

Terms and Condition of Entry for athletes in all sporting events

Disclosure of Physical Condition

As an athlete you agree to disclose to the IHG any illness or injury that may have a negative effect on you or your fellow athletes should you compete in the Games. All relevant personal health and fitness information both prior to and during engagement in the Games events or competition should be made known. You must be fit enough to undertake the sport you have entered and not present a danger to yourself or others through undisclosed illness or injury.

Code of Conduct for Competitors

Competitors are encouraged to abide by the following Code of Conduct. By choosing to compete in the Invercharron Highland Games or any of its events you acknowledge and accept that the Code of Conduct applies to you and that violation of the Code of Conduct by you may be cause to ban you from competing in certain future events.

As a Competitor:

1. You will always compete according to the rules.
2. You will never argue with an official. If you disagree with a decision you will inform the Secretary of the IHG at the time and follow up in writing after the competition if the matter has not been satisfactorily resolved.
3. You will control your temper. You understand that verbal abuse of officials and sledging other competitors and deliberately distracting or provoking an opponent, is not acceptable or permitted behaviours in this sport.
4. You will be a good sport and applaud all competitors.
5. You will treat all players in your sport as you like to be treated. You will not bully or take unfair advantage of another competitor.
6. You will display modesty in victory and graciousness in defeat.
7. You will participate for your own enjoyment and benefit.
8. You will not arrive at the venue intoxicated or drink alcohol at competitions.
9. You will respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
10. You will thank your opponents and officials at the end of the competition.

Waiver and Release of Liability

You (the "Competitor") understand that the Invercharron Highland Games activities in this competition may include, but are not limited to, lifting and throwing very heavy weights and other awkward implements (including cabers) in ways that could cause physical injury or even death. You hereby freely and voluntarily, without duress, execute this Release under the following terms:

Waiver and Release. You release and hold harmless Invercharron Highland Games. and its affiliated event organisers, successors and assigns from any liability, claims and

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demands of whatever kind or nature, either in law or in equity, which arise from competing in the Invercharron Highland Games events or Strongman or Strongwoman competitions. You understand and acknowledge that this Release discharges Invercharron Highland Games from any liability or claim that you may have against Invercharron Highland Games with respect to any bodily injury, personal injury, illness, death or property damage that may result from your participation in this competition. You also understand that Invercharron Highland Games does not assume any obligation to provide financial assistance or other assistance, including but not limited to medical, health, or disability insurance, in the event of injury, illness, death or property damage.

Medical Treatment. Except as otherwise agreed to by Invercharron Highland Games. in writing, you hereby release and forever discharge Invercharron Highland Games. from any claim whatsoever which arises or may hereafter arise on account of any first aid treatment or other medical services rendered in connection with an emergency during this competition.

Assumption of the Risk. You understand that competing in the Highland Games or Strongman or strongwoman competitions may include activities that may be hazardous to you, including, but not limited to, loading and unloading heavy weights and materials, lifting and carrying heavy implements in your hands and the throwing of heavy objects. You recognise and understand that such competitions involve inherently dangerous activities. You also understand that you may be required to move in an unnatural way in order to accomplish the events. You hereby expressly and specifically assume the risk of injury or harm in these activities and release Invercharron Highland Games. from all liability for injury, illness, death or property damage resulting from the competition.

Severability. You expressly agree that this Release is intended to be as broad and inclusive as permitted by the laws of Scotland, and that this Release shall be governed by and interpreted in accordance with the laws of Scotland. You agree that in the event that any clause or provision of this Release shall be held to be invalid by any court of competent jurisdiction, the invalidity of such clause or provision shall not otherwise affect the remaining provisions of this Release which shall continue to be enforceable. If we do not enforce our rights under this agreement at any time, it does not mean that we may not do so on future occasions.

You warrant that the above details are true and agree to act sensibly to protect yourself and others from injury while participating in the competition. You also acknowledge that you understand and agree to the above Terms and Conditions.

NAME (PRINT)	SIGNATURE	HOME TOWN	PHONE	DATE

