



Booking form

Course: 6 Week cycle course

Course dates: Saturday 16th/23rd/30th January 6th/13th/20th February

Start Time: 10.30am

Venue: The Walled Garden, Noble Tree Road, Hildenborough, Kent

Course fee: £50.00

Name	
Address	
E-mail	
Phone	
Emergency contact details (Name/Number)	

Please mail the booking form and your cheque payable to “VO2 Maximum” To

VO2 Maximum, The Walled Garden, Noble Tree Road,
Hildenborough, Kent TN11 8ND

Cancellations/Changes/Refunds – Courses

- We will offer a full refund if you decide to cancel before 14 days of the course start date.
- If you decide to cancel within 14 days no refund will be available
- VO2 Maximum reserves the right to cancel any course due to insufficient enrollment. In this case we will offer to transfer you or offer a full refund.
- If you transfer to another course then cancel we will offer a 50% refund

DISCLAIMER

BETWEEN

(1) **VO2 Maximum, the coaches;** and

(2) _____ (The "**Participant**").

WHEREAS

(A) The Participant wishes to participate in swimming and/or cycling and/or running activities relating to triathlon, or other multi-sport events, training, races and other activities organized, sanctioned or arranged by or through VO2 Maximum (the "**Events**").

(B) In consideration of organizing the Events, VO2 Maximum intends to limit its liability to the Participant in the manner set out below.

PLEASE READ THIS DOCUMENT CAREFULLY BEFORE SIGNING. IT WILL AFFECT YOUR LEGAL RIGHTS AND WILL LIMIT YOUR ABILITY TO MAKE A FUTURE CLAIM.

I, the Participant, understand and acknowledge that I am legally agreeing to the statements in the Following paragraphs of this Agreement by affixing my signature below and that these statements are being accepted by VO2 Maximum in consideration for permitting me to participate in the Events; and I further understand and acknowledge that my statements are being relied upon by VO2 Maximum the coaches

the organizers and all other persons involved in the Events (the "**Organizers**").

1. I acknowledge that the Events can be an extreme test of a person's physical and mental limits, which carries with it the potential for death, serious injury and/or property damage.

I acknowledge and agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to safely participate in any Events, and I attest and certify that I am or will be sufficiently fit and physically trained to participate in the Events.

2. On behalf of myself, my executors, administrators, heirs, next of kin, successors and assigns **I HEREBY WAIVE, RELEASE, and FOREVER DISCHARGE, INDEMNIFY and HOLD HARMLESS** the Organizers from and against any and all claims, causes of actions, damages, losses (economic and non-economic), and liabilities of every kind ("**Claims**") (apart from death or personal injury caused by the negligence of the Organizers) which may arise out of, result from, or relate to my participation in any of the Events.

3. I acknowledge and **ASSUME ALL OF THE RISKS** of running, cycling, swimming and participating in all aspects of any Events ("**Risks**"). I acknowledge that the Risks may include dangerous conditions and exposure to potential physical injury or even death and that I am waiving and releasing my legal rights to make a claim (apart from death or personal injury caused by the negligence of the Organizers) in relation to any injury or damages arising out of or resulting from all such Risks.

Signature: (Participant).....

Print Name:.....

Date (DD/MM/YYYY).....

Thank You for Registering

VO2 Maximum Triathlon Coaching
www.vo2maximum.com