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**FORM WOS3 – WUSHUONTARIO Competition Individual Participation Waiver Form  
RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT**

Event Date: May 18/19, 2024

Event Name: 2024 Ontario Martial Arts Games and Selection Event

Event Location (venue): CICS Multipurpose Hall - 2330 Midland Ave, Scarborough, ON

Event Type: Sanda: \_\_\_\_\_ Non-Combat: \_\_\_\_\_ Weight: \_\_\_\_\_ Class: \_\_\_\_\_

As a Participant in the competitions, programs, activities and events of WushuCanada and WushuOntario and the undersigned acknowledges and agrees to the following terms:

**Description of Risks**

1. In consideration of my participation in the competitions, programs, activities and events of WushuCanada and WushuOntario, I hereby acknowledge that I am aware of the risks and hazards associated with or related to any such competitions, programs, activities and events. **Wushu Sanda is a full contact combative sport.** The risks and hazards include, but are not limited to, injuries and/or death from:
  - a) Physical contact with the instructor, students or other participants;
  - b) Striking students, participants, objects or equipment;
  - c) Being struck by the instructor, students, participants, objects or equipment;
  - d) Contact, colliding, falling or being struck by other participants, spectators or equipment;
  - e) Executing strenuous and demanding physical techniques;
  - f) Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements and quick turns and stops;
  - g) Exerting and stretching various muscle groups;
  - h) Dry land training including weights, running, circuit training and massage;
  - i) Extreme weather and temperature conditions which may result in heatstroke, sunstroke or hypothermia;
  - j) Falling or colliding with the ring, walls, stands, equipment or with other participants;
  - k) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
  - l) Spinal cord injuries which may render me permanently paralyzed;
  - m) Travel to and from competitive events and associated non-competitive events which are an integral part of WushuCanada and Wushu Ontario competitions, programs, activities, and events.
2. Furthermore, I am aware:
  - a) That injuries sustained can be severe particularly in a full contact combat sport such as wushu sanda;
  - b) That I may experience anxiety while challenging myself during the activities, events and programs;
  - c) That I may come into close contact with other participants;
  - d) That my risk of injury is reduced if I follow all rules established for participation; and
  - e) That my risk of injury increases as I become fatigued.

**Release of Liability and Disclaimer**

3. In consideration of WushuCanada and WushuOntario allowing me to participate, I agree:
  - a) That my physical condition has been verified by a medical doctor within the last twelve (12) months for the purposes of participating in a contact combative sporting event;
  - b) To assume all risks arising out of, associated with or related to my participation without a medical doctor verification in non combative and light contact events, and am fully aware of the nature of these risks;
  - c) To be solely responsible for any injury, loss or damage that I might sustain while participating; and
  - d) To **RELEASE** and **DISCHARGE** WushuCanada and WushuOntario collectively its respective directors, officers, committee members, clubs, members, employees, coaches, volunteers, officials, judges, participants, event venues, agents and representatives from any and all liability, for any and all claims, demands, actions, judgments, executions and costs that might arise out of my participating , even though any such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by any manner whatsoever, including but not limited to, the negligence of WushuCanada and WushuOntario.

