



MAY 4, 2025

EVENT GUIDE

UPDATED: MARCH 15, 2025

INTRODUCTION

Welcome to the 3rd Annual **Challenge the Shield** Adventure Run! **SUNDAY MAY 4, 2025.**

This race is an awe-inspiring wilderness endurance challenge on the rugged Canadian Shield. Teams of two have up to six hours to tackle as many of the 36 checkpoint challenges as they choose while running amongst iconic windswept pines, pristine lakes and granite rock barrens. The "choose-your-own-adventure" points-based course design is both beginner-friendly and an epic challenge of strategy and adventure for even the most experienced teams. Top teams will need to trek ~35 km to get all the checkpoints. Each of the checkpoints is assigned a difficulty rating and teams decide what difficulty and as many checkpoints as they want to tackle. You decide the adventure!

This Event Guide provides participants in both the full course (6-hr) and half course (3-hr) adventure run challenges with all the information and details you will need for race day. We ask that you read the pages in this guide carefully.

- *Challenge the Shield Parry Sound*

RACE OVERVIEW

The **Challenge the Shield** Adventure Run has two courses: The full course 6-hour (time limit) adventure run and the half course 3-hour (time limit) adventure run. Team members navigate to several checkpoints (CP) on each course collecting points for each CP they find. Except for the first ~1km of the course and the relay challenge CP, there are no marked routes on the course. Teams decide the route they want to take and the order in which they want to visit the CPs. Each CP is assigned a different difficulty rating and points according to distance and navigation difficulty. Difficulty ratings are: beginner (25 pts), intermediate (50 pts), advanced (75 pts), expert (100 pts) and backcountry (125 pts). Penalty points (100 pts per minute) are deducted for teams that are overtime. Teams decide how far they run or trek and what checkpoints they tackle in our "Choose your Adventure Run" format!

6-hour Adventure Run: This course is up to ~35 km in distance with 2,500 points up for grabs. The race comprises five stages. Stage 1 is mandatory and must be completed in its entirety before moving on to Stage 2. Stages 3, 4, and 5 are optional.

- Stage 1: The Dam (125 points). ~4 km, 1 x backcountry CP. *See details later in guide.*
- Stage 2: The Scramble (up to 2,000 points. ~30 km, 32 CPs (8 x each of beg, int, adv, & expert; can be taken in any order).
- Stage 3: The Relay (125 points). ~1.5 km, 1 x backcountry CP. *See details later in guide.*
- Stage 4: The Birch Bark(ley) (125 points). 1 x backcountry CP. *See details later in guide.*
- Stage 5: The Search (125 points). 1 x backcountry CP. *See details later in guide.*

3-hour Adventure Run: This course is up to 15 km in distance with 1,250 points up for grabs. The race comprises three stages. Stage 1 is mandatory and must be completed in its entirety before moving on to Stage 2. Stage 3 is optional.

- Stage 1: The Dam (125 points). ~4 km, 1 x backcountry CP. *See details later in guide.*
- Stage 2: The Scramble (up to 1,000 points). ~12km, 18 CPs (6 x beg, 5 x int, 4 x adv, 3 x expert; can be taken in any order).
- Stage 3: The Relay (125 points). ~1.5 km, 1 x backcountry CP. *See details later in guide.*

Each team is issued two sets of detailed adventure running maps and a list of written race course instructions and CP location descriptions. All teams are responsible for carrying the listed mandatory gear items throughout the race as well as their own supply of food and water (see page 5 of this guide). Each team will also use a customized Tyvek 'passport' during the race to "check in" at each CP. Each CP will be marked with an orange and white flag and will have a pin-punch attached to it that is used to create a unique impression on your passport (see page 6 of this guide). Each team is also required to carry a cell phone with the pre-downloaded What3 Words App (6-hr race only) and MapRun App (3-hr race only). The MapRun App tracks a team's location and uses the phone's GPS to be a back-up "check in" at each of the course CPs they reach (see page 8 of this guide for more info on the MapRun App).



RACE ORGANIZER & RACE SITE

This event is organized by Challenge the Shield Parry Sound in association with the **Georgian Nordic Outdoor Activity Centre (GNOAC)** and with the assistance and support of DontGetLost Adventure Running.

Challenge the Shield Parry Sound is a not-for-profit organization. In partnership with GNOAC we are helping develop ski, hike and bike trails and outdoor youth activity programs. GNOAC is a charitable organization run by a dedicated group of volunteers and outdoor enthusiasts who share a passion for exercise among nature. GNOAC has over 45 kilometres of ski, snowshoe, biking and hiking trails and is located on a mix of private and Crown land. Georgian Nordic was used for the start of the 2022 Wilderness Traverse 24-hour adventure race and is the host location for the annual Parry Sound 50km Paddling Race. We also organize the Challenge the Shield multi-sport Adventure Race together with the support of [Get Outdoors Parry Sound](#).

[Google Maps Directions](#)

The GNOAC race site has three washrooms - two inside the chalet and another in a small bunkie behind the building. Teams are only allowed to access the chalet for race-kit pick-up, washrooms, post-race meal pick-up, and/or emergency. As such, we encourage teams to bring chairs, blankets, small tents, small tables etc. that they are welcome to set-up in the fields adjacent to the chalet to use before and after the race. **Construction of a new pavilion is taking place and may be available for use by participants. We will provide an update closer to race day.

Parking is limited so we ask that you carpool and also follow the directions of parking officials and please do not set up tables or chairs in the parking lot.



If you would like to visit/explore the GNOAC trails before race day, a day pass or season pass is required and available on the GNOAC [website](#).

RACE DAY SCHEDULE

Sunday May 4, 2025

ALL team members must be present at check-in!

0730-0830	Race packet pick-up at Georgian Nordic Outdoor Activity Centre
0840	Pre-race briefing
0900	Mass start (6-hour and 3-hour races)
1200	Finish (3-hour race)
1215-1300	3-hour race post-race pizza
1300	3-hour race awards
1500	Finish (6-hour race)
1515-1600	6-hour race post-race pizza
1600	6-hour race awards

RACE RULES & REGULATIONS

- 1.** Teams must follow all race instructions, mapped instructions, and information provided at the pre-race briefing. Failure to follow instructions may result in disqualification.
- 2.** All team members must be always within verbal range AND visual sight of each other (excludes the Relay Challenge).
- 3.** All team members must visit each checkpoint (CP) together. At each CP, all team members must be within 5 m of the CP flag (close enough to touch it in 2 steps). Teams are not allowed to check-in at the finish until all team members have crossed the finish line.
- 4.** Out of bounds is marked with purple hatched areas on the map and/or purple X's on roads. These areas are either private land or environmentally sensitive areas. Teams found taking short cuts through out-of-bounds areas will be disqualified.
- 5.** Participants shall travel only on foot on the race course.
- 6.** Use of other maps during the race is not permitted.
- 7.** Checkpoints must be visited in order unless stated otherwise.
- 8.** Required gear must always be carried. Personal gear must be by carried by every individual themselves. A time penalty for incomplete gear will be served on the course.

REQUIRED RACE GEAR

Each person must carry: 1 x emergency blanket, 1 x permanent pen, 1 x whistle, 1 x 500 ml (or more) water bottle or equivalent, 1 x race maps (provided in race kits).

Each team must also carry: 1 x fully charged cell phone, 1 x back-up cell phone portable battery / battery bank (and necessary cables, you are responsible for your phone to last 6 hours), 1 x tyvek paper passport (provided in race kit), 1 x compass, 1 x first-aid kit including at least: 1 roll gauze, 1 roll adhesive tape, 5 regular bandages, scissors and 5 anti-bacterial towelettes.

Participants should bring extra gear depending on weather conditions and should carry their own food (e.g., energy bars). Teams can prepare a food & drink bag to be dropped off at an aid station on the course (see below).

6-hour teams: The What3Words app will be used for the optional Stage #5 in the 6-hour race (see page 7 in this guide for more information). Teams must upload this app to their phone before the race if they want to complete Stage #5.

3-hour teams: Teams in the 3-hour race will be allowed to use the MapRun App in a mode that will display where they are at all times. Teams must upload the MapRun app to their phone before the race if they want to use this feature.

Details on the What3Words and MapRun apps are shown later in this Event Guide.

AID STATION / FOOD & DRINK BAG DROP

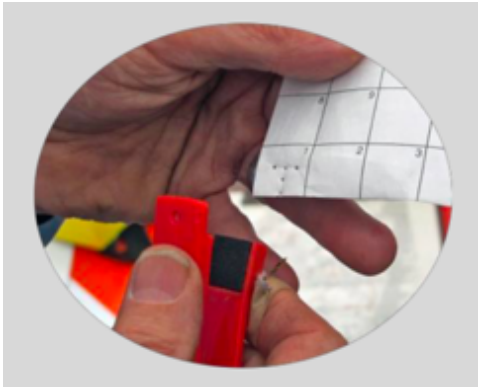
Teams will be given a tag and a zip tie in their race package. Teams can place food and drinks in a bag, attach their tag, and drop it off at registration before the start of the race. Team bags will be taken to a remote checkpoint (aid station) where teams will be able to access them during the race. No additional food or drink will be available at the aid station. For most teams the aid station will be closer to the end of their course and so we suggest that teams bring additional water bottles or a water filtration system with them, especially if it is warm on race day. There are a lot of streams and lakes on the race course for teams to fill up and filter water.

NAVIGATION

This race requires skills in map reading and navigation. Be aware and read your map carefully. A training race will be offered on May 3rd at Georgian Nordic Outdoor Activity Centre for teams to practice their nav skills (see details later in this Event Guide).

RACE PASSPORTS

Teams will carry a waterproof and rip proof customized passport (dimensions: 21 cm x 14 cm) to check in with a manual punch at all CPs. The number of the passport corresponds to the CPs on the map (i.e., punch CP71 in box 71). Teams that lose their passport will be disqualified so we encourage teams to develop a safe way to store or hold their passport between CPs.



Left: Checkpoint Punch ("check in")

31	32	33	34	35	36	37	38
41	42	43	44	45	46	47	48
51	52	53	54	55	56	57	58
61	62	63	64	65	66	67	68
71	72	73	74	#			

Right: Race Passport (waterproof and rip proof)

RACE MAPS

The official course maps will be given out on race morning at race packet pick-up. Teams will receive two copies of all customized adventure running maps in their race kits and two map cases. The maps are NOT waterproof and the map case does not seal so teams may want to bring some tape or a separate map case to keep their maps dry. The adventure running map shows the locations of the start of the race (a purple triangle), the finish (a purple double circle), and the location of all checkpoints (purple circles). Adjacent to the checkpoint circle is a number indicating the CP number which also identifies CP difficulty rating (see below). The maps are very detailed at a scale of 1:10,000 with a contour interval of 2.5 m. Much of the map also has 1.25 m form-line contours for added topographic detail. The maps are oriented to magnetic north and no adjustment for declination is required. The customized race maps do not include a legend so we suggest that teams that are not familiar with the symbols on an adventure running map make a copy of the map legend on the last page of this Event Guide and bring it with them to the race. A sample of the race map is shown on page #7 of the Event Guide.

CHECKPOINT DIFFICULTY RATING

Checkpoints are rated by their navigation and/or running difficulty in five categories: beginner, intermediate, advanced, expert, and backcountry. The CP number identifies the CP difficulty.

31-38: Beginner (25 points)
51-58: Advanced (75 points)
71-74: Backcountry (125 points)

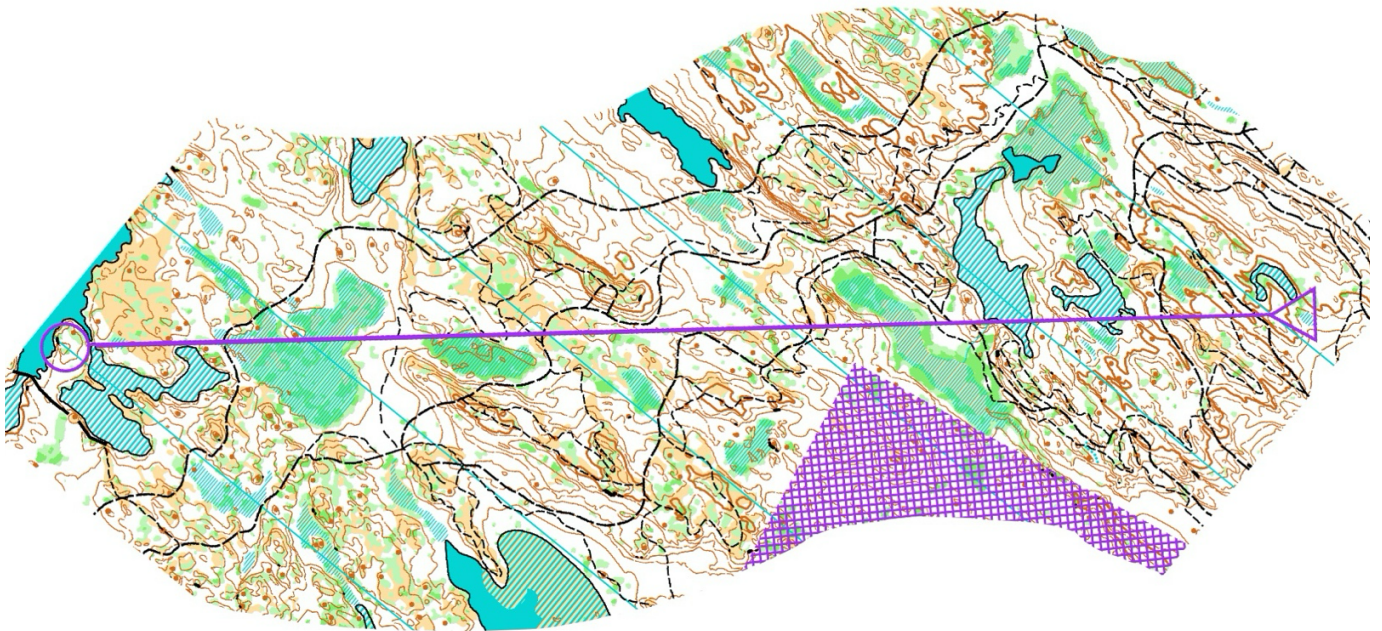
41-48: Intermediate (50 points)
61-68: Expert (100 points)



BACKCOUNTRY CP CHALLENGES (STAGES 1, 3, 4, & 5)

STAGE 1: THE DAM CHALLENGE (mandatory, 125 points)

The race starts with the mandatory Stage #1 Dam Challenge. The Dam Challenge begins with a mandatory trail run to the stage 1 start location (the triangle). Teams can start strategizing what route they will take from the start to the checkpoint (circle). We encourage teams to practice before the race day (Georgian Nordic day pass or seasons pass required).



STAGE 3: THE RELAY CHALLENGE (optional, 125 points)

Team members will split up to run a marked-route loop relay (each team member runs two times). Each loop is 400m. Stage 3 is optional.

STAGE 4: THE BIRCH BARK(LEY) CHALLENGE (optional, 125 points)

In the spirit of the Barkley Marathons, stage 4 of the 6-hour course is where team members will be searching for a book instead of an orange and white flag at the CP. Stage 4 is optional.

STAGE 5: THE SEARCH (optional, 125 points)

Inspired by our friends at Bimaajitoon Search and Rescue, stage 5 of the 6-hour race is a mock search using the What3Words App. Teams must pre-load this App on their phone and we encourage teams to become [familiar with the app](#) before the race. Teams will be given the three words on the race course and will then need to use the app to navigate into a section of the race map that has had all map detail removed (a white circle). Stage 5 is optional.

MAPRUN APP



We will be using the MapRun App to allow 3-hour participants to track their location throughout the race. **Ensure you have version 7.5.7 or later.** While we will have volunteers and some trail cams on the marked route segment challenge sections, the MapRun App will also allow us to verify that teams have followed marked route sections on the course. We will be using the MapRun App as our back-up timing and points system so we ask that all teams use the app. We will also use the MapRun App to ensure teams are obeying rules about out-of-bounds. Teams should follow these steps **before the race.**

STEP 1: Download the Maprun App (make sure you have the most recent version) and open. Click on "Name" to enter user details. Enter user details as follows. Instead of your own name, enter your team name here. The name that will appear in the Maprun results is the 'First Name' followed by 'Surname' (with a space in between). For example, if your team name was "Challenge the Shield" you could enter "Challenge" for "First Name" and the "Shield" for "Surname". *No accents or symbols should be used.

STEP 2: **IMPORTANT** This must be done before the race and requires internet data. **24 hours** before the race starts the race file can be uploaded into MapRun. The file name "CTS-RUN 3-hour 2025" will appear in: Canada > Ontario > Parry Sound > CTS-RACE

STEP 3: On race day and once you have selected the appropriate course you must wait until you are at the start area (pink triangle) before clicking on "Go to Start".

During the event the app does not require internet data, it will simply use your phone's GPS system. You will, however, need internet data to load the event into the app before the start and also, to upload your result after crossing the finish line. We ask that you upload your result once you finish. We are hoping to have a Wifi network at the headquarters.

During the event it will be important to keep your phone on the surface, for example: you could use an armband (on your arm) to carry the phone or carry it in a pocket on the top of your bag. If your phone is in the bottom of your bag, the quality of the GPS signal may be affected which will prevent the app from working properly. When you get to a checkpoint, the app will vibrate and make a sound which will confirm your passage. The app is programmed to pick up your passage within a 25-meter radius, so the app may detect your presence before getting to the control. You will still have to go there to punch on your passport (mandatory) which will validate your passage. This means that even if you have the checkpoint with the app, you still must go to the control to punch. * If you are at the control and the app does not beep, the tracking will show that you have indeed been there. Punch and continue your race. * DO NOT CLOSE THE APP OR EXIT THE EVENT UNTIL YOU HAVE UPLOADED YOUR RESULT



ACCIDENTAL FINISH: If you accidentally run past the Finish, you will hear a distinctive Chime sound (chime sound 4 times). If your phone is handy, you could cancel this punch. Otherwise, just keep moving and MapRun will cancel this punch when you visit another control or after 60 seconds and you are still moving.

EXTRA MAPRUN TIPS: Make sure you have GPS enabled for the app. Also make sure you have your phone set up to allow the app to run in the background.

Follow this [link](http://maprunners.weebly.com/quick-guide.html) for more information on how the app works.
<http://maprunners.weebly.com/quick-guide.html>

CHALLENGE STICKERS, RACE SWAG, & RACE AWARDS

All participants who register within our early or normal deadlines will also receive Challenge the Shield swag. The overall (coed) winning team will get to take home our Challenge the Shield mascot Squirrely George for the year (George as in Georgian Nordic and squirrely because you gotta be a little bit squirrely to do a race like this). There will also be prizes for the first-place team in all categories (6-hour: Coed, Male, Female, Masters; 2-hour: Open, Junior). Prizes are compliments of our sponsors. Please support them.

Challenge the Shield is also about challenging yourself. Whatever your age or experience we would like to reward your achievements in this race. How many checkpoints can you find? How many points can your team get? Challenge the Shield Points Challenge Gold, Silver, and Bronze CTS stickers will be given to teams that get 2000, 1500, and 1000 points, respectively! All other teams will get a Challenge the Shield participation sticker! Put the sticker on your gear box, your Nalgene bottle, your car bumper, your bike, your canoe, etc.

Any 6-hour race teams that navigate to the perfect 2500 points total will be Crowned as an *Ontario's Toughest Navigation Racer*.



NEW! CTS TRAINING RACE (MAY 3rd)

We are organizing a Challenge the Shield Adventure Run Training Race on May 3rd from 1400-1600. This 4-5km course will have 18 checkpoints and is a fundraiser for Canada's National Orienteering Team. The training race will use a brand-new map surveyed to orienteering race standard (more detailed than our already detailed adventure running maps). Registration is by cash donation only (recommended donation: \$20/adult, \$10/junior). This training race will use the Sport Ident timing system. If you have a SI timing stick please bring it with you. We will have more details on how to register for this training race closer to the race date.

VOLUNTEERS

We are looking for volunteers to join our race day team! Do you have friends or family coming along to watch you race? Challenge the Shield is 100% volunteer-organized and we welcome anyone who wants to assist us and join our race day team. Volunteering at the race is a great way to learn about adventure running. All volunteers receive our race swag and post-race food. [Contact us](#) for further volunteer information.

SOCIAL MEDIA

Follow us on [Facebook](#) and [Instagram](#). Use the hashtag #ChallengeTheShield. Race day photos will be posted on our Facebook page in the days following the race.

RACE COURSE DIRECTORS

Our race course directors, Mike Waddington and Wil Smith, are both former Canadian Orienteering Team members and North American Orienteering Champions. They bring dozens of years of experience to our race course design. Mike was the founder and course designer of over a dozen Raid the Hammer Adventure Run events. Wil has organized several Xterra races at our race host site and also designed and built many of the single track trails at the race host site. Teams can expect a race course with a mix of trail running, navigation, trekking, route choice and team race strategy.

RACE WAIVER

Before you participate in the race, both team members will need to sign the Waiver and Photo Consent forms. A Parent or Guardian must sign the Waiver for any participant who will be under the age of 18 on the day of an event. Thank you! The Waiver and Photo Consent forms are at the end of this Event Guide. **Please bring a signed copy of both forms to registration.** We cannot give your team your race packet until all Waivers and Photo Consent forms have been received.

Land forms

	Contour
	Index contour
	Form line
	Slope line
	Contour value
	Earth bank
	Earth wall
	Ruined earth wall
	Erosion gully
	Small erosion gully
	Knoll
	Small knoll
	Small elongated knoll
	Depression
	Small depression
	Pit
	Broken ground
	Very broken ground
	Prominent landform feature

Water and marsh

	Uncrossable water
	Shallow water
	Waterhole
	Uncrossable river
	Crossable watercourse
	Small crossable watercourse
	Minor/seasonal water channel
	Narrow marsh
	Uncrossable marsh
	Marsh
	Indistinct marsh
	Well, fountain or water tank
	Spring
	Prominent water feature



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Man-made features

	Paved area
	Wide road
	Road
	Vehicle track
	Footpath
	Small footpath
	Less distinct small path
	Narrow ride
	Visible path junction
	Indistinct junction
	Railway
	Power line, cableway or skilift
	Major power line
	Bridge/tunnel
	Footbridge
	Wall
	Ruined wall
	Impassable wall
	Fence
	Ruined fence
	Impassable fence
	Crossing point
	Area that shall not be entered
	Building
	Canopy
	Ruin
	High tower, Small tower
	Cairn, Fodder rack
	Prominent line feature
	Prominent impassable line feature
	Prominent man-made feature
	Stairway

Rock and boulders

	Impassable cliff
	Cliff
	Rocky pit, Cave
	Boulder, Large boulder
	Gigantic boulder
	Boulder cluster
	Boulder field
	Dense boulder field
	Stony ground: slow
	Stony ground: walk
	Stony ground: fight
	Sandy ground
	Bare rock
	Trench

Vegetation

	Open land
	Open land with scattered trees/bushes
	Rough open land
	Rough open land with scattered trees/bushes
	Forest: easy running
	Vegetation: slow running
	Undergrowth: slow running
	Vegetation: walk
	Undergrowth: walk
	Vegetation: fight
	Forest runnable in one direction
	Cultivated land
	Orchard
	Vineyard or similar
	Distinct cultivation boundary
	Distinct vegetation boundary
	Prominent large tree
	Prominent bush or tree
	Prominent vegetation feature

Overprinting symbols

	Map issue point
	Start
	Control point
	Control number
	Marked route
	Finish
	Out-of-bounds boundary
	Crossing point
	Out-of-bounds area
	Out-of-bounds route
	First aid post, Refreshment point

Technical symbols

	Magnetic north line
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CHALLENGE THE SHIELD PHOTO CONSENT FORM

Does the participant (and the participant's parent/guardian, if applicable) consent to the non-commercial use of photographs, videos, recordings taken during orienteering activities on orienteering websites, social media, promotional materials and newsletters?

Prior to, throughout, and after the race we will be taking photos of racers. The best way for us to share these photos with our participants is through our FaceBook page. Please complete the form below to let us know whether or not your photos can be shared in this way. Please also let us know if we may use a photo with you in it on our website and/or for race promotion (e.g. on FaceBook or Instagram). Thank you!

Participant's Name: _____

Team Name: _____

1) Do you consent to Challenge the Shield including photos of you when sharing race photos on FaceBook?

_____ Yes!

_____ No

2) Do you consent to the non-commercial use of photos, videos, and/or recordings taken during the event on our website, social media pages, promotional materials, and newsletters?

_____ Yes!

_____ No

Participant/Guardian's Signature: _____

ORIENTEERING CANADA

ASSUMPTION OF RISK, WAIVER OF CLAIMS, PERSONAL INFORMATION CONSENT, AND RELEASE OF LIABILITY AGREEMENT

Participant Name: _____ Participant Date of Birth: _____

Province / Territory: _____ Email address: _____

Parent/Guardian Name: _____ Email address: _____

(If the Participant is younger than the age of majority in their province/territory of residence)

This is a binding legal agreement. Clarify any questions or concerns before signing.

This Agreement must be signed by the Participant and/or the Participant's parent/guardian (if applicable, when the Participant is younger than the age of majority in their province/territory of residence) prior to participation.

The Participant acknowledges and agrees to the terms outlined in this document. When applicable, the Participant's parent/guardian acknowledges and agrees to the terms on behalf of the Participant and references in this document to the Participant agreeing to or acknowledging a risk or term is understood to be referring to the Participant's parent/guardian agreeing to or acknowledging the risk or term on behalf of the Participant.

ACTIVITIES

The Participant is voluntarily participating in the sport of orienteering and the spectating, orientation, instruction, activities, competitions, programs, and services (collectively the "Activities") of Orienteering Canada, provincial/territorial orienteering organizations, and orienteering clubs. The Activities may include but are not limited to including orienteering competitions, training sessions, camps, clinics of all kinds, and related sessions such as Mountain Bike O, Cross-country ski O, rogaining, personal or strength training, dry land training, training using machines or weights, nutritional and dietary programs, orientational or instructional sessions or lessons, and aerobic and anaerobic conditioning programs.

Orienteering Canada, its affiliated provincial/territorial orienteering organizations, and clubs, and their respective directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facility in which the Activities take place, and representatives (collectively the "Organization") are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during or as a result of the Activities and/or, when the Participant is the age of majority or older, when caused by the negligence of the Organization.

RISKS

The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis, and loss of life. These risks include:

- a) Health: executing strenuous and demanding physical techniques; physical exertion; overexertion; stretching; dehydration; fatigue; cardiovascular workouts; rapid movements and stops; lack of fitness or conditioning; traumatic injury; sprains and fractures, spinal cord injuries, bacterial infections; rashes; and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof
- b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects or barriers that are a part of the premises such as fences, ruins, and bridges; dangerous, unsafe, or irregular conditions on the grass, ground, or other surfaces; extreme weather conditions; and travel to and from the premises
- c) Use of equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of, or the failure by, the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to wear safety or protective equipment; and failure to use or operate equipment within the Participant's own ability
- d) Contact: contact with participants, sports equipment, vehicles, or other persons; and other contact that may lead to serious bodily injury, including but not limited to concussions and/or other brain injury or serious spinal injury
- e) Advice: negligent advice regarding the Activities
- f) Ability: failing to act safely or within the Participant's own ability or within designated areas
- g) Sport: the sport of orienteering and its inherent risks, including but not limited to falling down cliffs, slopes, gullies, ditches, pits and depressions; possibly being caught in watercourse hazards of streams, rivers, ponds and lakes; encounters with aggressive wildlife such as bears, coyotes, dogs, elk, deer, moose, snakes or wasps, which could result in injury; encounters with plants producing allergic reactions; and remoteness of the location with poor communications and possible inability of rescue services or medical assistance to come easily or quickly
- h) Conduct: the Participant's conduct and conduct of other persons including any physical altercation between participants
- i) Travel: travel to and from the Activities

The Participant accepts the inherent physical risks.

Negligence. The Organization may be negligent, which may include failure by the Organization to take reasonable steps to safeguard or protect the Participant from the risks, dangers and hazards associated with participation in the Activities. The Participant accepts that the Organization may be negligent.

TERMS

In consideration of the Organization allowing the Participant to participate in the Activities, the Participant agrees:

- a) That the Participant is not relying on any oral or written statements made by the Organization or their agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities
- b) That when the Participant practices or trains in their own space, the Participant (or the Participant's parent/guardian, if applicable) is responsible for the Participant's surroundings and the location and equipment that is selected for the Participant
- c) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Participant (or the Participant's parent/guardian, if applicable) assumes all risks related to the Participant's mental and physical condition
- d) To comply with the rules and regulations for participation in the Activities
- e) To comply with the rules of the facility or equipment
- f) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and immediately bring their

observations to a representative of the Organization

- g) The risks associated with the Activities are increased when the Participant is intoxicated and the Participant will not participate if intoxicated in any way
- h) That it is the Participant's (or the Participant's parent/guardian, if applicable) sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, the Participant (or the Participant's parent/guardian, if applicable) acknowledges and accepts the suitability and conditions of the Activity
- i) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19 or any other contagious disease.
- j) That the Participant (or the Participant's parent/guardian, if applicable) is responsible for choosing the Participant's safety or protective equipment and the secure fitting of that equipment

ACTIVITIES STATUS

The Participant (and the Participant's parent/guardian, if applicable) agrees that the Organization has the discretion to cancel or modify the structure of any Activities due to a public health or safety issue, which may include removing specific disciplines or age groups from a competition, changing a competition format, or changing the manner in which individuals become eligible to participate.

The Participant (and the Participant's parent/guardian, if applicable) agrees that the Organization may implement and enforce guidelines for participation that may include adhering to 'Return to Play' protocols, signing declarations of compliance, or requiring that personal protective equipment be worn by Participants (and their parents/guardians, if applicable). The Organization has the discretion to remove any Participant (and their parents/guardians, if applicable) who does not comply with the Return to Play protocols, sign a declaration, or wear personal protective equipment. When required, the Participant is responsible for providing their own personal protective equipment.

DISCLAIMER

When the Participant is the age of majority or older, the Participant assumes all risks arising out of, associated with or related to, participation in the Activities and waives any and all claims that the Participant may have now or in the future against the Organization. The Participant, when the age of majority or older, accepts and fully assumes all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from participation in the Activities.

When the Participant is the age of majority or older, the Participant forever indemnifies and releases the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which the Participant has or may have in the future, that might arise out of, result from, or relate to, participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the Organization's negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization.

For all Participants. The Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities. This Agreement is intended to be as broad and inclusive as is permitted by law of the in the province or territory in which the Activities are being held. If any portion thereof is held invalid, the balance shall continue in full legal force and effect. The Participant (or the Participant's parent/guardian, if applicable) agrees to file any lawsuit against the Organization within the province or territory in which the Activities are being held and further agrees that the substantive law in the province or territory in which the Activities are being held will apply with regard to conflict of law rules.

PERSONAL SAFETY GUIDELINES

The Participant (and the Participant's parent/guardian, if applicable) acknowledges that they have read **Appendix "A" - General Guidelines for Personal Safety in Orienteering**, issued by Orienteering Canada (<https://orienteering.ca/general-guidelines-for-safety-in-orienteering>). The Participant (and the Participant's parent/guardian, if applicable) understands these guidelines and agree to be bound by them, understands these guidelines are generic and cannot be expected to cover all situations. It remains the sole responsibility of the Participant (and the Participant's parent/guardian, if applicable) to ensure that the Participant acts and governs themselves at each specific session, in such a manner as to be responsible for their own safety. Further, if the Guidelines are followed, the Participant (and the Participant's parent/guardian, if applicable) understands that the risk of injury is reduced.

PERSONAL INFORMATION CONSENT

The Participant (and the Participant's parent/guardian, if applicable) acknowledges that the Participant's personal information (name, age, email address and address) may be given to the associated provincial/territorial association and to Orienteering Canada for use in their secure database for the sole purpose of keeping track of registration fees at the Provincial/Territorial and National levels. This information will **not** be given to any other organization.

The Participant (and the Participant's parent/guardian, if applicable) consents to the disclosure of event results on orienteering websites, social media, and newsletters.

The Participant consents to the disclosure of personal information as described above.

ACKNOWLEDGMENT

The Participant (and the Participant's parent/guardian, if applicable) acknowledges that they have read and understand this Agreement, that they have executed this Agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. They further acknowledge that by signing this Agreement they have waived their right to maintain a lawsuit against the Organization on the basis of any claims from which they have released herein.

When the Participant is younger than the age of majority, the undersigned acknowledges and agrees that they are a parent/guardian of the Participant and have full legal responsibility for the decisions of the Participant.

I agree that I have read and fully understand this waiver (or assumption of risk if the Participant is younger than the age of majority).

Signature: _____ Date: _____
Participant (if the Participant is the age of majority or older)

Signature: _____ Date: _____
Parent/Guardian (if the Participant is younger than the age of majority)