

SHANZU FITNESS & DUATHLON LIMITED

P.O. BOX, 1111-22222

MOMBASA KENYA

INDEMNITY, ASSUMPTION OF RISK AND WAIVER OF LIABILITY AGREEMENT

IN CONSIDERATION of being permitted to participate in any way with **Shanzu Fitness & Duathlon Limited**, I Of ID /Passport No. P.O. Box, Mombasa and of Telephone No. Do hereby state that;

1. I **ACKNOWLEDGE** and fully understand the nature of bicycles, cycling, swimming and running activities and that I am qualified, of good health, and that I am in proper physical condition to participate in the aforesaid activities.

I am also aware that the said activities are usually conducted on both public and private roads, waters and other facilities open to the public. I further acknowledge that during these activities, there is expected a myriad of hazards thereto. In the circumstances I agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the activities.

2. I **FULLY UNDERSTAND** that; cycling, swimming and running activities involve risks and dangers of serious bodily injury, including permanent disability and fatalities. These risks and dangers may be caused by my own actions or inactions, the actions or inactions of other participants, or other risks either not known to me or not readily foreseeable at this time; and I therefore fully accept and assume all such risks and all responsibility for losses, costs, and damages I may incur as a result of my participation in the activities.

3. I **HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE** Shanzu Fitness & Duathlon limited, its administrators, directors, agents, members, or fellow participants, any sponsors, advertisers, and owners of premises hosting any of the above activities in case of an accident, loss, costs or damage of any nature.

I **CONFIRM THAT** I am years of age or older, have read and understood the terms of this agreement, i have signed it voluntarily and without any duress or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that this agreement is held valid and shall continue in full force and effect until further agreement is executed.

PARTICIPANT'S NAME _____ **SIGNATURE** _____

IN WITNESS OF _____ **SIGNATURE** _____

DATED AT MOMBASA ON THE _____ **DAY OF** _____ **2020**

THANKS FOR CHOOSING SHANZU FITNESS & DUATHLON!

Safety First! – Helmets, Reflectors and Safety Checks. Did you check you check the general condition of your bike (wheels, tires)? Do the brakes and/or lights work? Are the seat, pedals and gears properly attached and working? Have a safe ride