

## RELEASE OF LIABILITY

### WAIVER OF CLAIMS, ASSUMPTION OF RISKS AND INDEMNIFICATION AGREEMENT – MINOR (NOT OF AGE OF MAJORITY)

I, \_\_\_\_\_, am the parent/legal guardian of the dependent named \_\_\_\_\_, a person taking part in the Physical Fitness Evaluation of Canadian Armed Forces Primary Reserve applicants, realizing the potential hazards associated with military equipment and facilities, on behalf my dependent, myself, my heirs, devisees, successors, assigns, executors and administrators, in consideration of being permitted to participate in the Evaluation, which consist of:

- a. **Sandbag Lift:** 30 consecutive lifts of a 20 kg sandbag from the floor to a height of 1 m;
- b. **Intermittent Loaded Shuttles:** 10 consecutive shuttles (1 shuttle = 20 m there, 20 m back), alternating between loaded shuttles with a 20 kg sandbag and unloaded shuttles, totalling 400 m;
- c. **Sandbag Drag:** Carry one 20 kg sandbag and pull a minimum of four on the floor over 20 m without stopping; and
- d. **20 metre Rushes:** Starting from the prone position, complete two shuttle sprints (1 shuttle = 20 m there, 20 m back) dropping to the prone position every 10 m for a total of 80 m.

Including any other activities related to that visit, hereby:

- a. Waive all claims of any nature or kind whether in contract, tort, negligence or otherwise, against Her Majesty the Queen in right of Canada, Her officers, servants, agents, employees and members of Her Canadian Forces, all in their employment and private capacities, in any manner arising out of, based upon, occasioned by or attributable to the activities of them, including negligence on their part, or any action taken or things done or maintained by virtue thereof;
- b. Having determined that the activities involved potential hazards and may result in physical and/or psychological harm and wishing in any event to carry out the activities, voluntarily assume any risks that may be associated with the activity;
- c. Covenant that I will not commence or maintain against any person, any action or proceeding which will give rise to a claim against Her Majesty the Queen in rights of Canada, Her officers, servants, agents, employees and members of Her Canadian Forces for contribution or indemnity;
- d. Confirm that I have attained the age of 18 years;

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- e. Agree that this release shall bind my dependent, my heirs, executors, administrators and assigns; and
- f. Acknowledge having read this Waiver of Claims, Assumption of Risks and Indemnification Agreement and indicate my acceptance of this document by my signature.

DATED at \_\_\_\_\_, this \_\_\_\_\_ day of \_\_\_\_\_ 2014.

Signature of Witness

Signature of parent/legal guardian