

Ice Chalet Facility/Event Waiver and Release of Liability

Chalet Ice Rinks, Inc. (Ice Chalet) is committed to conducting its skating programs and activities in a safe manner and holds the safety of its participants in high regard. We strive to reduce risks and insist that all participants follow safety rules and policies that are designed to protect the participants' safety. However, there is an inherent risk of injury when choosing to participate in ice skating and other on-ice activities, and participants and their parents/guardians must recognize this fact.

You are solely responsible for determining if you or your participants are physically fit and/or adequately skilled for ice skating and other on-ice activities. If the participant is pregnant, disabled in any way, or has recently suffered an illness, injury, or impairment, it is advisable to consult a physician before undertaking any such physical activity.

WARNING OF RISK: Ice skating and other on-ice activities are intended to challenge and engage the physical, mental, and emotional resources of the participant. Regardless of careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury, including but not limited to head injury, neck or back injury, wrist and ankle fractures, and other orthopedic injuries to limbs and joints. Individuals who have a history of these problems should seek the advice of their physician before engaging in activities that may aggravate pre-existing problems. It is impossible to foresee all hazards and dangers. The very nature of ice skating and other on-ice activities are risky, including but not limited to slips and falls, colliding with other participants of varying degrees of skill (including being struck from behind), tripping, cuts from skate blades, ill-fitting skates, horseplay, carelessness, poor technique, poor conditioning, rule violations, striking a stationary object, failure in supervision, premises defects outside the rink, and all other risks inherent in ice skating and other on-ice activities. It must be recognized that it is impossible for the Ice Chalet to guarantee absolute safety.

CONCUSSIONS: A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by a bump, blow or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a "ding," "getting your bell rung" or what seems to be a mild bump or blow to the head can be serious. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If an athlete reports one or more symptoms of concussion listed below after a bump, blow or jolt to the head or body, s/he should be kept out of play the day of the injury and until a health care provider says s/he is symptom-free and it's OK to return to play.

- ◆ Signs of a Concussion: Appears dazed or stunned; Headache or "pressure" in head; Is confused about assignment or position Nausea or vomiting; Forgets an instruction; Balance problems or dizziness; Is unsure of game, score, or opponent; Double or blurry vision; Moves clumsily; Sensitivity to light; Answers questions slowly; Sensitivity to noise; Loses consciousness, even briefly.
- ◆ Symptoms of a Concussion: Feeling sluggish, hazy, foggy, or groggy; Shows mood, behavior, or personality changes; Concentration or memory problems; Can't recall events prior to hit or fall; Confusion; Can't recall events after hit or fall; Just not "feeling right" or "feeling down".

Concussions affect people differently. While most people with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. If someone has a concussion, his/her brain needs time to heal. While the brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions can result in brain swelling or permanent damage to their brain and can be fatal. After a concussion, returning to sports and work/school is a gradual process that should be carefully managed and monitored by a health care professional. A letter from a health care professional authorizing the person's return to on-ice activities is required by Tennessee law.

PHOTOS & VIDEOS: The Ice Chalet takes photos and videos of participants in classes, during special events, public sessions, and in the lobby and party rooms. By signing this waiver, you are giving permission to the Ice Chalet to use these photos and videos in marketing programs, brochures, web sites, social media, and other media and for security purposes.

SUMMARY -- WAIVER & RELEASE: Please be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages, or loss which you or your participants might sustain as a result of participating in any and all activities associated with this program/activity.

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that I and/or other participants may sustain as a result of said participation. I further agree to waive and relinquish all claims I and/or other participants may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Ice Chalet, including its owners, officers, agents, directors, stockholders, volunteers, and employees.

I further agree to defend, indemnify, and hold the Ice Chalet harmless against any and all liability, loss, expense, including attorneys' fees, or claims of injury or damages arising out of any participant's engagement in this activity/program..

I have read and fully understand the above information, warning of risk, photo/video policy, assumption of risk, and waiver and release of all claims, and indemnification agreement. If registering online, my online or facsimile signature or clickwrap shall substitute for and have the same legal effect as an original form signature.

I understand that I and/or other participants engage in this activity at our own risk and hereby release the Ice Chalet, its owners, and all personnel from any and all liability.

Organization/Event

Signature of Representative

Printed Name

Date

Title

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