

**TRAINING DISCLAIMER**

**I THE UNDERSIGNED, AT MY OWN PERSONAL RESPONSIBILITY**, for myself and for my legal heirs and successors **HEREBY ACKNOWLEDGE AND AFFIRM** to and in favour of **GULF FOR GOOD**, its officers, servants and agents, staff and management that:

1. I am participating in certain training activities of a physical nature organized by **GULF FOR GOOD** (the “Training Event(s)”) on a voluntary basis **IN THE FULL KNOWLEDGE** that by nature such activities have the potential in certain circumstances to be physically rigorous and demanding or dangerous and could entail risks which are not normally applicable in everyday life; and
2. The decision to participate is mine alone, having fully informed myself of the possible dangers and after careful consideration of the attendant risks and potential difficulties; and
3. At no time has **GULF FOR GOOD** or any of its officers, servants or agents induced or caused me to participate in the Training Event(s); and
4. I am satisfied that I am of a suitable physical and mental capacity and state of fitness and health to participate in the Training Event(s) and I do not have high blood pressure, diabetes, heart condition nor am I taking any prescribed medications that will affect my ability to participate safely and I will inform a representative of **GULF FOR GOOD** of any signs or symptoms such as fatigue, shortness of breath, chest discomfort or any pain, occurring during my participation in the Training Event(s); and
5. I have been fully briefed by **GULF FOR GOOD** on the need to respect local culture, customs and religion in general and on the need to observe sober appropriate, courteous respectable standards of behavior at all times; and
6. To the maximum extent permitted by applicable laws, **I VOLUNTARILY AND FREELY ACCEPT LIABILITY FOR AND ASSUME** all risks (including without limitation the risk or loss of or damage to property, disease, illness, and/or injury to persons (however serious and whether fatal or not)), howsoever arising out of or in connection with the Training Event, whether known or unknown and including, without limitation, as a result of any action, inaction or negligence on the part of **GULF FOR GOOD**.

**AND I HEREBY FULLY AND IRREVOCABLY RELEASE** and forever discharge and agree to indemnify **GULF FOR GOOD** its officers, servants and agents, staff and management and their respective heirs, executives, administrators, successors and assigns in full and without deduction or set off, from and against any and all losses, costs and expenses (including all legal expenses), claims, demands, causes of action, proceedings, judgments and executions, arising from any of the foregoing risks or as a result of my failure to respect culture or standards of behaviour, relating to or in any way connected with or attributable to my participation in any aspect of the Training Event(s).

I hereby give full permission for the use of my name, picture, image, likeness, actions, voice or other personally identifiable information, in whole or in part, individually or in conjunction with other images, as part of social media promotion for **GULF FOR GOOD** and I waive all rights of privacy or compensation, which I may have in connection with such use.

To the extent that any provision of this Disclaimer shall be unenforceable, or purport to provide exemption in excess of that permitted by applicable law, the same shall be severed and the remainder shall continue in full force and effect.

|            |
|------------|
| Signature: |
| Full Name: |
| Date:      |

Witness: