



## Safe Chair Use

1. Make sure that tires are at full pressure and the metal pin is in place when chair is set up
2. Always have the brake on when transferring the person in and out of the chair.
3. Make sure that the person is strapped in well in the chair with the shoulder harness.
4. Make sure that the head and lateral supports are used if needed.
5. Always have the black strap around your wrist when running with the chair.
6. Make sure NOT to push down on the handle. Hold the handle but don't push down.
7. Have 1 "lead" runner run ahead of the racing chair to watch for potholes and give the pusher directions on where to travel and areas to avoid.
8. Keep a distance of at least 10 feet (approximately 3 giant steps) between the front tire and the "lead" runner at all times.
9. Go at a steady pace and do not try to pass people in crowded areas of the course.
10. Do not get into races with other chairs.
11. All members of the push team should stay together with their chair for the entire race.
12. When pushers are switching off push duties, if at all possible, pull off the race course to a safe location, STOP, and make the transfer. If this is not possible, pull to the side of the race course and slow the chair down to a walking pace for safe transfer but DO NOT STOP. Let the next pusher know that you will be handing the strap to them to slide over their wrist. Give them the strap and continue to push the chair while the next pusher slides the strap over their wrist. Now let the next pusher take the handle bar and assume full responsibility for pushing the chair.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_



Rollin' Athletic Club Inclusion Network

RACIN! Push Team Waiver and Release

In consideration for being allowed to participate with the organization Rollin' Athletic Club Inclusion Network ("RACIN!") as a member of a "push team" in an upcoming road race, I hereby make the following representations and covenants and enter into the following waiver and release. **I represent that I am 18 years of age or older and competent to make legally binding decisions on my own behalf, including releasing the potential claims set forth below, and, if I have a legal guardian, he or she has reviewed the following release and has signed below on my behalf.** I further represent that I have been provided, reviewed, and signed a document regarding rules for safe chair use. I understand the inherent risks in participating with RACIN! as a member of a "push team" in an upcoming road race, and **I voluntarily assume all risks of property loss and personal injury** in connection with my participation in the road race. **I hereby irrevocably waive, release, and forever discharge any and all claims** against RACIN! and People Inc., and their board members, committee members, officers, directors, event organizers, volunteers, affiliates and agents (the "Released Parties") arising from, in connection with, or relating to my participation in any road race, including but not limited to any claims arising out of transfer of any other participant into and out of a racing chair, notwithstanding that such claims may have been caused by the negligent act or omission of the Released Parties (the "Released Claims"). **I shall indemnify and hold harmless** the Released Parties for any Released Claims. If any provision of this Agreement is held to be invalid or unenforceable in any jurisdiction, to the fullest extent permitted by law that provision shall be limited or eliminated to the minimum extent necessary so that the Agreement shall otherwise remain in full force and effect and enforceable, and shall be construed in order to carry out the intentions of this Agreement as nearly as possible.

Signature of Participant or Guardian

Witness

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Print Name of Pusher:

Print Name:

Date:

Date:

Please fax completed form to Eric Frank at 716-674-0648. Thank you.

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