



# CONSENT & WAIVER

## HEALTH & SAFETY



2022

## Now for the important part. Please read this waiver, consent and release form.

### Introduction

College Rifles Rugby Union Football And Sports Club Inc is required to comply with the Health and Safety at Work Act 2015. The aim of this legislation is to prevent harm to all people either at work, visiting the club or participating in club activities. The club has developed a range of policies and procedures in order to achieve these aims. Participation at Metcon Madness requires your compliance. If you are unsure about any of the requirements set out below please refer to event management.

### Health and Safety Policy

Genesis Fitness along with College Rifles is committed in ensuring a safe and healthy environment exists for all visitors, contractors, volunteers and members of the public when on club premises at 33 Haast St Remuera. The Board through the GM will ensure staff on site are well trained, resourced with process and procedures designed and in place to achieve this environment.

This environment can only be maintained through everyone taking ownership and responsibility for their actions, in doing so the club has adopted the following mantra:

Metcon Madness Participants should;

- Familiarise themselves with all safety signage across the site
- Observe the 10 kph speed limit **when navigating the carpark**
- Be aware of location of first aid kits **and medical support**
- Be aware of location of Defibrillator. Note. Instructions on the use of this equipment will be carried out by qualified staff
- Be aware of Fire / Civil Defence Emergency Evacuation procedures and the designated assembly point
- Follow all instructions issued by club Fire Warden
- Report all potential safety hazards - see above

•Report any accident

•Be aware that the Club has zero tolerance for drink-driving.

Now for the important part.

Please read this waiver, consent and release form.

We, as a participant in the Metcon Madness CrossFit Competition 2022 am aware that there are significant risks involved in all aspects of the Competition and hereby acknowledge and agree to waive any and all possible claims that may arise during my participation in the Competition, in any way, for personal injury or damage. These risks include, but are not limited to: falls which can result in serious injury or death, injury or death due to negligence on the part of myself, or other people around me, injury or death due to improper use or failure of equipment. I fully agree that I have been provided with this Metcon Madness Waiver, Consent and Release form in advance so that I have had time to acknowledge and understand it as well as have it reviewed by legal counsel and/or other sources of information if I have chosen to do so.

I understand that this Metcon Madness Waiver, Consent and Release is a necessary document which must be signed by myself prior to participating in any aspects of the Competition including warm ups, stretches, workouts or other activities relating to my involvement in the Competition. I have no physical impairments or illnesses that will endanger myself or others whilst participating in the Competition. I fully understand that during my participation in the Competition, I will be pushing myself voluntarily to the absolute physical

limits of my body and mind and thereby acknowledge and accept any potential repercussions of this.

I agree that this waiver takes up and includes Genesis Fitness, Remuera



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CrossFit and any associated affiliate or subsidiary thereof. I release these entities for any act of negligence, also releasing their agents, employees and volunteers from any and all liability, claims, demands, actions or rights of action, which are related to, arise out of, or are in any way connected with my participation in or attendance at the Competition. I hereby waive and release any claim that I, my heirs, beneficiaries, and/or assigns may have for the negligence of any of the above listed parties that may cause or contribute to my suffering a physically, mental or emotional injury. Metcon Madness reserves the right to terminate any athlete, volunteer or spectator's participation in the Competition at any time, with no further obligation or duty to such athlete.

Reasons for disqualification may include, but are not limited to, any of the following examples:

- Unsportsmanlike behaviour
- Any actions with intent to cheat or circumvent the rules of the competition as well as any violation of NZ law.

If any provision of this Agreement is held in whole or in part to be unenforceable for any reason, the remainder of that provision and of the entire Agreement will be severable and remain in effect.

**REGISTRATION:** We agree that once the team's registration fee has been paid that there will be NO refund offered at any stage thereafter. In the unforeseeable event that my team has to withdraw from the competition I agree that it is my responsibility to email [info@remueracrossfit.co.nz](mailto:info@remueracrossfit.co.nz) to let Metcon admin know.

### COVID 19

Metcon Madness 2022 will operate only at level 1 of the Government guidelines concerning COVID 19 and event operations.

Should Auckland and or NZ be in Level 2 or greater on or before February 12th 2021, Metcon has reserved a backup date of Easter weekend - Saturday or Sunday to be confirmed. If the second date cannot go ahead Metcon will refund all entry fees minus any costs incurred for the cancelled event and preparations

PRIZES: I understand that there are new rules regarding prizes should my team come first, second or third. Should the team fail to comply or agree to the terms and conditions or receiving competition prizes, they will forfeit their prize and this will be allocated to the next runner up.

I have read and understood the foregoing. I understand that by signing this document, I fully consent to my participation in the Metcon Madness CrossFit Competition 2022, accepting all potential risks and claims and obligating me to indemnify the parties named for any liability for injury or death of any person and damage to property caused by me. Spectators and participants grant Metcon Madness and persons authorized by them, permission to take pictures and video footage of our team and use them on their website and other promotional and educational materials without compensation to me.

I agree to indemnify and hold harmless Metcon Madness on behalf of Remuera Crossfit, their principals, agents, employees, affiliates, and volunteers from liability for the injury or death of any person(s).

**NAME (Printed)**

**SIGNATURE**

**DATE**