



info@oneononefitness.ca

403-244-9059

1516 – 17 Avenue SW Calgary, AB

First Name _____ Last Name _____

Address _____ City _____ Province _____ Postal Code _____

Cell Phone ____ - ____ Email (please print clearly) _____

Birth date: _____

Age Category(circle one): (25-29) (30-34) (35-39) (40-44) (45-49) (50-54) (55-59) (60+)

CONTEST RELEASE FORM

I hereby confirm that I have consulted with my physician who has confirmed that I am physically able to safely participate in the Ms. Fit Mommy contest. Without limiting the generality of the accompanying Release, I hereby assume all risk of injury, illness, disease, death or any other damage or losses which may arise in connection with my participation in the Ms. Fit Mommy Contest **and I forever release and discharge the Sponsor from and against any and all claims, actions, costs, liabilities, judgments, damages, obligations, losses, penalties, and expenses of any kind or nature whatsoever (including legal fees) resulting directly or indirectly out of any injury**, loss or damage that I may suffer as a result of my participation in the Ms. Fit Mommy Contest.

Signature

Witness Signature

Name (please print)

Witness Name (please print)

CONTEST AGREEMENT and RELEASE FORM

For good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged, I, the undersigned, hereby acknowledge that as a result of my participation in the Ms. Fit Mommy Contest, (the "Contest"), sponsored by One On One Personal Fitness Instruction Inc., I have been accepted as a Ms. Fit Mommy Contest entrant (the "Entrant").

I hereby acknowledge and confirm that: (a) I have read, understood and complied with the rules governing the Contest which are attached hereto (the "Contest Rules"); (b) the Sponsor has the right in their sole discretion, to terminate the Contest, in whole or in part, or modify, amend or suspend the Contest and/or the Contest Rules in any way at any time, for any reason without prior notice or compensation; and (c) any failure or refusal to abide by the Contest Rules shall result in a breach of this Contest Agreement and Release Form ("Contest Agreement") and my immediate dismissal from the Contest.

I hereby acknowledge and confirm that: (a) any prizes that are awarded in the Contest, a description of which is attached hereto (the "Prizes") shall be accepted as awarded and cannot be transferred, assigned, substituted or redeemed for cash, except in the Sponsors' sole discretion; (b) the Sponsor reserves the right, in their sole discretion, to substitute all or any part of the Prize if the Prize (or any part thereof) cannot be awarded as described; (c) I shall be solely responsible for any expense not specifically described as included in the Prize; and (d) I shall not receive any additional compensation for my appearance, performance and/or participation in the Contest, or for any rights granted to the Sponsor herein.

I hereby acknowledge and confirm that: I will be responsible for any and all other costs and expenses not identified in the Contest Rules.

I hereby confirm that the Sponsor is not responsible or liable for, any warranty, representation or guarantee, of any nature whatsoever, expressed or implied, in fact or law, related in any way to the Contest and/or the Prize.

I hereby acknowledge and agree that the Sponsor shall own any and all right, title and interest (including copyright) in and to images, audio-visual productions, sound recordings and/or other materials produced, recorded, and/or created for the purpose of or used in connection with the Contest and/or any advertising or promotion related thereto (collectively, the "Materials"). I hereby assign any and all copyright I may have in and to the Materials and expressly waive, to the fullest extent permitted by law, any so-called "moral rights" which may now or may hereafter be recognized by legislative enactment or otherwise at law or in equity with respect to the Materials.

I hereby grant to the Sponsor, and their agents, the unrestricted right to produce, reproduce, publish, broadcast, communicate by telecommunication, exhibit, distribute, adapt and otherwise use or re-use Materials, any and all of my results related to the Contest, my

name, statements, biography, voice, endorsements, photograph and likeness in any and all media now known or hereafter devised in connection with the Contest (including any future contest related to the Contest) and any advertising and/or publicity related thereto, all without compensation.

I hereby consent and grant to the Sponsor the right to use my name, mailing address, telephone number, and e-mail address (the "Personal Information") and/or my body measurements and/or my body weight for the purpose of administering the Contest, and the right to use my Personal Information and/or my body measurements and/or my body weight for publicity and promotional purposes relating to the Contest (including any future contest related to the Contest) in any and all media now known or hereafter devised, without further compensation unless prohibited by law.

Furthermore, I acknowledge that the Sponsor may disclose my Personal Information to third-party agents and service providers of the Sponsor in connection with any of the activities listed above.

I represent, warrant, covenant and agree that I am participating in the Contest entirely of my own choice and volition and that it has not been requested, suggest or required in any way by the Sponsor that I participate. I confirm that I do not have any medical conditions that would prevent me from safely participating in the Contest, including but not limited to, strokes, high blood pressure, heart, liver, kidney or thyroid disease, diabetes, anemia, depression, anxiety, or other psychiatric conditions, a family history of these or other medical conditions. I am not taking nor do I plan to take any prescription, OTC and/or other herbal medications that could affect my safe participation in the Contest.

I understand that participation in the Contest may challenge and engage my physical and mental resources. I understand that I should not participate in the Contest if I have any health conditions affecting my ability to safely participate in the Contest.

I acknowledge and understand that there is always a risk of injury when participating in exercise or weight loss activities and understandably, not all hazards and dangers can be foreseen. I acknowledge and understand the risks and danger of accidents, physical injury, effects of exercise, the unpredictable nature of the human body, and the activities inherent in the nature of the Contest, and I understand it is impossible for the Releasees (defined below) to guarantee my absolute safety as I participate in the Contest.

I understand that it is a requirement of the Contest that I consult my physician prior to my participation in this exercise and/or weight loss program and confirm that I have contacted my physician and have obtained necessary confirmation stating that I am physically able to safely participate in the Contest.

I understand that any information (including without limitation, any information about weight loss or healthy lifestyles) provided by the Sponsor and/or any participating individuals, including but not limited to personal trainers, instructors, physiotherapists, registered massage therapists, medical examiners, Dietitians, nutritionists and/or any other consultants (collectively, "Consultants"), is for informational purposes only and should not be relied upon in place of consultation or advice from my physician or other health care provider.

BY SIGNING THIS RELEASE AND PARTICIPATION IN THE CONTEST, I CERTIFY THAT I AM FULLY AWARE OF, AND EXPRESSLY ASSUME ANY AND ALL HEALTH OR OTHER RISKS INVOLVED IN PARTICIPATING IN THE CONTEST. I UNDERSTAND AND AGREE TO WAIVE ANY AND ALL CLAIMS RELATED TO ANY OVERSIGHT OF THE CONTEST BY THE SPONSOR AND/OR ANY CONSULTANTS AND THAT THE SPONSOR AND/OR ANY CONSULTANTS DOES NOT AND CANNOT GUARANTEE MY SAFETY.

I hereby assume all risk of injury, illness, disease, death, or any other damage which may arise in connection with my participation in the Contest and/or my acceptance of the Prize. Without limiting the foregoing, I hereby: (a) forever release and discharge the Sponsor, and their respective parent companies, subsidiaries, affiliated, related and associated entities, and each of their respective employees, directors, officers, suppliers, agents, sponsors and administrators (collectively, the "Releasees"), from and against any and all claims, actions, costs, liabilities, judgments, damages, obligations, losses, penalties, and expenses of any kind or nature whatsoever (including legal fees) in any way arising directly or indirectly out of any injury, loss, or damage that I may suffer as a result of, or in connection with my participation in the Contest or any Contest-related activity, and/or my acceptance, use, or misuse of the Prize, including but not limited to personal injuries, death, damage to, loss or destruction of property, rights of publicity or privacy, defamation, or portrayal in a false light; and (b) indemnify, defend and hold harmless the Releasees from and against any and all damages, loss and expenses, including all legal fees, which may be suffered directly or indirectly by reason of my breach or alleged breach of any of the foregoing and/or my own negligence or willful misconduct during or in connection with my participation in the Contest and/or my acceptance of the Prize.

I hereby confirm that I have not participated in and will not participate in any unlawful act or any other deceptive or dishonest act with respect to the Contest, including without limitation, tampering with the selection process and/or the operation of the Contest. I hereby acknowledge that the Contest Rules and this Contest Agreement shall apply to and be binding on me and my heirs, executors, administrators, personal representatives, successors and assigns.

I acknowledge that the Sponsor, and their respective successors, assigns and licensees, are entitled to assign or license any of the rights granted hereunder to any third party for any purpose whatsoever, and that in the event of any such assignment, this Contest Agreement shall remain binding upon me and inure to the benefit of such assignee.

I hereby confirm that I am a legal resident of Alberta, and I have reached the age of 18 (18). Furthermore, I hereby declare that I am not an employee, representative or agent of the Sponsor, their respective subsidiaries, affiliates, associated companies and/or advertising agencies, and I am not a member of the household (as defined in the Contest Rules) of the Sponsor, and/or their respective subsidiaries, affiliates, associated companies and/or advertising agencies.

I acknowledge and confirm that I have read and understood this Contest Agreement, and agree to be bound by the terms and conditions contained herein. This Contest Agreement shall be governed by and construed in accordance with the laws of the province of Alberta and the laws of Canada as applicable therein, excluding the operation of any rule or principle of conflict of laws.

Signed at: _____ on the _____ of _____ 2017

Signature _____

Witness' Signature _____

Name (please print)

Witness' Name (please print)

The 2017 Ms. Fit Mommy (the "Contest") Rules:

- Competitors will compete in a two-piece suit of any color and pattern. Absolutely no strings or thongs. Your swimsuits must be in good taste (your score will be affected). If these standards are not respected, we have the right to remove the competitor from the stage.
- You are groomed and Athletes are expected to have a natural and healthy looking stage color. A spray tan will be required to ensure that you do not wash out under the stage lights. You must have color for muscle tone to stand out under stage lights.
- Competitors must wear heels and jewelry that does not distract.
- We are awarding the top 3 competitors in each class. The decision of the judging panel is final.
- We promote balanced and healthy eating. **Fad or extreme diets are harmful and as a result are prohibited in the Contest. Entrants who do not uphold this value may be disqualified from the Contest.**
- **The Contest is open to Entrants over the age of 18 that reside within Alberta.**

Terms and Conditions

I hereby grant to the Sponsor(s), and their agents, the unrestricted right to produce, reproduce, publish, broadcast, communicate by telecommunication, exhibit, distribute, adapt and otherwise use my name, statements, biography, voice, endorsements, photograph and likeness in any and all media now known or hereafter devised in connection with the Contest (including any future contest related to the Contest) and any advertising and/or publicity related thereto, all without compensation.

I hereby acknowledge and agree that the Sponsor(s) shall own any and all right, title and interest (including copyright) in and to images, audio-visual productions, sound recordings and/or other materials produced, recorded, and/or created for the purpose of or used in connection with the Contest and/or any advertising or promotion related thereto (collectively, the "Materials").

I hereby assign any and all copyright I may have in and to the Materials and expressly waive, to the fullest extent permitted by law, any so-called "moral rights" which may now or may hereafter be recognized by legislative enactment or otherwise at law or in equity with respect to the Materials.

I hereby acknowledge and confirm that: (a) the Prize(s) shall be accepted as awarded and cannot be transferred, assigned, substituted or redeemed for cash, except in the Sponsors' sole discretion; (b) the Sponsor(s) reserve the right, in their sole discretion, to substitute all or any part of the Prizes if the Prizes (or any part thereof) cannot be awarded as described; (c) I shall be solely responsible for any expense not specifically described as included in the Prizes; and (d) I shall not receive any additional compensation for my appearance, performance and/or participation in the Contest, or for any rights granted to the Sponsor(s) herein.

I hereby confirm that the Sponsor(s) are not responsible or liable for, any warranty, representation or guarantee, of any nature whatsoever, expressed or implied, in fact or law, related in any way to the Contest and/or the Prize(s).

Each Category Winner Will be awarded a trophy

Please tell us about your Fitness Journey. This information will be shared with our audience as you walk onstage.

Registration Package

Vision

We appreciate the perseverance, integrity and hard work each mother has invested in preparing to compete. Therefore our aim is to provide each competitor with fair, unbiased and respectful judging.

Competitors Meeting

(date TBD) There will be a meeting prior to the event to review our onstage instructions, the day's agenda and other contest details. It is your responsibility to make sure that we have the correct contact information for you.

There are two competition rounds

Theme: Fun, retro pin up bathing suits www.unique-vintage.com/swim.html

Bathing suit

Please compete in a two-piece suit of any color and pattern. Your swimsuits must be in good taste (your score will be affected). If these standards are not respected, we have the right to remove the competitor from the stage.

Evening Wear

Choose a glamorous evening outfit that is flattering to your athletic build.

Criteria

Ms Fit Mommy is a fitness competition that's open to mothers who are athletic, fit, and healthy role models.

JUDGING (an overview)

Your age category is called to the backstage in numerical order. The first round is the Bathing Suit.

Round 1

- Each competitor walks to the front of the stage (the X). The information from your fitness journey (registration package will be shared with the audience)
- You will then walk to the left of the stage (facing the judges -at the desired mark). Pause.
- You will then walk to the right of the stage (stop at the desired mark). Pause.
- You will head offstage where the next competitor walks to the centre of the stage (and so forth) until all competitors get a turn.

Round 2

- All competitors (for a given category) will be brought on stage in numerical order.
- The Head judge will call forward the competitors (by badge number) that they wish to compare
- The competitors called forward will be directed to the center-stage area (facing the judges) to perform the four quarter turns:
- Competitors will perform the first quarter turn to their right. They will stand with their left side to the judges, with upper body slightly turned toward the judges.
- Competitors will perform the next quarter turn to the right and will stand with their back to the judges.
- Competitors will do the next quarter turn to the right and will stand their right side to the judges.
- Competitors will do a quarter turn to the front, facing the judges. The Head judge will ask the competitors to go back into the main lineup in numerical sequence.
- The Head judge will continue to call groupings of competitors forward and proceed to put them through the quarter turns until the judges have made their top 3 selections.
- When all of the group comparisons are complete competitors will be directed to leave the stage.

Evening Wear Round

- Competitors will change and be brought back to the stage for the Evening Wear round (when directed). They will be brought through Round 1(individual) and Round 2 (comparisons) again.

Fees

Early bird (or once this event is sold out)

Before March 31 - \$175.00 **Before April 30** - \$195.00 **Before May 31** - \$215.00

Up to and including June 14 - \$235.00 **After June 15 and up to June 20** - \$255.00

There are NO Refunds. The entry fee must accompany your Registration.