

## INDEMNITY FORM

I,..... the undersigned, hereby undertake as follows:

I shall participate in.....

("the activity") on my own responsibility and will accept the risk in this regard.

Mountain biking is dangerous. Participants in this training camp and all functions and activities related thereto take part entirely at their own risk and agree, by their participation as well as by their signature hereto, that they and their dependants do not have, and will not institute, any claims whatsoever against, and do hereby indemnify and hold harmless from all liability, Anneke Viljoen t/a Overberg MTB Events, Daisyway Coaching Systems, organizers, other participants, sponsors, individuals, assistants, helpers, agents, contractors, landowners, local authorities or employees of such persons and any person associated with the training camp in respect of any loss whatsoever which participants may suffer arising from any cause at all, regardless of whether or not the accident shall have been caused directly or indirectly by negligence, albeit gross, of any person. Persons signing this form for or as a guardian of a minor consent to such minor being bound by the foregoing and further indemnify the organizers and aforementioned parties to the extent, if any, to which such minor is not bound"

Signed at..... on this the.....day of.....

Name:.....

Signature: .....