



# ZAC'S PADDLE OUT REGISTER FOR THE WORLD RECORD ATTEMPT!

BRING THIS  
FORM WITH YOU!  
SEE YOU ON  
SATURDAY  
25th NOV 8am!

To register for Zac's Paddle Out, fill in this form and bring it with you to Town Beach on Nov 25 at 8am. See you there!

## Medical Declaration

I understand the risks, and I am fit and able to participate in the Event unaided.

First Name:

Surname:

I agree that by choosing to participate in the Event I am accepting that it comes with an element of risk. I take on that risk personally and will not seek remuneration from the event organisers (Love And Life Media Group), or any of the other parties assisting them, if I am injured.

I understand the risks and Health and Safety issues associated with the Event and I agree to participate in a responsible manner and comply with any safety regulations as per briefing on the day.

## Fitness and Ability

TICK THE BOX: In terms of swimming and paddling out beyond the surf break, how would you describe your ability?

Beginner - I'm comfortable in the surf but haven't done this before (RED)

Intermediate - I don't do this all the time but I am fit and competent in the water (YELLOW)

Strong - I surf and swim in the ocean all the time (GREEN)

## Videography Release

By checking the box below you grant permission for any images or footage taken at the event to be used by Love And Life Media Group (the not-for-profit founded by Zac's dad Kevin Young) for use in any media, in the upcoming documentary, and for any promotional and charity and future fundraising events.

I grant permission and the right to use the footage of me at the paddle out, in consideration for being credited in the documentary as a Paddle Out participant.

Mobile Phone or best contact number

Email Address

Signature