

Clarington Polar Bear Swim Waiver and Release Agreement

PLEASE READ CAREFULLY BEFORE SIGNING.

THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

In consideration of my being permitted to participate in the Clarington Polar Bear Swim (hereafter referred to as "the Event"), I agree to the following waiver and release:

I acknowledge that jumping into cold water, standing and walking upon ice, walking and lingering in the snow in the vicinity of the Event, lingering near and among the crowd gathered for the Event, and traveling to and from the Event and its various attractions have inherent risks, hazards and dangers. I understand that these risks, hazards and dangers include without limitation:

- (1) Risks arising from exposure to large and sudden changes in environmental temperatures that can lead to loss of consciousness, Hypothermia, heart attacks, and other life-threatening conditions;
- (2) Risks involved in standing and moving about on frozen portions of Lake Ontario and on snowy, icy, or irregular terrain;
- (3) Such other risks, hazards, and dangers which are inherent to the sport of cold plunging and being out of doors during winter.

I am voluntarily participating in the Event with full knowledge of the inherent risks, hazards, and dangers involved and hereby assume and accept any and all risks of injury, paralysis, or death, and agree to abide by all Clarington Polar Bear Swim rules, regulations, and guidelines.

I, for myself, my heirs, successors, executors, and superiors, hereby knowingly and intentionally waive and release, indemnify, and hold harmless the organizers of the *Clarington Polar Bear Swim, the Municipality of Clarington and Autism Ontario Durham Region* or any of its officers, agents, affiliates, employees, contractors, sponsors, or volunteers, from and against any and all claims, actions, causes of action, liabilities, suits, expenses (including reasonable attorney's fees) and negligence of any kind or nature, whether foreseen or unforeseen, arising directly or indirectly out of any damage, loss, injury, paralysis, or death to me or my property as a result of participation in the Event, whether such damage, loss, injury, paralysis, or death results from the negligence or other acts however caused by or contributed to by the Clarington Polar Bear Swim and all related entities named above, or from some other cause. I, for myself, my heirs, my successors, executors, and superiors, further agree not to sue the organizers of the *Clarington Polar Bear Swim, the Municipality of Clarington, Autism Ontario Durham Region* its officers, agents, affiliates, employees, contractors, sponsors, or volunteers, as a result of any injury, paralysis or death suffered in connection with my participation in the Event. I attest that I am of the age of 18 years or older.

*I am also agreeing to the publication of any photos taken of me during this event for future promotion of said event.

I have carefully read, clearly understand, and voluntarily sign this waiver and release agreement.

Print Name	Signature	Date	
(Street Address)	(City)	(Province)	(Postal Code)
E-Mail Address	Age	Phone	

If under 18 years of age, parent or guardian must sign the following Indemnification

In consideration for the above minor being permitted to participate in the Event, I agree to the following waiver, release and indemnification: The undersigned parent and guardian of the above minor, for himself/herself and on behalf of said minor hereby joins in the foregoing waiver and release and hereby



stipulates and agrees to save and hold harmless, indemnify, and forever defend the organizers of the *Clarington Polar Bear Swim, the Municipality of Clarington, and Autism Ontario Durham Region* and any of its officers, agents, affiliates, employees, contractors, sponsors, or volunteers, from and against any and all claims, actions, demands, expenses liabilities (including reasonable attorney's fees) and negligence made or brought by said minor or by anyone on behalf of said minor, as a result of said minor's participation in the Event. I, for myself and on behalf of said minor, further agree not to sue the organizers of the *Clarington Polar Bear Swim, the Municipality of Clarington and Autism Ontario Durham Region* or any of its officers, agents, affiliates, employees, contractors, or volunteers, as a result of any injury, paralysis or death that said minor suffers in connection with participation in the Event.

*I am also agreeing to the publication of any photos taken of my child during this event for future promotion of said event.

Signature of Parent or Guardian of Minor Date Print Name of Minor

Print Name of Parent or Guardian of Minor Age of Minor

Signature of Witness Date Print Name of Witness