

SHRED SISTERS

**RELEASE OF LIABILITY, WAIVER OF CLAIMS,
ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT
(hereinafter the "Release Agreement")**

BY SIGNING THIS DOCUMENT YOU WILL WAIVE OR GIVE UP CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE FOR NEGLIGENCE, BREACH OF CONTRACT OR BREACH OF THE OCCUPIERS' LIABILITY ACT OR CLAIM COMPENSATION FOLLOWING AN ACCIDENT

PLEASE READ CAREFULLY!

Initial

| | | | |
|----------------|---------------------|-------------|----------------|
| Name | Last | First | Middle Initial |
| | Street | | |
| Address | City | Prov./State | Postal/ZipCode |
| | Contact Info | | |
| | Telephone | Email: | |

TO: Shred Sisters Ltd., Three Sisters Mountain Village Inc., Canmore and Area Mountain Bike Association, and their respective directors, officers, employees, instructors, guides, agents, representatives, independent contractors, subcontractors, suppliers, sponsors, successors and assigns (all of whom are hereinafter referred as "the Releasees")

DEFINITION

In this Release Agreement the term "Activities" all activities, events and services either provided, arranged, organized, sponsored, promoted or authorized by the Releasees, including but not limited to mountain biking, road biking, fat biking, indoor cycle training, yoga, fitness classes, workout sessions, workshops, rides, trips, tours, camps, retreats, events, orientation and instructional sessions, travel, transportation, accommodation, and use of equipment.

SAFETY

I have been advised to wear an approved helmet while mountain biking and road biking, and to comply with all applicable municipal and provincial highway laws and regulations.

ASSUMPTION OF RISKS

I am aware that participation in the Activities involves many risks, dangers and hazards including, but not limited to: changing weather conditions; variations in the terrain; variable and difficult conditions; streams, creeks and exposed holes; cliffs; crevasses; snowcat roads, road-banks or cut-banks; loose gravel and rocks; constructed obstacles and features such as bridges, ramps, ladders, bumps, berms, jumps and drops; collision with vehicles, equipment or structures; impact or collision with trees, tree stumps, dead fall, rocks and other natural or constructed objects or hazards; equipment failure; mechanical failure of equipment; difficulty or inability to control one's speed and direction; rapid or uncontrolled acceleration on hills and inclines; loss of balance; overexertion or lack of fitness or conditioning; shock, stress or other injury to the body; defective, dangerous or unsafe condition of the facilities used for the Activities; impact or collision with other persons; failure to act safely or to stay within designated areas; encounters with potentially dangerous wildlife; negligent first aid; infectious disease contracted through viruses, bacteria, parasites, and fungi which may be transmitted through direct or indirect contact; negligence of other participants in the Activities; and **NEGLIGENCE ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM OR WARN ME OF THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN THE ACTIVITIES.**

I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH PARTICIPATING IN THE ACTIVITIES AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE OR LOSS RESULTING THEREFROM.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

In consideration of the RELEASEES agreeing to my participation in the Activities and permitting me to use their services, equipment and other facilities, I hereby agree as follows:

- TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against THE RELEASEES, and **TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I may suffer, or that my next of kin may suffer resulting from my participation in the Activities, **DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIER'S LIABILITY ACT, R.S.A. 2000, c. O-4 ON THE PART OF THE RELEASEES. I UNDERSTAND THAT NEGLIGENCE INCLUDES FAILURE ON THE PART OF THE RELEASEES TO TAKE REASONABLE STEPS TO SAFEGUARD OR PROTECT ME FROM OR WARN ME OF THE RISKS, DANGERS AND HAZARDS OF PARTICIPATING IN THE ACTIVITIES;**
- TO HOLD HARMLESS AND INDEMNIFY THE RELEASEES for any and all liability for any property damage, loss or personal injury to any third party resulting from my participation in the Activities;
- This Release Agreement shall be effective and binding upon my heirs, next of kin, executors, administrators, assigns and representatives, in the event of my death or incapacity;
- This Release Agreement and any rights, duties and obligations as between the parties to this Release Agreement shall be governed by and interpreted solely in accordance with the laws of Alberta and no other jurisdiction; and
- Any litigation involving the parties to this Release Agreement shall be brought solely within Alberta and shall be within the exclusive jurisdiction of the Courts of Alberta.

In entering into this Release Agreement, I am not relying on any oral or written representations or statements made by the Releasees with respect to the safety of participating in the Activities, other than what is set forth in this Release Agreement.

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

Signed this _____ day of _____, 20____.

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|--------------------------------------|
| Signature of Witness |
| Please print name of Witness clearly |

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| Signature of Participant |
| Signature of Guardian if Participant is under age of 18 |