



SKATER WAIVER & RELEASE FORM
Effective On or After March 25th, 2010

All Participants must read and sign the Waiver & Release form before the start of the Learn-To-Speedskate Program and/or before joining Potomac Speedskating Club as a regular member.

In consideration of participating in the Learn-To-Speedskate Program, or regular training program, offered by Potomac Speedskating Club (hereinafter "PSC"), the undersigned participant and parent(s), or legal guardian(s), if participant is under 18 years of age, agrees to the following terms and conditions for participation:

1. I hereby recognize that speed skating is an inherently dangerous activity that could result in serious bodily injury, including paralysis, dismemberment, disability and death. I hereby assume full responsibility for my personal safety and well-being and for the safety and well-being of my minor child(ren) while participating in the PSC Learn-To-Speedskate or regular training program.
2. I hereby agree to, and do indemnify, defend, release, hold harmless, and promise not to sue the Potomac Speedskating Club and U.S. Speedskating, and all of the officers, coaches, members, agents and volunteers of any liability in the event of my/my child(ren)'s injuries, illness or death. I understand that the sport of speedskating is a fast and unpredictable activity.
3. For minors under the age of 18 at time of registration, if no parent or guardian shall be available while my minor child(ren) are participating in PSC's training sessions, I will advise where and how a parent or guardian can be reached if needed.
4. I understand and acknowledge that off ice (dryland) training and on-ice training are stressful on the cardiovascular system and that by signing this release, I am testifying that I/my child(ren) are physically able to participate in this activity. I/my child(ren) accept that it is completely my/our responsibility to monitor my/our well being and fitness levels before, during and after practices in order to evaluate my/our ability to continue to participate safely.

I have read this Release of Liability and Waiver Agreement. I fully understand its terms and sign it freely and voluntarily.

Participant's Signature _____ **Date** _____

Participant's Name (Printed) _____

FOR PARTICIPATIONS OF MINORITY AGE

(Under Age of 18 at the Time of Registration)

This is to certify that I/We as parents(s)/guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves to release and indemnify the Releases from any and all Liability incident to my/our minor child's involvement as stated above.

Parent/Legal Guardian Signature _____ **Date** _____

Parent/Legal Guardian Name (Printed) _____