



RELEASE AND WAIVER OF LIABILITY & COMMITMENT

In consideration of being allowed to participate in any way in athletics/sports programs offered by Bremerton Ice Center, LLC, and related events and activities, the undersigned:

- Agrees that he or she, and if the undersigned is the parent or legal guardian of a minor participant, such parent or legal guardian will instruct the minor participant that, prior to participating, he or she and the minor participant (if applicable) should inspect the facilities and equipment to be used, and if the participant (or their parent or legal guardian) believes anything is unsafe, such individual should immediately advise the coach or supervisor of such condition(s) and the participant refuse to participate.
- Acknowledges and fully understands that (a) each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe and economic losses, which could result not only from their own actions, inactions or negligence, but also that of others, the rules of play, and/or the condition of the premises or of any equipment used; and (b) there may be other risks not known to us or not reasonably foreseeable at this time.
- Assumes, on behalf of themselves and any minor participant for whom the undersigned is executing this document, all the foregoing risk and accepts personal responsibility for any injury, loss, or damages which may result, including but not limited to permanent disability or death.
- Releases, waives, discharges, hold harmless, and covenants not to sue, Bremerton Ice Center, LLC, its affiliated clubs, employees, or agents, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises used to conduct the applicable event, all of which are hereinafter referred to as the "Released", from any and all liability to the undersigned, the minor participant (if applicable), his/her/their heirs, next of kin, or assigns, for any and all claims, demands, losses or damages in any way stemming from the participant's participation in any athletics/sports program, related event, or activity, including but not limited to injury, including death, or damage to property, whether caused or alleged to be caused in whole or in part by the negligence of the Released or otherwise.
- Acknowledges the contents of the FITNESS AND TRAINING SESSIONS Phase II Guidelines & Requirements that accompanies this document and an opportunity to review the same for themselves and with any applicable minor participant, and, on behalf of themselves and any applicable minor participant, hereby agrees to adhere to the terms and conditions therein.
- Certifies that he/she is the participant or the parent or legal guardian of the participant whose name is identified below and that the undersigned has the legal authority and right to sign this document on behalf of themselves and the minor participant, if applicable, and agree to the terms and conditions provided herein.

Participant Name: _____

Signature: _____

Parent / Guardian MUST sign if Participant is younger than 18

Date: _____

Printed Name: _____

If signatory is not the Participant