



RELEASE OF LIABILITY, WAIVER OF CLAIMS AND ASSUMPTION OF RISKS AND INDEMNITY AGREEMENT

Please read carefully before signing.

By signing this document you will be assuming injury and certain legal risks. You must acknowledge having read, understood and agree to the conditions contained in this Agreement.

Physical Fitness Programs are designed predominantly for healthy individuals. If you have been inactive, have health or medical concerns, or if you have answered **YES** to any questions on a PAR-Q form¹, you are advised to consult with your physician prior to becoming involved. Participation in sport, general fitness and physical activity programs involves a risk of normal injuries. An individual's participation will be deemed to indicate acceptance of such risks. Therefore, the Ottawa Q-Ball Softball League (the League) accepts no responsibility for such normal activity related risks. The representatives of the League do not have medical training. If you answered **YES** to any questions on a PAR-Q form, talk to your doctor.

I clearly understand that the League does **NOT** carry any insurance or benefits in case of my injury while involved in any League activity. I state that I have provided for my own additional insurance to my own satisfaction or have had an opportunity to do so but have chosen not to do so at my own risk.

I understand and agree that my participation is not a requirement of the League and is strictly voluntary.

I _____, for myself, my heirs, executors, administrators and assigns release the League and the City of Ottawa, its respective volunteers, officials, organizers, players, or other involved persons from any claims, demands, damages, actions or causes of actions arising out of or in consequence of any loss, injury or damage to my person or property while attending at or participating in the League's activities notwithstanding that any such loss, injury or damage may have arisen by reason of the negligence of the League and the City of Ottawa, its volunteers, officials, organizers, players or other involved persons.

Without limiting the generality of the foregoing, I further release any recourse which I may now or hereafter have resulting from any decision of the League. I agree to indemnify the League and the City of Ottawa, its volunteers, officials, organizers, players or other persons from any claims or demands which might be made against the League arising out of or in consequence of my attendance or participation in the League activities or League activities generally.

I am aware of the nature and effect of the Release of Liability, Waiver of Claims and Assumption of Risks and Indemnity Agreement that I am signing. I am executing this release and waiver of liability agreement freely and without any compulsion on the part of the League, I acknowledge to having read this entire agreement prior to having signed it.

Name of Participant Signature of Participant Date

Name of Witness Signature of Witness Date

1. PAR-Q forms can be found on the Canadian Society for Exercise Physiology website: <http://www.csep.ca/publications>