

NCC – SSC FRIDAY KNIGHTS HOCKEY LEAGUE

Waiver of Liability and Participation Agreement

As a condition of participation in the National Capital Commission's Sports and Social Club Friday Knights Hockey League (the "League") the undersigned expressly agrees to the following:

1. The participant freely acknowledges, understands and agrees with the statements below:

a. Recreational hockey involves strenuous physical activity and the participant is aware of the possible risks, dangers and hazards associated with playing recreational hockey in the League, including the possible risk of severe, permanent or fatal injury to the participant or others.

b. Loss, damage, injury or expense may occur to the participant and/or family members, dependents, survivors, heirs, executors, administrators as a result of the participant's participation in the League.

c. The participant may reduce, but not eliminate, these risks by obtaining medical advice and/or wearing protective equipment.

2. The participant hereby agrees:

a. Participation in the League is strictly voluntary.

b. To abide by the League rules as well as the rules, regulations, policies and procedures of any sports facilities used by the League in connection with participation in the League.

c. To assume all physical and legal risk associated with participation in the League and the use of any sports facilities associated with participation in the League.

d. To waive any and all claims arising from participation in the League that the participant has or may have in the future against National Capital Commission, the National Capital Commission Sports and Social Club and its representatives, agents or assigns who assist in administering or facilitating the League on behalf of the National Capital Commission Sports and Social Club (the "Releasees").

e. To release the Releasees from any and all liability for any death, injury, loss, damages, claims or demands suffered by the participant or the participant's next of kin, or any third party, arising from participation in the League or in any way relating directly or indirectly to that participation or other use of any sports facilities in connection with participation in the League.

f. To indemnify and hold harmless the Releasees from any liability for any death, injury, loss, damages, claims or demands suffered by any third party arising from or relating to the participant's participation in the League.

f. That this release and indemnification shall be effective and binding upon the participant's survivors, heirs, family members, dependents, executors, administrators and assigns in the event of the participant's injury or death.

3. Participation is by invitation of the League, which invitation to participate may be withdrawn at the sole discretion of the League and its designated representatives in any manner whatsoever and at any time.

4. The participant may choose to seek legal and medical advice before signing this Waiver of Liability and Participant Agreement and acknowledges having had the opportunity to do so. Failure to seek legal and medical advice does not reduce the effect and intent of this waiver.

The participant acknowledges having read and understood this agreement and its contents and freely agrees with its contents. The participant understands that by signing this Waiver of Liability and Participation Agreement the participant is waiving certain legal rights which the participant may have against the Releasees.

Name (print): _____

Signature: _____

Date: _____