

ACKNOWLEDGEMENT AND ASSUMPTION OF RISK

I UNDERSTAND AND AGREE that there is potential risk of contracting the COVID-19 Coronavirus, as well, incurring an injury while training and participating in this event. I further understand and agree that participating in _____ is a potentially dangerous activity. Bumps, cuts, 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, twists, cramps, and injuries of similar magnitude. The possibility of more serious injury exists, including fractured bones, torn ligaments, concussions, though most participants do not encounter such serious injuries. There remains, despite safety precautions the remote possibility of crippling or death. **I FULLY ACCEPT AND FULLY ACKNOWLEDGE** all such risks, dangers and hazards, resulting from my participation in the Alberta55Plus _____ event.

I am also aware that I should discuss my participation in this event with my physician to determine the effect on my current health, especially as it relates to the **COVID 19 CORONAVIRUS**. It is my right and responsibility as a participant to immediately remove myself from participation in the event 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 event. I have read and understand the above statement of risk. I assume full responsibility for my own safety, and I understand and accept the risks involved with my participation.

RELEASE OF LIABILITY, WAIVER OF CLAIMS, AND INDEMNITY AGREEMENT

I hereby agree as follows:

TO WAIVE ANY AND ALL CLAIM that I have or may in future have against **Alberta 55 Plus**, its officials, members, agents, directors, and representatives, and its President and other participants (all of whom are hereinafter collectively referred to as "Releasees").

I HAVE READ, understood and agree with the statements in the **ACKNOWLEDGEMENT AND ASSUMPTION OF RISK** portion of this document, and by assuming and acknowledging this risk, I completely absolve all **RELEASEES** from any and all liability for loss, damage, injury or expense that I may suffer, that a third party may suffer; or, that my next of kin may suffer as a result of my participation in the Alberta 55 Plus _____ event, offered by the Releasees, **DUE TO ANY CAUSE WHATSOEVER**. I acknowledge my responsibility to ensure adequate medical person health, dental and accident insurance coverage as well as protection of my personal possessions.

IN ENTERING INTO THIS AGREEMENT, I am not relying upon any oral or written representations or statements made by the Releasees other than what is set forth in this Agreement.

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 RELEASEES.

Signed this _____ day of _____ 2020/21.

Signature of participant

Witness to Signature

Printed name of Participant

Printed name of Witness