



RELEASE AND INDEMNITY FORM

READ BEFORE SIGNING

I hereby undertake to indemnify and hold harmless YOUNG WOMEN'S CHRISTIAN ASSOCIATION (YWCA) and all related entities, their officers, directors, agents, affiliates, employees and beneficiaries against all claims, damages, losses, expenses, costs, disbursements, and other liabilities which may accrue against or be suffered by YWCA and/or YWCA parties arising out of or incidental to my participation in the Programme.

I agree that insofar as is permissible by applicable law, YWCA and/or YWCA parties shall not be responsible and shall not assume any liability for any damage to or loss of the property or belongings suffered by me, whether such damage or loss is caused by the negligence of YWCA and/or YWCA parties or otherwise. I agree that any claims related to this agreement or my participation in the Programme will be adjudicated solely in the Singapore courts, and that such claims will be decided in accordance with Singapore law.

By participating in the Programme, I hereby agree to assume all risks arising out of or incidental to my participation in the Programme. I further authorize immediate medical treatment to be carried out by YWCA for me at my cost, if the need arises.

I agree that I am required to:

- Fully understand all safety instructions given.
- Strictly obey all instructions given by the Programme staff in respect of their participation in the Programme.
- Meet the required age for the Programme.
- Be physically fit to participate in the Programme.

I agree that the determination as to the fitness of a person to participate in the Programme will be made solely at the discretion of YWCA. YWCA may terminate my participation with immediate effect from the Programme at any time without having to provide any reason whatsoever, if it deems, at its sole discretion that I am unsuitable to continue with the Programme.

I have been advised of the risks of taking part in this Programme and understand the information provided.

My signature below acknowledges that I have read and understood the foregoing and knowingly and voluntarily agree to all the terms of this release and indemnity.

Signature / Date

Name: