



**GARDEN STATE SPEEDSKATING CLUB
2009 – 2010 SEASON
RELEASE AND WAIVER OF LIABILITY,
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**



IN CONSIDERATION of being permitted to practice, compete, officiate, observe, work for, or participate in any way in the speedskating activities (the "ACTIVITIES") of the Garden State Speedskating Club at the William G. Mennen Sports Arena, Morristown, NJ 07962, or any other location as may be designated, THE UNDERSIGNED, for himself, his personal representatives, heirs, and next of kin:

1. HEREBY RELEASES, WAIVES, DISCHARGES AND COVENANTS NOT TO SUE GARDEN STATE SPEEDSKATING CLUB, its officers, employees, agents, members or contractors of the ACTIVITIES, the owners and lessees of premises used to conduct the ACTIVITIES, premises and event inspectors, surveyors, underwriters, consultants and others who give recommendations, directions, or instructions or engage in risk evaluation or loss control activities regarding the premises or ACTIVITIES and each of them, their directors, officers, agents and employees, all for the purposes herein referred to as "RELEASEES," FROM ALL LIABILITY, TO THE UNDERSIGNED, his personal representatives, assigns, heirs and next of kin FOR ANY AND ALL LOSS OR DAMAGE, AND ANY CLAIM OR DEMANDS THEREFOR ON ACCOUNT OF INJURY TO THE PERSON OR PROPERTY OR RESULTING IN DEATH OF THE UNDERSIGNED ARISING OUT OF OR RELATED TO THE ACTIVITIES, WHETHER CAUSED BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
2. HEREBY AGREES TO INDEMNIFY AND SAVE AND HOLD HARMLESS the RELEASEES and each of them FROM ANY LOSS, LIABILITY, DAMAGE, OR COST they may incur arising out of or related to the ACTIVITIES, WHETHER CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.
3. HEREBY ASSUMES FULL RESPONSIBILITY FOR ANY RISK OF BODILY INJURY, DEATH OR PROPERTY DAMAGE arising out of or related to the ACTIVITIES whether caused by the NEGLIGENCE OF THE RELEASEES or otherwise.
4. HEREBY acknowledges that THE ACTIVITIES ARE VERY DANGEROUS and involve the risk of serious injury, paralysis and/or death and/or property damage. THE UNDERSIGNED also expressly acknowledges that INJURIES RECEIVED MAY BE COMPOUNDED OR INCREASED BY NEGLIGENT RESCUE OPERATIONS OR PROCEDURES OF THE RELEASEES.
5. HEREBY agrees that this Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement extends to all acts of negligence by the RELEASEES, INCLUDING NEGLIGENT RESCUE OPERATIONS and is intended to be as broad and inclusive as is permitted by the laws of the Province or State in which the ACTIVITIES are conducted and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.
6. HEREBY agrees that they have read, understand and agree, at all times, to abide by the rules of the Garden State Speedskating Club attached herein as Exhibit A.

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Print Name

Sign Name

Date

Parent or Guardian in member is under 18 years

EXHIBIT A

GARDEN STATE SPEEDSKATING CLUB RULES

1. No one may skate before joining US Speedskating, MASA and signing the club Waiver.
2. **Please help in bringing out the safety mats and blocks.**
3. Before getting on to the ice, warm up your muscles by jogging, etc., then stretching.
4. No one will be permitted on the ice without wearing a helmet, long sleeves and gloves. While not required, neck guards and knee pads are strongly recommended.
5. No speedskating is permitted until all of the safety mats and blocks are in place.
6. Be aware of people setting up the track, putting out the mats and periodically putting water on the track.
7. The warm up period is NOT A RACE. Stay off the track (racing line) and work on your form, get used to the ice, check your equipment and get your legs ready for the planned workout.
8. Every week the planned workout will be posted or announced by the coach at the beginning of the session. Know what is expected of your group.
9. Every skater will be assigned to a group suitable for his or her ability by the coach. Please skate *only* with your assigned group. Skating with the wrong group can be very dangerous for you or the other members of the group. Skating with more than one group, other than by a coach, is not permitted.
10. When your group is not on the track, skate slowly inside the track in a counter-clockwise direction only. Do not make any sudden turns and be aware of the skaters around you at all times.
11. All entry/exit doors must remain closed when not in use. Open doors can be hazardous to skaters.
12. Do not enter or exit the ice when skaters are speedskating. Wait until the current group has stopped and the coach has signaled for you to enter the ice. When entering/exiting the ice, WATCH FOR SKATERS, stay close to the boards and do this as quickly as possible. This is an unsafe area to stand.
13. KICKING THE BLOCKS can create a hazard and is therefore discouraged. If a block gets kicked, it should be replaced by the person who kicked it. Do not, however, skate onto the track during a race or group session to remove a block. Notify the coach and wait until the ice has cleared. There is no need to skate so close to the blocks that you kick them.
14. DO NOT make any dangerous high speed passing maneuvers unless you are experienced enough to know what is allowable. If in doubt, do not make the move until you have practiced it at a slower speed.
15. **Please help put the safety mats and blocks away.**

