



The Sheko Challenge – September 5, 2026 WAIVER RELEASE FORM

I hereby confirm that I have read and voluntarily signed this waiver and I confirm my agreement to assume the entire risk of any loss, property damage, illness, injury or death (collectively “losses”) that I may sustain or cause as a result of my participation in **The Sheko Challenge Open Water Swim Race (1km and/or 3km courses, or both, or the running or paddling legs of the Trisolothon part of the event)** (the “Event”), September 5th, 2026, or subsequent date should there be a weather-delay causing the race to be rescheduled.

I understand that my participation in the Event may include participation in activities which demand a very high level of skill and physical and mental fitness. I acknowledge that there are risks inherent in the activities organized for the Event and that I may sustain or cause losses from my participation therein. Pursuant to this release, I voluntarily agree to assume (for myself, my representatives, heirs, assigns, and next of kin) all such risks, foreseeable or otherwise, and that I shall be solely responsible for all losses I may cause. My assumption of the entire risk of any and all losses to me and/or caused by me to other persons in the Event is intended to apply to any and all losses no matter how the loss (or losses) is (or are) caused, whether for reason of negligence, breach of statutory duties or otherwise. I hereby release and discharge Ocean Recovery Alliance Limited, Avra Limited, Douglas Woodring, Shu Pu, the Hong Kong SAR, and all persons and entities connected with the Event, from any liability for any and all losses whatsoever, whatever the cause, that I may sustain or cause. My assumption of the entire risk of any and all losses to me in the Event is intended to cover any loss or losses caused by a negligent act or a negligent failure to act.

I hereby authorize and grant the Sheko Challenge and Trisolothon event and its organizers the irrevocable, transferable and world-wide right to publish, use, and adapt, in perpetuity, any and all information and materials (including without limitation, photographs, video and films) about me and/or in which I appear whether or not in conjunction with any other works, drawings,

photographs, or illustrations in connection with any and all exhibitions, public displays, broadcasts, transmissions, internet usage, publications, promotions or advertisements without limitation or reservation in connection with the Event.

I hereby certify that I have read and understand this release and that I fully accept the terms and conditions set forth herein on behalf of myself, my representatives, heirs, assigns and next of kin.

Please Print Clearly

Swimmer's Full Name: _____

Signature

Swimmer's HKID Card No: _____

Runner's Full Name: _____

Signature

Runner's HKID Card No: _____

Paddler's Full Name: _____

Signature

Paddler's HKID Card No: _____

All Triathlon competitors must be over 16 years of age. Please contact us if any of the Triathlon members are between ages 16 and 18.

Parent or Guardian Full Name (if the **swimmer** is under 18 years of age) :

Signature of Parent or Guardian _____

HKID Card No of Parent or Guardian: _____

Parent or Guardian Full Name (if the **runner** is under 18 years of age) :

Signature of Parent or Guardian _____

HKID Card No of Parent or Guardian: _____

Parent or Guardian Full Name (if the **paddler** is under 18 years of age) :

Signature of Parent or Guardian _____

HKID Card No of Parent or Guardian: _____