



## U.S. Figure Skating and Flagstaff Figure Skating Club Waiver and Release and Assumption of Risk Agreement

In consideration of my participation in any U.S. Figure Skating and/or Flagstaff Figure Skating Club (FFSC) sponsored activity, I acknowledge that:

1. I understand the risks & dangers inherent in skating in general and in the activities of the FFSC & U.S. Figure Skating, and believe I (or the minor that I represent as parent/guardian) am/is qualified, in good health, and in proper physical condition to participate in such activities. I further acknowledge that if at any time I believe conditions are unsafe, I (or the minor I represent) will discontinue participation.
2. I fully understand that skating and the activities of the FFSC & U.S. Figure Skating involve risks of serious bodily injury, including permanent disability, paralysis, and death. These risks and dangers can be caused by my own actions (or inactions), by the actions (inactions) of others participating in the activity/event, the condition(s) in which the activity/event takes place, or the negligence of the "releasees" named below. There may also be other risks not known to me (or the minor I represent) or foreseen at this time, and I fully accept and assume all such risks and all responsibility for losses, costs, and damages that I (or the minor I represent) incur as a result of my/our participation in the activity.
3. I hereby release, discharge, covenant not to sue, and hold harmless U.S. Figure Skating, its Member Clubs, their respective administrators, directors, agents, officers, volunteers, employees, other participants, sponsors and advertisers, and (if applicable) owners and lessors of premises on which a U.S. Figure Skating or FFSC-sanctioned activity/event that I (or the minor child I represent) participate in takes place from all liability, claims, demands, losses, or damages arising out of the gross negligence of, or intentional, willful, or wanton misconduct of the "releasees" herein. If I, or anyone on my behalf/or my minor child's behalf makes a claim that does not arise from the gross negligence of, or intentional, willful, or wanton misconduct of the "releasees" herein, I will indemnify, defend, save, and hold harmless each of the "releasees" from any loss, liability, damage, or cost any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and have signed it freely and without any inducement or assurance of any nature. I intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law, and agree that if any portion of this agreement is held to be invalid, that the balance notwithstanding shall continue in full force and effect.

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Printed Name of Participant                      Signature of Participant                      Date

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Printed Name of Parent/Guardian                      Signature of Parent/Guardian                      Date