

WAIVER AND RELEASE OF LIABILITY

In consideration of my involvement and participation in **The M2M Challenge 2018** taking place 30th May to 4th June 2018 ('The event') I fully understand and acknowledge that:-

- (a) risks and dangers exist in my involvement and participation in the event.
- (b) my participation in the event can result in my injury or illness including but not limited to bodily injury, fractures, partial and/or total paralysis, eye injury, blindness, dismemberment or other ailments that could cause serious disability or death;
- (c) by my participation in the event and/or use of equipment for the event, I hereby assume all risks, dangers and responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of **Kilmacud Crokes GAA Club, Kilmacud Glenalbyn Sports Club Ltd, Dublin County Board or the M2M Committee** ('the organisers', which expression includes its servants and agents)

I hereby agree to release, waive, discharge, hold harmless, defend and indemnify **the Organisers** from all or any claims, actions or losses for bodily injury, property damage, lost, mislaid or stolen, the wrongful death or otherwise however caused, during my participation in the event.

I have been urged, and acknowledge the opportunity, to take legal advice independent of the Organisers and accept that this Waiver binds myself, my personal representatives, heirs and successors.

Print Name of Participant:(Block Capitals)

Participant's signature:

Date _____

Note:

"Taking on a long distance cycle like this is a significant challenge but is very achievable and enjoyable with some required preparation. It is expected that each cyclist would have a solid level of fitness achieved prior to the event, would be in good health with no known medical concerns which could cause them a problem during the trip. It is also expected that each participant would complete the appropriate training in the months ahead of the cycle to allow them take part and finish the challenge comfortably as part of the overall team. Helmets must be worn at all times when cycling and the use of earphones connected or not to any device while cycling will be prohibited. If these conditions can't be met, the strong advice would be not to take part"