

Port Macquarie's Strongest Man and Woman 2015: Entry Form

Competition Details

- **Date & Time:** 10th May, 9.30am
- **Location:** Town Green, Port Macquarie
- **Enquiries:** thehighperformancecentres@gmail.com
- **Event Organiser(s) and Official(s):** Dean Lawler, Mark Jamsek, and Pat Bowen (High Performance Centres), and Phil Burgess.
- **Entry Fee:** AU\$70.00
- **Payment Details:** Please deposit the money in the below account or make a cash payment at the High Performance Centres, Port Macquarie. Be sure to identify yourself in the transfer description and inform the event organiser(s) of your payment.

BSB: 082-798	Account No.: 73077-9984	Account Name: HP Centres P/L
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Personal details

Name	
DOB	
Address	
Mobile Number	
Email	

Competitor Details

Division (please circle)

NOVICE*			
Women's Under 75 kg	Women's 75+ kg	Men's Under 90 kg	Men's 90+ kg

**First time competing in Strongman*

OPEN			
Women's Under 63 kg	Women's Under 82 kg	Women's 82+ kg	
Men's Under 80 kg	Men's Under 90 kg	Men's Under 105 kg	Men's 105+ kg

Condition of Entry

A. Disclosure of Physical Condition

You agree to disclose to us all relevant personal health and fitness information both prior to and during engagement in the competition. You further warrant and represent that you will not participate in the 2015 Port Macquarie's Strongest Man and Woman competition whilst you are suffering from any serious injuries, infections or contagious illness, disease or other ailment or whilst you are suffering from any physical ailment such as open cuts or sores or minor infections where there is a risk, however small, to other competitors.

B. Code of Conduct for Competitors

Competitors are encouraged to abide by the following Code of Conduct (the "Code"). By choosing to compete in the 2015 Port Macquarie's Strongest Man and Woman competition, you acknowledge and accept that the Code applies to you and that violation of the Code by you may be cause to ban you from competing in certain future events organised by the High Performance Centres or Phil Burgess.

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 organisers, High Performance Centres and Phil Burgess, in writing after the competition.*
- 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.*

C. Waiver and Release of Liability

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

- A. Waiver and Release.** You release and hold harmless 2015 Port Macquarie's Strongest Man and Woman and its affiliated event organisers, successors and assigns from any liability, claims and demands of whatever kind or nature, either in law or in equity, which arise from competing in the 2015 Port Macquarie's Strongest Man and Woman competitions. You understand and acknowledge that this Release discharges Phil Burgess and the High Performance Centres from any liability or claim that you may have 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 Phil Burgess and the High Performance Centres 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.

- B. **Medical Treatment.** Except as otherwise agreed to by NSW Strongman Association Inc. in writing, you hereby release and forever discharge Phil Burgess and the High Performance Centres 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.
- C. **Assumption of the Risk.** You understand that competing in strongman competitions may include activities that may be hazardous to you, including, but not limited to, loading and unloading heavy weights and materials, and lifting and carrying heavy implements in my hands or on my back. 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 Phil Burgess and the High Performance Centres from all liability for injury, illness, death or property damage resulting from the competition.
- D. **Severability.** You expressly agree that this Release is intended to be as broad and inclusive as permitted by the laws of the State of New South Wales, Australia, and that this Release shall be governed by and interpreted in accordance with the laws of the State of New South Wales. 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 understood and agree to the above Terms and Conditions.

Competitor Signature.....Date.....