

UNDERTAKING

TO BE FURNISHED BY THE PARTICIPANT & HIS/ HER CLOSE RELATIVE)

(ALL INFORMATION NEEDS TO BE FILLED & SIGNED)

1. I/We & have read and understood the information regarding this event and also acknowledged that we will participate in this event at my own risk. I/We are aware that participation for HindAyan requires optimum conditioning of the body as well as mind and structured training. I/We have been examined by (Dr's details) who has verified that I/We are physically fit and have sufficiently trained for this event. I/We understood that participating in this event may involve cycling and walking on the road with moving vehicles traffic. The hazards may include but are not limited to; challenging terrain, motor vehicle traffic, slippery surfaces, weather conditions, heat exhaustion, hypothermia, actions of spectators, other colleagues, general public and the event organizers personnel.

2. I/We also agree to comply with the rules and directions of event officials and their personnel.

3. I/We hereby allow the use of our names and images to be used in the media, advertisement for advertising and marketing purposes. I/We hereby agree that in the case of event cancellation due to weather conditions as may be determined by event officials, we shall not hold any persons, corporations, associations and bodies involved or otherwise engaged in promoting or staging the event and their servants, agents, representatives, officers and employees responsible for such cancellation. I/We hereby acknowledge this waiver, release and indemnity discharge in respect of all persons, corporations, associations and bodies involved or otherwise engaged in promoting or staging the event and their servants, agents, representatives, officers and employees. This includes but is not limited to the various committees, members, and employees of all independent contracted suppliers to the event, local councils, cities, districts, states, national authorities and their respective officers, directors, employees, independent contractors, representatives, agents, volunteers, event organizers and sponsors whether or not the loss, injury or damage attributed to the act or neglect of any or more of them.

4. The organiser reserves the right to refuse entry to the event to anyone with in-appropriate equipment or clothing. The organiser reserves the right to shorten or alter the published route at any time.

5. **Accidents:** I/We will be fully responsible for any fees or costs incurred or arising from an accident either involving or caused by me. This includes, but is not exclusive to, fees from Police, Ambulance, Fire and Rescue and the Ambulance service. If the situation so arises where I am not capable of making the decision to call the emergency services, I/We agree that a member of our Team or a member of the public may call on my behalf. In this situation, I/We still accept the costs and consequences of such actions. I/We accept full responsibility for any fees or costs incurred or arising from the need for repatriation.

6. **Insurance:** I/We promise that, I/We have bought insurance which covers sports activity, cancellation, travel, health, accident, personal possession, travel documents, repatriation and other coverage. The organiser will not be responsible and liable for any action in this regard.

7. I/We also acknowledge that my contact details will be added to the HindAyan events database and I/We may receive emails directly from HindAyan the same can be un-subscribe from this database at any time. I/We also acknowledge that HindAyan may distribute the contact details available on the HindAyan database.

8. **Medical Risks:** The HindAyan is a physically challenging event and participation in it as a CYCLIST or VOLUNTEER presents medical risks, many of which can be extremely serious or can be fatal on certain occasions, though rare. Participation in this event is at the cyclist / volunteer's own risk, cost and consequence.

9. I/We have understood the consequence of a long hours of cycling and have fully disclosed all the medical conditions (physical, psychological and emotional) as per the medical form herein above which is true and correct to the best of my knowledge, belief and hereby confirm ability and consent to cycle on own consent and being fully responsible for any medical condition in the course of cycling.

10. I/We acknowledge HindAyan will get the medical checkup of all participants and volunteers at the base camp and thereafter every four days or as per the availability of medical facilities on the way. Since certain portion of the route goes through the countryside, so it may be unfeasible for medical assistance to reach to the participant immediately.

11. Participants are advised to consult medical advisor / doctor of their own choice, prior to HindAyan regarding any physical or medical restrictions for attempting HindAyan and to obviate any doubts as to any personal health risk to participate in this event. Participants need to be privy to the likely stress effects involved to participation in HindAyan. It is pertinent for each entrant to recognize the potential physical and mental stresses, which may emerge or aggravate from participation in this cycling event. Participants may be subject to extremes of heat and cold, hypothermia, hyperthermia, dehydration, hypoglycemia, hypernatremia, disorientation and mental and physical exhaustion.

12. Participants (cyclist/volunteer) must understand their own limitations. This is one event where it is better to follow the dictates of your body - not your ambitions! Adequate physical and mental conditioning prior to the participation is mandatory. If you have not been able to prepare properly, avoid attempt to participate! Participants should appreciate the risks associated with participation in this event.

13. ***Actions may have to be taken on your behalf under extreme time constraints and adverse circumstances. We will make reasonable efforts to give assistance whenever possible. Ultimately and primarily you are in charge, and you are likely to be solely responsible for creating your own crisis that we must then respond to. Be careful, be responsible, and do not exceed your own abilities and limitations.***

14. Some of the main risks of the cycling, but certainly not all of them, are listed. These should be understood and remembered by all cyclists and volunteers, at all times from the time of applying for HindAyan till completion of the event. Please note that death can result from several of the risk conditions discussed below or from other aspects of participation in the HindAyan.

15. **Heat Stroke/Hyperthermia:** Heat exhaustion and heat stroke are serious risks. These conditions can cause death, kidney failure and brain damage. It is important that cyclists be aware of the symptoms of impending heat injury. These include but are not limited to: nausea, vomiting, headache, dizziness, faintness, irritability, lassitude, confusion, weakness, and rapid heart rate. Impending heat stroke may be preceded by a decrease in

sweating and the appearance of goose bumps on the skin, especially over the chest. Heat stroke may progress from minimal symptoms to complete collapse in a very short period of time. Remember that your muscles produce tremendous amounts of heat when cycling for long distance. The faster the speed, the more heat is produced. A light-colored shirt and cap, particularly if kept wet during the cycling, can help. Acclimatization to heat requires approximately two-three weeks. It is recommended to train for 90 minutes in 25-28 degree C. heat or greater for at least two weeks prior to the HindAyan if at all possible.

16. If signs of heat exhaustion occur, I/We recommend rapid cooling by applying ice to the groin, neck and armpits. In addition to drinking at intervals, cyclists will be encouraged to carry fluids with them. To accurately measure fluid intake and output balance, weigh yourself before and after your training cycling. This will help you to establish your personal fluid requirements (especially during the heat of the day).

17. Remember to replace lost electrolytes from sweat along with lost fluids. Every cyclist has different needs that should be determined during training. Risks Associated with Low Sodium and Chloride Counts: Low sodium levels (hypernatremia) in cycling have been associated with severe illness requiring hospitalization. It is important for long-distance cyclists to use fluids containing electrolytes to replace the water and salts lost during exercise. WATER INTAKE ALONE IS NOT SUFFICIENT, as water intoxication and possibly death may result. This problem may in fact worsen after the cycling, as the non-electrolyte-containing fluid, which has been accumulating in the stomach, is absorbed. Potassium and calcium replacement may also be important, although these levels change less with fluid loss and replenishment. Signs and symptoms of hypernatremia include; weight gain, bloating, nausea, vomiting, headache, confusion, incoordination, dizziness, muscle twitching/cramping and fatigue. If left untreated, it may progress to seizures, pulmonary and cerebral edema, coma and death.

18. There are two ways to put oneself at risk of hypernatremia:

(a) Over-hydration (with water or even electrolyte-containing sports drinks) and

(b) Replacing sweat with hypotonic fluids. Weight gain of greater than 3% should alert a cyclist to stop drinking, slow down and allow the body to readjust its fluid status through urination of excess fluids, after which electrolyte fluids or high sodium containing foods such as bouillon cubes can be consumed. Risks of hypernatremia include weight gain (though this is not necessary for the condition to develop), female cyclist, smaller body size, slower speed, and low sweat rate. Risks of hypernatremia can be minimized by acclimatizing to the heat, training the endocrine system, salting foods a few days prior to the Cycling, matching fluid and electrolyte intake to sweat losses and monitoring weight. The best way to achieve proper electrolyte and fluid balance is to hydrate with fluids containing proper amounts of electrolytes and to replace with sodium- containing foods or supplements, if required, and as determined during your training. Potassium, while present in many electrolyte-replacement solutions, may also be replaced with fruit, such as bananas or oranges. Beer or other alcoholic beverages should not be taken at any time during the cycling. Electrolyte-containing fluids should be continued after the cycling until the gastrointestinal tract is fully functional, which may take several hours. Once the gut is working and adequate hydration has occurred, the normal balance of thirst, hunger, digestion and kidney filtration will maintain the proper balance of fluids and electrolytes.

19. **Effects of Cold/Hypothermia:** Temperatures will likely be warm during the cycling, but be prepared for changeable cold weather. Hypothermia is a potentially serious risk, especially cycling late in the evening through to early nightfall since one's energy

reserves will have been depleted from 10 to 12 hours of cycling. Hypothermia can strike very quickly, particularly when pace slows from exhaustion or injury. The initial warning signs of hypothermia often include lethargy, disorientation and confusion. The cyclist will feel very cold with uncontrolled shivering and may become confused, unaware of the surroundings, and may possibly be an immediate danger to himself/ herself. Staying well nourished, adequately hydrated and appropriately clothed will help avoid hypothermia.

20. **Use of Drugs:** No drugs of any kind should be taken before, during or immediately after the cycling! Many drugs can increase the risk of heat stroke. A partial list of problem drugs includes amphetamines, tranquilizers, and diuretics.

(a) **Injuries from Falling:** Falling or accident is an ever-present danger during the cycling on the road, with potentially serious consequences.

(b) **Muscle Necrosis:** It has been found that some degree of muscle cell death in the legs occurs from participation in the cycling. The recovery can take several months. This seems to be a bigger problem among cyclists who become dehydrated or have overexerted themselves.

21. **Overuse Injuries:** Obviously, innumerable overuse injuries can occur, especially in the knee and the ankle. Sprains and fractures can easily occur on these roads. Blisters may cause you to have a sore day or in severe circumstances may prevent you from finishing.

22. **Common Fatigue:** One of the dangers you will encounter is fatigue. Fatigue, combined with the effects of dehydration, hypothermia, hyperthermia, hyponatremia, hypoglycemia and other debilitating conditions can produce disorientation and irrationality.

23. If you do become injured, exhausted or ill, STAY and inform your colleague. You will be found there either by another colleague cyclist, or the volunteer onboard backup van that monitor the progress of cycling during the event. If you feel dizzy, disoriented or confused, do not risk falling. Leave the main road inform your colleague / buddy sit or lie down away from the traffic road and wait for back up van.

24. Remember that you are ultimately responsible for your own well being on the road. Only you will know how your body and mind feel at any given time. Monitor yourself during the entire road, and prepare yourself to drop out at backup van if you find it just isn't your day.

ACCIDENT WAIVER AND RELEASE OF LIABILITY

After reading the aforesaid information and in addition to the same, We hereby declare, confirm and agree as follows that I/We my ward:-

- (a) Have fully understood the risk and responsibility of participating in the HindAyan or any event outlined in this application (collectively called hereinafter as "the event") and will be participating entirely at my/his/her risk and responsibility;
- (b) Have given true and complete information in this application form and me/my ward is/am solely responsible for the accuracy of this information;
- (c) Understand the risk of participating on a course with vehicular traffic, even if the course may be regulated/ policed;
- (d) Understand that I/ my ward must be of, and must train to, an appropriate level of fitness to participate in such a physically demanding event and I/ my ward have obtained a medical clearance from a registered medical practitioner, allowing me to participate in the event/s;
- (e) For myself/ ourselves and our legal representatives, waive all claims of whatsoever nature against any and all Sponsors of the event, India, all political/social/civic entities, authorities and officials, all contractors and construction firms working on or near the course, all HindAyan Committee/ Organizing persons/ officials and volunteers and all other persons and entities associated with the event and the directors, employees, agents and representatives of all or any of the aforementioned including, but not limited to, any claims that might result from me/my ward participating in the event and whether on account of illness, injury, death or otherwise;
- (f) Agree that if I am/my ward is injured or taken ill or otherwise suffer/s any detriment whatsoever, I hereby irrevocably authorize the event officials and organizers to, at my/our risk and cost, transport me/my ward to a medical facility and/or to administer emergency medical treatment and I/my ward waive/s all claims that might result from such transport and/or treatment or delay or deficiency therein. I shall pay or reimburse to you my/my ward's medical and emergency expenses and I/my ward hereby authorize/s you to incur the same;
- (g) Shall provide to cycling officials such medical data relating to me/my ward as they may request. I agree that nothing herein shall oblige the event officials or organizers or any other person to incur any expense or to provide any transport or treatment;
- (h) In case of any illness or injury caused to me or my ward or death suffered by me or my ward due to any medical reasons or medical condition during the expedition or at any time thereafter as a result of the event, regardless of whether such medical reasons or condition pre-existing and known by me and further, regardless of whether I/my ward may have disclosed, at any point in time, the existence of such reason or condition to any person or otherwise, none of the sponsors of the event or any political entity or authorities and officials or any contractor or construction firms working on or near the course, or any of the HindAyan Committee/ Organizing member, officials or volunteers or any persons or entities associated with the event or the directors, employees, agents or representatives of all or any of the aforementioned shall be held liable by me/my ward or my/my ward's representatives;

(j) In case of any illness or injury caused to me or my ward or death suffered by me or my ward due to any **force majeure** event including but not limited to fire, riots or other civil disturbances, earthquakes, storms, typhoons or any terrorist act, none of the sponsors of the event or any political entity or authorities and officials or any contractor or construction firms working on or near the course, or any of the HindAyan Committee/Organizing persons, officials or volunteers or any persons or entities associated with the event or the directors, employees, agents or representatives of all or any of the aforementioned shall be held liable by me/my ward or my/my ward's representatives;

(k) Understand, agree and irrevocably permit HindAyan Committee/Organizing persons to share the information given by me/my ward in this application, with all/any entities associated with the HindAyan, at its own discretion;

(l) Understand, agree and irrevocably permit HindAyan Committee/Organizing persons to use my/my ward's photograph which may be photographed during expedition and/or during the Expo, for the purpose of promoting permit HindAyan Committee/Organizing persons, at its own discretion;

(m) Shall not hold the organizers and all/ any of the event sponsors responsible for loss of my/his/her application form and/or application fee in transit;

(n) Do hereby agree to receive information and offers of various brands/ products/ services as may be sent to me/my ward by the event promoters (or a person duly authorized by the promoters) on the email address given by me/my ward in this application form;

(o) Understand and agree to the event terms and guidelines.

(i) (Please help us to write a para saying that there would no compassion. Copied from web) I or my representative will not make any claim against HindAyan or against any .. in respect of any loss or injury to property or person including injury resulting in death which the said ... may suffer while the said is participating in HindAyan or as a consequence of that end I understand and agree that no compensation will be paid by the Hindayan, organiser or sponsors / Govt employee in respect of any such loss or injury and further agree so as to bind myself, my heir(s) loss or injury and administrator (s) to indemnity you and any organiser or sponsors / Govt employee against any claim which may be made by any third party against you or the any of them arising out of any act of default.

(ii) Acknowledge that this Accident Waiver and Release of Liability (AWRL) form furnished by me may be used by the event holders, sponsors, and organizers, in which I/ my ward participate/s and that it will govern my actions and responsibilities at the said events. I/my ward understand that this AWRL may be construed to provide a release and waiver to the maximum extent permissible under applicable law. I/my ward hereby certify that I/my ward have read this document; and, I/my ward understand its content. It is further understood and agreed that this waiver, release and assumption of risk is to be binding on my/my ward's heirs, executors, administrators and assigns.

Read and Agreed by:-

	Participant	Spouse/Relative/Parents/ Guardian/Sibling
Name		
E-mail Id		
Cellular (Mobile Phone) No.		
Address		

(PHOOT OF THE PARTICIPANT)

(PHOTO OF THE CLOSE RELATIVE)

..... [PARTICIPANT'S SIGNATURE] [CLOSE RELATIVE'S SIGNATURE] (Spouse, Relative, Parents, Siblings, Guardian etc) & Cell Number

The contents and purport of this form and the terms and conditions attached herewith have been read over and explained to me/ us by the participant and I/We agree to the same.

I/We hereby agree to comply with the terms and conditions mentioned in this form and also with the terms and conditions and FAQs mentioned on the website i.e. www.hindayan.in

I agree that I shall have the exclusive responsibility in the event of breach of any of the above terms and conditions or breach of any terms and conditions and FAQs mentioned on the website i.e. hindayan.in