



BED RACE EVENT

1. **Registration:** Teams are to complete the registration form <https://forms.gle/WZ38V2PZp4SDpwQr5> **no later than June 17, 2024**. Questions regarding the event can be forwarded to info@ldasudbury.ca or by contacting our office at 705 522 0100,
2. **Registration Fee:** The fee to register for the event is \$300.00, payable by e-transfer to info@ldasudbury.ca or by cheque addressed to The Learning Disabilities Association of Sudbury. Cheque must arrive by June 18, 2024 for your team to compete in the event.
3. **Fundraising:** Teams are encouraged to collect pledges to support our fundraising efforts. Registration fee is waived for teams that collect \$1000.00 or greater. Completed pledge forms and monies will be turned in on race day.
4. **Team Captain:** Each team must have a designated captain responsible for safety and contact details of team members.
5. **Race Day Procedures:** Team captain must report to reception point on race day to enter team and submit pledges.
6. **Team Composition:** Teams are made up of four adult runners and one adult rider.
7. **Rider Restrictions:** Rider must wear a helmet. Only the designated passenger is allowed to ride on the bed.
8. **Age Requirement:** All team members must be 18+ and sign a liability waiver form.
9. **Bed Decorations:** The bed and runners must be decorated. It is the team's choice of decorations and/or corporate branding.
10. **Bed Construction:** The bed will be constructed off site with the provided specifications, delivered to site and unloaded by teams at their designated space in lot 15 on Cambrian College property, **no later than 12:00 noon**. Race officials will direct teams to their place holding until it is time to race. Teams must at all times follow the requests of the marshals and race officials.
11. **Race Format:** Teams will race in heats of two over 80 meters to the finish line, with times recorded to determine the winner.
12. **Prizes:** Prizes will be awarded under the following categories: Fastest Bed, Best Fundraiser - (greatest amount of pledges collected), Best Team Spirit, and Best Decorated Team and Bed.
13. **Safety Regulations:** The throwing of objects or liquids is extremely dangerous and is strictly forbidden.
14. **Alcohol Policy:** No alcohol is to be consumed by the team runners. Any team found to be under the influence of alcohol will be disqualified.
15. **Weather Contingency:** The race will take place rain or shine.
16. **Virtual Briefing:** A virtual team briefing is scheduled for June 17, 2024 at 6:30 p.m. to address any questions or concerns regarding the race. All teams are welcome to attend.
Learning Disabilities Association of Sudbury is inviting you to a scheduled Zoom meeting.
Topic: Bed Racing Briefing
Time: Jun 17, 2024 06:30 PM Eastern Time (US and Canada)
Join Zoom Meeting
<https://us02web.zoom.us/j/88553092195?pwd=WTV2ejJ1VHhpbU0vSWpGZmdmQ1E5QT09>
Meeting ID: 885 5309 2195 Passcode: 235350
17. **Contact Information:** Questions about the race prior to the Zoom briefing can be addressed to our office via email to resource@ldasudbury.ca or by phone at 705 522 0100.



BED SPECIFICATIONS

The Bed:

Each team must provide:

- a bed decorated as they choose – be as creative as you wish
- a helmet for the passenger

Bed Dimensions:

1. Minimum bed dimensions:

Length: 5 feet minimum

Width: 3 feet minimum

2. When decorated the bed **must not** exceed:

Length: 8 feet maximum

Width: 4 feet maximum

Height: Maximum of 3 feet from the ground to the highest point of the bed frame

Wheel Dimensions:

Beds must have four (no more, no less) wheels, so situated to make the bed stable and safe. Wheels can be any size.

Features:

1. Ropes are optional. If used, a maximum of two ropes, not more than 3 feet in length, may be attached to the front of the bed. These must not be secured to any member of the team. No ropes are to be attached to the rear of the bed. Ropes must not include loops or knots along any part of their length or at the end when not attached to the bed.
2. Clearance: no less than 10 inches and no more than 30 inches from the ground to the support frame.
3. Push bars, if used, can't extend more than 10 inches out (and are included in total max dimension)
4. Bed cannot have any means of propulsion other than the team pushing it. No motors. No steering mechanism. No brakes. Human power only.
5. Head and foot board, and mattress are optional.



LIABILITY WAIVER

I _____, hereby acknowledge and agree to participate in the 1st Annual LDAS Bed Race fundraiser, organized by The Learning Disabilities Association of Sudbury. In consideration for being permitted to participate in this event, I agree to the following terms and conditions.

- 1. Assumption of Risks:** I understand and acknowledge that participating in a bed race involves certain inherent risks, including but not limited to risks of bodily injury, illness, or death, as well as risks arising from accidents, terrain, weather conditions, and other participants. I voluntarily assume all such risks.
- 2. Release of Liability:** I hereby release, waive, discharge, and covenant not to sue The Learning Disabilities Association of Sudbury, its directors, officers, employees, volunteers, sponsors, or any affiliated individuals or entities (collectively, the “Released Parties”) from any and all claims, liabilities, damages, or expenses, including but not limited to medical expenses and attorney fees, arising out of or in any way connected with my participation in the event.
- 3. Indemnification:** I agree to indemnify and hold harmless the Release Parties from any and all claims or liabilities asserted against them as a result of my actions or conduct during the event.
- 4. Photographic Release:** I grant The Learning Disabilities Association of Sudbury and its agents the right to take photographs, video recordings, or other media of me during the event and to use such materials for promotional or marketing purposes without compensation to me.
- 5. Emergency Medical Treatment:** In the event of any injury or medical emergency during the event, I authorize The Learning Disabilities Association of Sudbury to secure and administer medical treatment on my behalf, including but not limited to first aid, ambulance transportation, and hospital care, as deemed necessary by medical professionals.
- 6. Agreement Binding:** I understand that this agreement is binding upon me, my heirs, assigns, legal representatives, and any other individuals claiming on my behalf.
- 7. Severability:** If any provisions of this agreement is held to be invalid or unenforceable, the remaining provisions shall continue to be valid and enforceable to the fullest extent permitted by law.

I have carefully read this liability waiver and fully understand its contents, I voluntarily agree to its terms and intend to be legally bound by them.

Participant Name _____

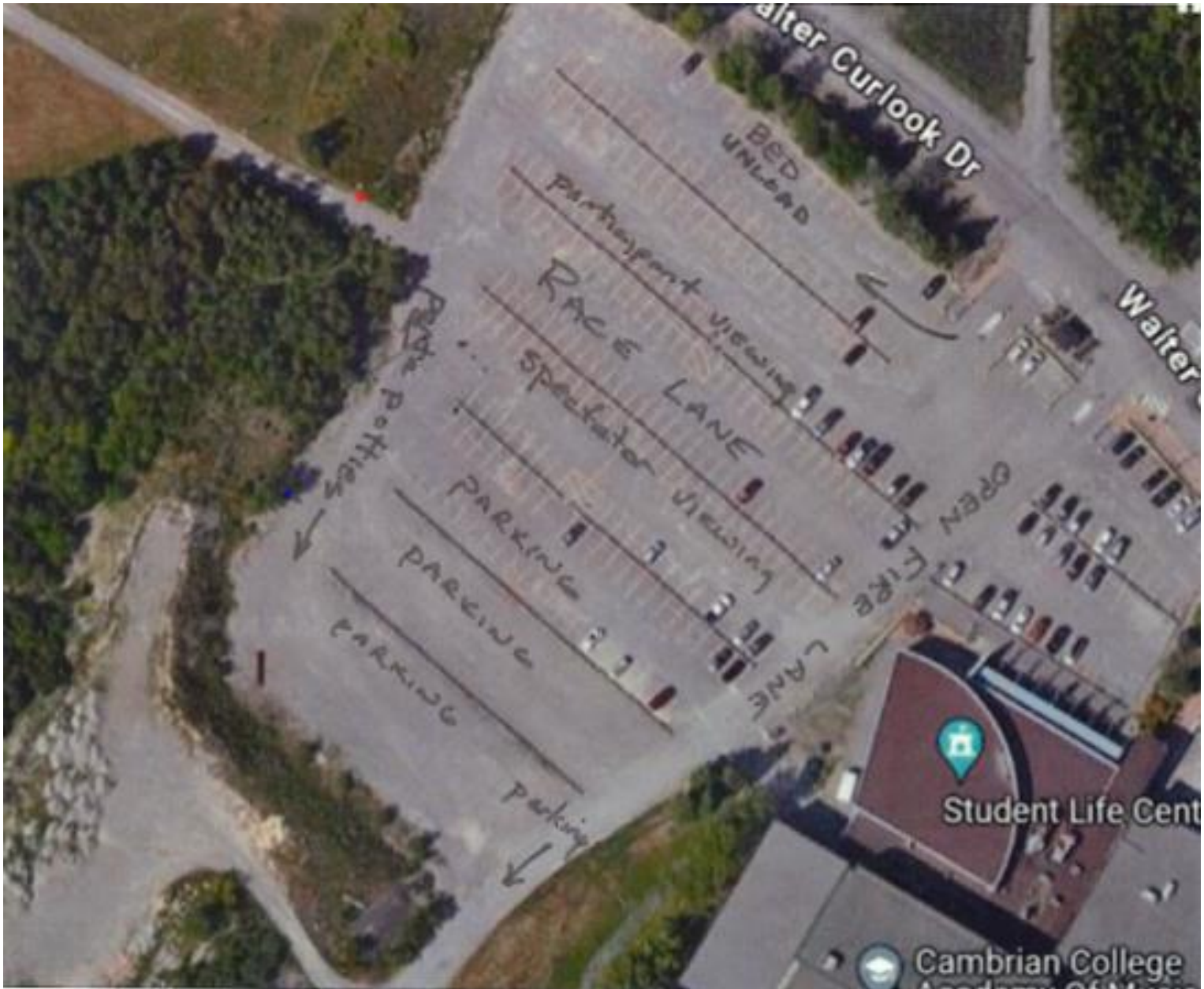
Participant Signature _____

Date _____



SITE PLAN

LOT #15 CAMBRIAN COLLEGE





AGENDA

- 10:00 a.m. to 10:30 a.m. LDAS Staff and Volunteers arrive on site.
- 10:30 a.m. to 12:00 p.m. Captains check in at registration point, and teams unload beds in designated place holder until race time.
- 12:00 p.m. to 12:45 p.m. Marshalls inspect beds for adhering to specifications
- 12:45 p.m. to 1:00 p.m. Welcome and event details are shared with spectators
- 1:00 p.m. to 2:30 p.m. First race begins
- 2:30 p.m. to 2:45 p.m. Presentation of awards
- 2:45 p.m. to 2:50 p.m. Announce 50/50 draw winner
- 2:50 p.m. to 3:00 p.m. Closing Remarks
- 3:00 p.m. Teams load beds and depart event