



We are paddling, thriving, surviving... after cancer.

Charity Number (CIO) 1200841

<p align="center">FORM OF INDEMNITY AND DECLARATION 2024 ACTIVITY: DRAGON BOAT PARTICIPATION AND ASSOCIATED ACTIVITIES</p>

Anyone signing an annual Paddlers for Life Membership form (or completing the online Membership form) confirms that they have read and understood the statements below.

I hereby declare that:

- To the best of my knowledge, I am fit and well to take part in these activities and confirm I do not have any medical conditions, illnesses or injuries which may affect my ability to take part.
- I confirm that I am confident in cold-water conditions when wearing a buoyancy aid and that if I am unable to swim, I will inform my buddy and the helm.
- I will not consume excess alcohol and or non-prescription drugs (i.e. I would pass a drink-drive test) in the 24 hours prior to these activities.
- I am willing to comply with all safety regulations and instructions given by the helms, drummer or individuals in charge of the activities.
- I am willing at all times to act in a responsible manner in the knowledge that safety is paramount.

And I further declare that:

By taking part in these activities I understand and accept the following:

- I am taking part of my own volition and not at the request of or on behalf of a third party.
- I have satisfied myself as to the measures taken by the organisers and Trustees to safeguard against injury.
- I accept that there are risks and that water sports and adventure activities are hazardous by their nature.
- I acknowledge that the organisers and Trustees have made every reasonable effort to the best of their ability to make the activity safe for me to take part in and the organisers and Trustees will not accept any liability for any claims arising from any accident or injury.
- I expressly indemnify the organisers and Trustees against any claim which may arise or be instituted.
- I acknowledge that the organisers and Trustees reserve the right to stop or refuse a person from taking part in any Pfl event or activity.