

## **2026 Ride for the 'Ridge – Waiver, Release & Indemnity**

**Event Date: Sunday, May 24, 2026**

**Supporting Lakeridge Health**

2026 Rider Name: \_\_\_\_\_

Riding Distance: \_\_\_\_\_ km

Address: \_\_\_\_\_

City, Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Cell Phone#: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

Cell Phone#: \_\_\_\_\_

### **READ BEFORE SIGNING GENERAL RELEASE OF LIABILITY AND CONSENT ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT THIS DOCUMENT MUST BE READ, COMPLETED & SIGNED PRIOR TO PARTICIPATING IN THIS CYCLING RIDE:**

Ride for the 'Ridge, Durham ON, Canada In consideration of being permitted to attend and participate in the cycling event “Ride for the 'Ridge” under the arrangement of the four Foundations of Lakeridge (namely Ajax Pickering Hospital Foundation, Bowmanville Hospital Foundation, Lakeridge Health Foundation and Port Perry Hospital Foundation) including related activities, services, food services and programs (herein referred to as the “Ride”) I hereby acknowledge and agree to the following terms and conditions of participation on my own behalf having reached the age of majority in the province of Ontario, and (if applicable), as the parent or legal guardian of the participant under the age of eighteen listed below (the “Minor”), on behalf of the Minor, as stated herein:

1. I acknowledge that I have voluntarily registered to participate in the Ride. I am aware that participation by means of bicycle contains some inherent risks of illness, injury or death. I recognize that such risks may be present before, during and after the Ride. I acknowledge that I am aware and agree to accept the significant element of known and unanticipated risk in any adventure, sport or activity associated with the outdoors which could result in physical or emotional injury, damage to myself, to property, or to third parties.
2. I agree to wear a cycling helmet at any moment when riding a bicycle during the Ride.

3. I agree to follow the rules of the road including the Rule to ride in single file as specified in the Ontario Highway Traffic Act. I acknowledge that cyclists who break the law may be charged. I confirm agreement and have read and understand the rules of the road. Highway Traffic Act: <https://www.ontario.ca/page/bicycle-safety>
4. I certify that I have adequate insurance to cover any injury or damage I may suffer or sustain while participating in the Ride. I further certify that I have no medical or physical conditions which could interfere with my safety in this activity and that I am in appropriate and proper physical condition to participate in the activities which are part of the Ride. I confirm that, prior to embarking on the Ride; I have been advised by Ride for the 'Ridge as to the activities I will be doing as a participant in the Ride. I affirm that I am familiar with the use of the bicycle I will conduct during this Ride. I understand that such risks ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT | 2026 Ride for the 'Ridge | Page 2 of 2 simply cannot be eliminated without jeopardizing the essential qualities of the activity. I understand that I follow the suggested itinerary at my own risk.
5. I have and do hereby fully assume all risks of participating in the Ride, including illness, injury, or death. I hereby waive, release, indemnify and hold harmless Ride for the 'Ridge, the Region of Durham, Ajax Pickering Hospital Foundation, Bowmanville Hospital Foundation, Lakeridge Health Foundation and Port Perry Hospital Foundation, sponsors, representatives, employees, volunteers, contractors, agents or partners from any and all demands, damages, losses, injuries, causes of action, lawsuits, legal costs and any claims whatsoever, whether known or unknown, in law or in equity, that I ever had or may have, arising from or in any way related to my attendance or participation in the Ride, including acts or omissions by the released parties or third parties. I agree that the foregoing obligation shall be binding upon me personally, as well as upon my heirs, executors and administrators and all members of my family, including any minors accompanying me.
6. I understand that Ride for the 'Ridge reserves the right to take photographic, testimonial, videotaped or film records of this Ride, and hereby agree that Ride for the 'Ridge may use any such photographic, testimonial, videotaped or film records for promotional and/or commercial purposes as well as approve such use by third parties with whom Ride for the 'Ridge may create a joint marketing effort.
7. I have had sufficient opportunity to read this entire document and understand its contents and effect. I have read and understood this agreement, and I hereby agree to be bound by its terms. I acknowledge that I understand the undertaking of the Ride (including the rates, reservation form and waiver request) and its risks. I understand and agree that no amendment to this agreement is effective unless in

writing. The arbitration of any dispute shall be held in Ontario, Canada; conducted under Ontario Laws and conducted in the English language. I understand I may choose not to sign this document and not attend the Ride.

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Printed Name of Participant

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Birth date (dd/mm/yy)

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Signature of Participant or where participant is a minor, signature of parent or legal guardian

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Date (dd/mm/yy)

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Printed Name of Witness (Somebody who witnesses your signature)

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Signature of Witness

**Please READ, COMPLETE and SIGN this form and RETURN by email, or in person in advance of the ride**