

**TRIATHLON, DUATHLON, OR OTHER MULTI-SPORT  
EVENTS AND ACTIVITIES**

**RELEASE OF LIABILITY AND ASSUMPTION OF RISK**

**• THIS IS A LEGAL DOCUMENT •**

*Please read and fully understand this document before signing. If you have any questions please consult an attorney.*

**Full Name of MWR Patron/Participant:**

**Parent/Guardian Name (if applicable):**

**MWR Event/Activity: WIBIT**

**Location: NORTH LAKE**

**Date of Event: SUMMER 2024**

Navy Morale, Welfare and Recreation (MWR) is committed to operating its facilities and conducting its activities in a safe manner and holds the safety of its patrons and their guests of paramount importance. Navy MWR continually strives to reduce the risks associated with its operations and insists its patrons are aware of and follow all safety rules and instructions designed to protect them.

General. I confirm that I am an eligible MWR patron over 18 years of age, and if under 18 years of age, an authorized MWR patron participating in an MWR event/activity or utilizing MWR facilities or equipment (hereafter “MWR event/activity”) described below with express consent of my parents or other legal guardian(s). I also acknowledge that I have voluntarily chosen to participate in this MWR event/activity, and that the event/activity in which I am participating has certain risks, inherent and otherwise, that cannot be eliminated, and these risks can cause loss, damage and destruction to equipment and personal property, accidental injury and illness, and in extreme cases, permanent trauma, disability or death.

Warning of Risk. Despite proper maintenance and preparation of facilities and equipment, instruction, medical advice, conditioning, there is risk of serious injury when participating in any MWR event/activity. While some risks are inherent to the facility or the event/activity concerned, not all hazards and dangers can be foreseen. Depending on the particular facility or event/activity, I understand that there exists certain risks, dangers, and the possibility of injuries, illness, disability and death, including drowning, brought about by: Inclement weather; course conditions, both on land and in water, contact naturally occurring with plants, animals, and insects; slipping or falling, whether it be through poor skill level, preexisting medical condition, physical limitations, inattention, carelessness, or horseplay; inadequate or defective equipment; inadequate supervision or instruction, including the negligent act or omission of a Navy MWR employee or other individuals; and other circumstances inherent to the MWR event/activity. I also understand and acknowledge that there may be “free” time when I may not be actively participating in the MWR event/activity for which I am intending to participate, including pre-event stretching and warm-up activities, yet potential hazards may nevertheless be present. In this regard, I recognize that Navy MWR cannot guarantee my absolute safety should I participate in this MWR event/activity.

MWR Event/Activity. I understand and acknowledge the physical and mental rigors associated with triathlon, duathlon, or other multi-sport events/activities, and realize that these physical activities that may include, but are not limited to running, bicycling, swimming, strength and endurance challenges, maneuvering through multi-obstacle courses, and other portions of such events are inherently dangerous and represent an extreme test of a person’s physical and mental limits. I understand that my participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, drowning, permanent disability, paralysis and death; loss or damage to property; exposure to extreme conditions and circumstances; accidents, illness, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road

***You are encouraged to learn of additional risks associated with your participation in this and other MWR events through Recreational Off-Duty Safety (RODS) information, resources, and reference material available at the Navy Safety Center web site, [http://www.public.navy.mil/NAVSAFECEN/Pages/shore/off-duty\\_rec/off\\_duty\\_rec.aspx](http://www.public.navy.mil/NAVSAFECEN/Pages/shore/off-duty_rec/off_duty_rec.aspx), as well as additional safety-related resources made available through your command’s RODS Office, as well as commercial resources.***

and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of Navy MWR, its employees, volunteers and other event organizers; and other undefined harm or damage which may not be readily foreseeable, and other presently unknown risks and dangers. I know that participating in this event is a potentially hazardous event/activity, and that I should not enter unless I am medically able, physically capable and properly trained. I understand that these risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of other participants in this MWR event/activity, or the acts, inaction or negligence of the released parties described herein. I agree to be familiar with and abide by the rules and regulations established for this MWR event/activity, and I also accept sole responsibility for my own conduct and actions while participating in the event/activity, and the condition and adequacy of my equipment. I hereby expressly assume all such risks and responsibility including, but not limited to, falls, contact with other participants, and contact with motor vehicles, the effects of weather, including rain, high heat, humidity, water and ground conditions, traffic, with all such risks being known and appreciated by me.

Medical Information and Consent to Treatment. In the event of injury or illness, I authorize on behalf of myself (or my child/ward, having not attained the age of 18 years), Navy MWR to provide or otherwise secure first aid treatment, and to secure medical treatment from or at the nearest and most adequate medical facility of its choice. This first aid and medical treatment authorization is of my own free will with the sole purpose of authorizing first aid and medical treatment under non-emergency and emergency circumstances for myself (or my child or ward). I also hereby give permission for transportation to any medical facility or hospital, and I authorize for any MWR employee or volunteer, or any medical personnel to render necessary emergency medical care for my family or me. I hereby authorize the release of any medical information in the possession of Navy MWR to any medical facility, hospital, ambulance, first aid provider or other medical care provider rendering care of my behalf, whether under non-emergency and emergency circumstances and, I hereby waive any action or claim against Navy MWR and its personnel, any health care facility or provider, or first aid provider, for release of this medical information.

<b>ACKNOWLEDGMENT AND SIGNATURE</b>
<b>Full Name of MWR <u>PATRON</u> / <u>PARTICIPANT</u>:</b> <i>(Please Print)</i>
<b>Full Name of Patron's/Participant's <u>PARENT</u> or <u>LEGAL GUARDIAN</u>(s):</b> <i>(Please Print)</i>
<b><u>SIGNATURE</u></b> of Patron's/Participant's Parent or Legal Guardian(s):
<b><u>DATE</u></b> of Signature:

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