

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

As a participant in **Chugiak-Eagle River Nordic Ski Club** activities, Oct 2022 to Sept 2023, I ascertain, on behalf of myself, and/or my child (children), that:

- I understand the nature of these activities and that I and/or my child are qualified, in good health and in proper physical condition to participate in such activities.
- I acknowledge on behalf of myself and/or my child that if any event, activity, or conditions seem unsafe to us, we will immediately discontinue our participation in the activity.
- I fully understand that these activities involve inherent risks and danger of serious bodily injury or disability. Such injury may be caused by my or my child's own actions or inactions, the actions of other participants, leaders, or coaches, or the conditions under which the activities take place. There may be other risks not known to me or the ski club and not readily foreseeable at this time.
- I and/or my child fully accept and assume all such risks, responsibility for any losses, costs, and damages that I and/or my child might incur as a participant in ski club activities.
- I hereby agree for myself and/or my child to release, discharge, indemnify and covenant not to sue the Chugiak-Eagle River Nordic Ski Club, administrators, directors, officers, volunteers, sponsors, and owners of the premises on which the activities take place. I release and discharge them from all liability, claims, demands, losses, or damages.
- I further agree that if anyone on my behalf or on behalf of my child, makes a claim against the ski club, its agents, volunteers or associates, I will indemnify, save and hold them harmless from any loss, liability, damage, or cost which may incur.
- I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, and understand that I have given up substantial rights by signing it. I 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. I agree that if any portion of this agreement is held to be invalid, the balance shall continue in full force and effect.