

Waiver and Release of Liability

In consideration of being allowed to participate in any way in the Whitby Men's Hockey League (WMHL) athletic/sports program, related events and activities; I acknowledge and agree with the following:

WAIVER FOR ADULT PARTICIPANTS ACKNOWLEDGEMENT AND ASSUMPTION OF RISK

I UNDERSTAND AND AGREE that there is potential risk for injury involved in the training and participation of any physical activity. I further understand and agree that participating in hockey is a potentially dangerous activity. Bumps, bruises, scrapes, scratches and soreness are commonplace, and most participants will encounter this sort of minor injury from time to time. More serious injuries are possible, including sprains, strains, twists, cramps, fractured bones, broken bones, torn ligaments and injuries of similar magnitude. Participation also includes possible exposure to and illness from infectious and communicable viruses and diseases including influenza and COVID-19. While particular rules and guidelines may reduce the risk associated with participation, the risk of serious illness and death does exist.

I am also aware that I should discuss my participation in any CARHA Hockey activity with my physician to determine the effect on my current health. It is my right and responsibility as a participant to immediately remove myself from participation in the program and notify the nearest official, if at any time I sense any unusual hazard or unsafe condition or if I feel that I am physically, emotionally, or mentally unfit for continued participation in the program.

I acknowledge my responsibility to ensure adequate medical personal health, dental and accident insurance coverage, as well as protection of my personal possessions.

I FREELY ACCEPT AND FULLY ACKNOWLEDGE ALL SUCH RISKS, DANGERS AND HAZARDS, RESULTING FROM MY PARTICIPATION IN ANY EVENT HOSTED OR SPONSORED BY CARHA HOCKEY AND HAVE READ AND UNDERSTAND THE ABOVE STATEMENT OF RISK. I ASSUME RESPONSIBILITY FOR MY OWN SAFETY, AND I UNDERSTAND AND ACCEPT THE RISKS INVOLVED WITH MY PARTICIPATION.

RELEASE OF LIABILITY AND WAIVER OF CLAIMS I hereby agree as follows:

TO INDEMNIFY, DEFEND AND SAVE HARMLESS the Canadian Adult Recreational Hockey Association, its coaches, officials, members, directors, officers, employees and representatives from and against any and all losses, claims, actions, damages, liability, costs, or expenses of whatsoever kind or nature, arising from any accident, injury, accidental death or damage to property that is caused or results from my participation in any Canadian Adult Recreational Hockey Association insured activity that is hosted or sponsored by the Canadian Adult Recreational Hockey Association.

TO RELEASE, REMISE, WAIVE AND FOREVER DISCHARGE the Canadian Adult Recreational Hockey Association and its coaches, officials, members, agents, directors, officers, employees and representatives from any and all past, present and future losses, claims, actions, damages, liability, costs, or expenses of whatsoever kind or nature, arising from any accident, injury, accidental death or damage to property that is caused or results from my participation in any Canadian Adult Recreational Hockey Association insured activity that is hosted or sponsored by the Canadian Adult Recreational Hockey Association.

I HAVE READ AND UNDERSTOOD THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS OR ASSIGNS MAY HAVE AGAINST THE RELEASEE. ANY PRIOR WAIVER SIGNED BY ME RELATING TO MY PARTICIPATION IN A CANADIAN ADULT RECREATIONAL HOCKEY ASSOCIATION INSURED ACTIVITY THAT IS HOSTED OR SPONSORED BY THE CANADIAN RECREATIONAL HOCKEY ASSOCIATION IS HEREBY REVOKED.