

WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION of being given the opportunity to participate in the 2018 ROCKFORD CREW Spring rowing program from March 12th, 2018, through June 7, 2018, I, for myself, my personal representatives, assigns, heirs, and next of kin:

- 1. ACKNOWLEDGE, agree and represent that I understand the nature of rowing activities, both on water and land based (collectively, the "Activities"), and that I am qualified, in good health, and in proper physical condition to participate in the Activities.
- 2. FULLY UNDERSTAND that: (a) the Activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death (collectively, the "Risks"); (b) the Risks may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activities, the condition in which the Activities take place, the actions or inactions of others not participating in the Activities, or the negligence of the Releasees named below; and (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time. I FULLY ACCEPT AND ASSUME ALL OF THE RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES which I may I incur as a result of my participation in the Activities.
- 3. AGREE AND WARRANT that (a) I will examine and inspect each of the Activities in which I take part and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activities and will refuse to take part in the Activities until the condition has been corrected to my satisfaction; (b) I and I alone am responsible for my personal health and safety and the personal property that I bring with me to the Activities; (c) I am solely responsible for my medical expenses and decisions with respect to my care should I become ill or injured while participating in the Activities; and (d) I give my consent in the event of any such illness or injury to any emergency medical aid, anesthesia or operation deemed necessary by any attending physician.
- 4. HEREBY RELEASE, discharge, and covenant not to sue the Rockford Crew Rowing Program, the regattas, their respective administrators, directors, members, agents, officers, volunteers and employees, other participating regatta organizers, officials, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which any of the Activities take place, (each a "Releasee") from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of any Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement, I, or anyone on my behalf, makes a claim against any Releasee, I WILL RELEASE, INDEMNIFY AND HOLD HARMLESS such Releasee from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

(PLEASE PRINT)

NAME OF PARTICIPANT: _____
 ADDRESS: _____
 PARTICIPANT'S PHONE: _____ DATE: _____
 PARTICIPANT'S SIGNATURE: _____

PARENTS NAME: _____
 PARENTS PHONE: _____ DATE: _____
 PARENTS SIGNATURE: _____