be announced at the start of the event, per ITCC Rule 8.2.4

#### OTCC Winners and the ITCC and NATCC

- The 2025 OTCC Men's Champion and Women's Champion will qualify to represent Ontario at the:
  - o 2026 North American Tree Climbing Championship (NATCC) (March 21-23, 2026 in Texas), and
  - o 2026 International Tree Climbing Championship (ITCC) (schedule TBD).
  - If a champion is unable to commit, ISAO may offer the opportunity to the next runner-up
- ISAO may cover a portion of expenses, as determined by the ISAO board.
- To represent Ontario and compete in the ITCC or NATCC, competitors must:
  - o Be a member of both ISA International and ISA Ontario; and
  - o Be an Ontario resident
- Note ISA Intl allows ISA Ontario to send 3 competitors to the NATCC. The 3<sup>rd</sup> position will be offered
  as follows:
  - o In odd numbered years, the 3<sup>rd</sup> position will be offered to Masters men runner ups in order, (followed by the Masters women runner ups)
  - o In even numbered years, the 3<sup>rd</sup> position will be offered to the Masters women runner ups in order (followed by the Masters men runner ups)
  - o The position offering will continue until the Masters list is exhausted





### **OTCC General Competition Rules**

- ITCC rules apply at the OTCC. A copy of the <a href="ITCC Rule Book">ITCC Rule Book</a> is available online.
- PLEASE READ ALL THE ITCC RULES.
- The ITCC Rule Book explains each event including equipment/PPE requirements, and the scoring system.
- Understanding the rules and scoring increases your ability to successfully compete.
- It is the responsibility of all competitors and judges to know and understand the rules as outlined in the Rule Book. It's a good idea to have the Rule Book with you at the event.
- Safety standards will be enforced at all events.
- See the OTCC Competitor Misconduct Policy below

#### All OTCC Competitors MUST complete the following:

- 1. Sign the Appendix 2: Waiver For Adult Participants
- 2. Have successfully registered, paid the entry fee, and be a member of ISA Ontario, at the time of registration and competition.
- 3. Attend mandatory Roll Calls:
  - Thurs Sept 18 at 4:00PM;
  - Fri Sept 19 at 8:00AM;
  - o and Sat Sept 20 at 8:00AM.
- 4. Bring all approved gear for all events (no sharing or lending to other participants).
- 5. Demonstrate successfully on first attempt, the proper use of each piece of equipment and/or knot.
- 6. Obtain pre-approval from the OTCC Head Judge before the competition for any techniques/equipment not in the ITCC Rule Book.
- 7. Participate in Gear Check. Note your gear may be reinspected at any time. Judges may reject and quarantine gear until the end of competition. Homemade splices must include proof of manufacturer-specification compliance.
- 8. All attendees must refrain from alcohol consumption and/or legal or illegal drug use immediately prior to, during, and after the competition, including while on competition/park grounds.
- 9. Maintain professional and courteous conduct. The OTCC highlights our industry's professionalism to the public. *The Spirit of Competition* award is given to the competitor who demonstrates an excellent attitude at the event
- 10. All attendees must follow all municipal and park rules

### **OTCC Competitor Misconduct Policy**

The OTCC challenges competitor's skills in tree climbing and working within the trees, promotes safe work practices, demonstrates improvements and innovations in equipment and techniques, provides industry recognition to the public and is also an opportunity for networking with other industry professionals. It also highly values professionalism, good sportsmanship and comradery between all participants including competitors, volunteers, OTCC officials, staff, and the public.

Within the ITCC Rule book, misconduct is described in section 1.2.1:

1.2.1 - Event Head Judges will enforce the rules for their individual event, including infractions of the misconduct rule. A misconduct disqualification will be enforced by the competition's Head Judge on any competitor who has displayed inappropriate, unprofessional, and/or unsporting like behavior during participation in or after the completion of an event.

A competitor who has violated the misconduct rule could also be found in violation of the ISAO <u>Human Rights and Anti-Harassment Policy</u> and/or the ISAO <u>Workplace Violence Policy</u>.





The OTCC has come up with a 2-stage marking system to monitor and enforce competitor misconduct.

**Yellow Mark** - A yellow mark will be considered a minor misconduct. This will include minor inappropriate behaviour, unprofessionalism, and/or unsportsmanlike behaviour including but not limited to: swearing, insults or poor sportsmanship towards judges, other competitors, OTCC officials, volunteers or public.

If a yellow mark is issued, the competitors score sheet will be marked with a yellow mark and submitted
to scoring. If a competitor receives 2 yellow marks, they will be disqualified from the competition. Before
a disqualification occurs, the competition Head Judge and Chairperson will review the issued yellow
marks.

**Red Mark** - A red mark will be considered as misconduct. This will include excessive inappropriate behaviour, unprofessionalism, and/or unsportsmanlike behaviour including but not limited to: swearing, insults, threats, aggressive displays or poor sportsmanship towards judges, other competitors, OTCC officials, volunteers or public.

• If a red mark is issued, a competitor qualifies for immediate disqualification from the competition. A red mark that is issued will be reviewed by the competition Head Judge and Chairperson and they will make the final judgement call as to whether the competitor will be disqualified from the competition.

Only Event officials, which include the Competition Head Judge, Head Technician, Chairperson and Event Head Judge are authorized to issue a red or yellow mark. Event Head Judges can issue a mark on behalf of another event volunteer or competitor.

To issue a mark the event official or head judge will mark the competitors score sheet with the associated colour, initial the mark, and submit to scoring. If a mark is issued, the issuer will notify the competitor that the mark has been issued and state the reason. Immediately, once a mark has been issued, the mark issuer will document the incident using the misconduct form and submit to scoring along with the competitors score sheet.

If an offense occurs outside of the ring, an Event official can issue a mark by filling out the misconduct form and submitting it to scoring.

A competitor has the right to challenge a mark that is issued to them following the same guidelines as the competitor protest form that can be obtained from the competition Chairperson. If the mark is protested and overruled, the mark must be crossed out and initialed by the competition Head Judge and Chairperson.

### **PPE and Appropriate Clothing**

All competitors and volunteers must wear **appropriate clothing** (including OTCC-issued shirts) and **required PPE** at all times during the event.

Anyone inside the event safety perimeter (including volunteers, competitors, etc.) must wear PPE. ITCC rules define PPE and equipment as follows:

- **Approved eye protection** is defined as: "impact resistant, provide wraparound eye protection, and be manufactured to meet or exceed the minimum accepted industry safety standard."
- Approved footwear: "a boot that covers the foot and ankle and that is constructed with a suitable sole and upper portion. The upper portion of the boot should provide protection from penetration. The sole should provide the proper traction for work on the ground as well as when working aloft."
  - Competitors must meet ITCC rules for footwear (meeting CSA specifications is not required)
- **Approved helmet**: "manufactured to meet or exceed the minimum accepted industry safety standard and have been approved by the manufacturer for use in that application."
  - While aloft, climbing-style helmets are mandatory (as defined in ITCC 2.3.15)
- Climbing equipment must be worn while aloft and must comply with ITCC rules for each event.





### **Gear and Equipment - What to Bring**

#### Bring all your gear and PPE on Thursday, Friday and Saturday.

- Fully complete the <u>2023 ISA Gear Check Form</u> before arrival on Thursday: <u>The 2023 ISA Gear Check Form</u> is available online here (and in Appendix 1) see instructions below for more details.
- Competitor gear check will be held Thursday after 4:00PM roll call.
  - Only bring your gear for the preliminaries (not Masters gear) to Thursday gear check.
  - Note vendors are not on-site until Friday for purchasing, so please plan to have all your gear ready for Thursday.

#### **Ascent Event:**

- The OTCC will provide the support system for the ascent line(s) as well as a limited selection of ropes which may be used for ascent.
- Competitors are strongly encouraged to provide all of their own system components since it cannot be guaranteed OTCC equipment will be compatible with competitor components.

#### Work Climb: New in 2025:

Climbers will ascend on their own in the work climb (a bucket truck for ascent will NOT be used)

#### **Gear Check**

#### **General Requirements**

- Gear check ensures all fall protection and PPE: meets industry standards; are fit for the purpose, and are
  in safe working order; and are properly documented and approved before use
- Climbers will participate in the traditional gear inspection to check for condition, safety and documentation of all equipment to be used;
- Gear that does not pass inspection will be confiscated and returned at the end of the day.
- You must be familiar with the equipment specifications found in the ITCC rules.
- Note that equipment may also be inspected or reinspected at the discretion of the judges at any time.

#### **Important Notes on Gear Check:**

- No one shall operate at height until their gear has been: listed on the appropriate forms; assessed by a
  designated competent person; and has been passed for use.
- Gear will be checked for applicable industry marks, functionality, and suitability to perform its task.
- You must provide suitable and sufficient information to the gear check technicians to allow them to make
  a decision on the suitability of gear that will be used.
- Insufficient documentation = gear rejection. Alternative gear must be presented to compete.

#### How to prepare before Gear Check:

- Inspect all of your gear thoroughly prior to departing for the TCC.
- Ensure all gear items are safe and in good working condition.
- Follow manufacturer instructions for lifespan, maintenance, and repairs.
- If you bring gear that does not carry an industry mark or may not be well known: bring written technical information from the manufacturer or other reputable source. Gear not recognized by gear technicians, or gear without adequate documentation may not be approved for use in the TCC.
- The onus will be on competitors to prove appropriate use and compatibility of their system components according to manufacturer's recommendations i.e., manuals, user guides, etc. If any questions arise, competitors will be responsible for providing any documentation required.





#### How to complete the Gear Check Form (must be completed prior to arrival on Thursday):

- Watch an ITCC Gear Check video here
- Watch <u>a video discussing the Gear Check Form here</u> (they're using an older version of the form but the process is the same).
- You must write your name and climber number at the top of all pages of the gear check form. (Your climber number will be assigned to you on Thursday).
- Only list gear needed for the preliminary events for Thursday Gear Check
- Provide precise information about your gear (manufacturer and product names).
- Avoid unnecessary extras; keep your list focused on what you will be using.
- The gear check form has three parts:
  - Systems The collection of fall-protection components that connect a harness to an anchor assembly (e.g., work-positioning system, work-positioning lanyard, ascent system)
  - Assemblies: A collection of two or more components (e.g., harness, anchor assemblies, rescue quickdraw)
  - o Components A constituent element of a system (e.g., carabiner, sling, pulley)
- Complete the unshaded 'Manufacturer,' 'Product Name/Description,' and 'Configuration/Comments' columns for each section of the form (see example below)
- List any additional gear items not identified on the form in the blanks in the 'Category' column.

Category	Manufacturer	Product Name/ Description	Configuration/Comments
Climbing Line	<b>New England Ropes</b>	Tachyon 11.7mm x 45m; green; polyester	2 terminations and stopper knot

#### What to present at Gear Check:

- Assemble your system(s) in the way you intend to use them when they are submitted for gear check. This
  allows the assessment of the function of rope adjustment devices and the quality of compatibility
  between neighboring components.
- You may also be asked about your chosen configuration, such as the number of coils and braids in a
   Valdôtain tresse, or the type of termination you will use on a work-positioning lanyard.
- An area will be laid out for climbers to measure ropes to demonstrate that they are a suitable length.
- Ascent System assembly:
  - a. Climbers will proceed to the Ascent station to construct their Ascent Event systems
  - **b.** A technician will inspect for system *compatibility* and photo-document setup.
  - **c.** Once a system is documented and approved, it cannot be altered for the competition.
  - d. Judges will have pictures at the event to verify no system changes have taken place.
  - e. Judges may inspect or reinspect gear at any time during the event

#### What are the outcomes of Gear Check? There are four potential outcomes:

- Pass (P) gear is suitable for use in the TCC
- Quarantine (Q)—an item is determined to expose the user to excessive risk and cannot be used in the TCC
- Resubmit (R)—the competitor has an opportunity to fix the identified issue and resubmit for inspection
- Missing (M) a required piece of gear or a component is not present

#### **Legal status of Gear Check**

- Gear check at an ISA administered TCC has no legal standing and does not imply a period of safe use for the gear inspected beyond that of the competition.
- Competitors, technicians, and volunteers who pass through the gear check process should continue to assess their gear on a regular basis.





## Thank you for your commitment to the OTCC!

We appreciate your time, effort, and dedication to making this event a success!

By working together safely, professionally, and with good spirit, we showcase the very best of our industry with safe and fun challenges and a day for volunteers, competitors and industry professionals to enjoy

If you have any questions or need clarification, please reach out to the contacts listed in this package. We look forward to seeing you at the event and wish you an excellent competition!

#### Please review the following appendices

- Appendix 1: Gear Check Form Complete prior to competition and <u>bring to gear check on Thursday</u>
- Appendix 2: Competitor & Volunteer Waiver Complete prior to competition and bring to Roll Call





### ISA TCC Gear Check Forms 2023

Climbers! Please complete the unshaded boxes in the tables below with details of the equipment you intend to use for the preliminary events only. The columns shaded grey are for Gear Check Technicians only to complete. Please bring this paperwork to Gear Check. Following successful completion of the Gear Check process, these forms shall remain with the Gear Check Technician. Don't forget to put your name and number on each page.

with the dear check recimies	uni Don crorger to pur y	our name and	number on each page.				
Gear Check Technician - Once returned to the appointed offi				f the Gear Check Form. Form must be		ess Complete? icial's Initials	
Note - Systems and Assemblic	es should be fully assem	bled during G	ear Check.				
Climber Name:			Anchor Assembly Checked?	Photographs Taken?		Gear Check	Key
Climber Number:					Ini	itial Check	Recheck
Work-Positioning System		Syste	ems		Pass	Quarantine/ Resubmit/ Missing	Outcome (P or Q)
Category	Manufacturer	Pro	duct Name/ Description	Configuration/Comments			
Work-positioning line with termination and stopper							
Rope adjustment device							
Micro pulley							
Carabiner 1							
Carabiner 2							
Work-Positioning Lanyard					1		
Category	Manufacturer	Pro	duct Name/ Description	Configuration/Comments	l		
Safety line with termination and stopper							
Rope adjustment device							
Micro pulley							
Carabiner 3							
Carabiner 4							
				Technician Name		Technician I	nitials





Climber Name:			Technician Initials		Gear Check	Key
Climber Number:  Ascent/Descent System (Asc	cent Event)	Systems Continued			Quarantine/ Resubmit/ Missing	Recheck Outcome (P or Q)
Category	Manufacturer	Product Name/Description	Configuration/ Comments			
Ascent line*						
Rope adjustment device						
Carabiner 5						
Descender/ friction device			i			
Carabiner 6						
				1		
				1		
*Ascent line is optional. Clim	bers may use a line prov	rided by ISA.				
Ascending System 2						
Category	Manufacturer	Product Name/Description	Configuration/ Comments	1		
Upper rope adjustment				1		
device				_		
Carabiner 7						
Lanyard to upper rope						
adjustment device				┨ ├──		
Carabiner 8				+		
Carabiner 9 Lower rope adjustment				<b>-</b>		
device						
Carabiner 10				1		
Carabilei 10				1	<del>                                     </del>	
				1	<del>                                     </del>	
In-Line Anchor Assembly/Re				_		
Category	Manufacturer	Product Name/Description	Configuration/ Comments	— ا		
Ascent line						
Rope adjustment device						
Carabiner 11						
Carabiner 12						





Climber Name:					Gear Check	Key
Climber Number:					ial Check Quarantine/ Resubmit/	Recheck Outcome (P or Q)
		Assemblies			Missing	(F or Q)
Category	Manufacturer	Product Name/Description	Configuration/ Comments			
Harness						
Anchor assembly 1						
Anchor assembly 2						
Mid-line anchor assembly						
		Commononto				
	1	Components		1		
Category	Manufacturer	Product Name/Description	Configuration/ Comments	l		
Handsaw and scabbard						
Footwear						
Head protection						
Eye protection						
Carabiner 11						
Carabiner 12						
Webbing loop						
		•	,			
					Technician I	nitials





### **Appendix 2: Waiver For Adult Participants**

#### **ACKNOWLEDGEMENT AND ASSUMPTION OF RISK**

I UNDERSTAND AND AGREE that there is potential risk for injury involved in the training and participation of any physical activity and competition. I further understand and agree that participating (including volunteering) in the Ontario Tree Climbing Championship (OTCC) is a potentially dangerous activity. Bumps, bruises, scrapes, and soreness are commonplace, and most participants will encounter this sort of minor injury from time to time. More serious injuries are possible, including sprains, strains, cramps, and injuries of similar magnitude. The possibility of more serious injury exists, including fractured bones, broken bones, torn ligaments, though most participants do not encounter such serious injuries. There remains, despite safety precautions, the remote possibility of crippling or death. Participation includes possible exposure to and illness from infectious diseases. I FREELY ACCEPT AND FULLY ACKNOWLEDGE all risks, dangers, and hazards, resulting from my participation in any event hosted or sponsored by the International Society of Arboriculture, Ontario Chapter (ISAO). I am also aware that I should discuss my participation with my physician to determine the effect on my current health. It is my right and responsibility as a participant to immediately remove myself from participation in the program and notify the nearest official, if at any time I sense any unusual hazard or unsafe condition or if I feel that I am physically, emotionally, or mentally unfit for continued participation in the program.

I assume responsibility for my own safety, and I understand and accept the risks involved with my participation.

#### PHOTOGRAPHY CONSENT

I understand that by participating in the OTCC, I grant ISAO, OTCC, and other ISAO affiliated individual's permission to take photographs or video of me that may be used and published in either print or electronic media. I understand that ISAO/OTCC may publish my name for lawful purposes such as publicity materials, media releases and ISAO advertising.

#### RELEASE OF LIABILITY, WAIVER OF CLAIMS, AND INDEMNITY AGREEMENT

I hereby agree as follows:

**TO WAIVE ANY AND ALL CLAIM** that I have or may in future have against the <u>International Society of Arboriculture</u>, Ontario Chapter (ISAO), <u>International Society of Arboriculture (ISA)</u>, its coaches, officials, judges, members, volunteers, agents, directors, officers, employees and representatives, and other participants (all of whom are hereinafter collectively referred to as "Releasees").

I HAVE READ, understood and agree with the statements in the ACKNOWLEDGEMENT AND ASSUMPTION OF RISK portion of this document, and by assuming and acknowledging this risk, I completely absolve all RELEASES from any and all liability for loss, illness, damage, injury or expense that I may suffer, that a third party may suffer, or that my next of kin may suffer as a result of my participation in any of the activities and/or programs offered by the Releasees, due to any cause whatsoever. I acknowledge my responsibility to ensure adequate medical personal health, dental and accident insurance coverage, as well as protection of my personal possessions.

I agree NOT TO SUE the RELEASEES for any loss, injury, costs or damages of any form or type. I agree to INDEMNIFY and to SAVE and HOLD HARMLESS the RELEASEES from any legal fees of any type.

**IN ENTERING INTO THIS AGREEMENT** I am not relying upon any oral or written representations or statements made by the Releasees other than what is set forth in this agreement.

I HAVE READ AND UNDERSTOOD THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS OR ASSIGNS MAY HAVE AGAINST THE RELEASEE.

Printed Name of Participant	Signature of Participant	Date
Printed Name of Witness	Signature of Witness	Date