



Participant Agreement

Dartmouth Crossing Speed Skating Club

ALL SPORT, INCLUDING SPEED SKATING, HAS ITS RISKS

I participate voluntarily in the sport of Speed Skating because it is physically challenging. I know there are physical risks and hazards inherent in Speed Skating as there are in most sports. These include but are not limited to:

- Injuries resulting from vigorous physical exertion and strenuous cardiovascular workouts during off and on-ice training
- Injuries associated with the process of accessing or egressing the ice surface
- Injuries from failing to skate or race safely within one's own physical limits
- Injuries due to changes or variations in the ice and weather conditions
- Injuries from colliding with or being struck by other participants, spectators, equipment, the ground, or surroundings
- Bruises, sprains, cuts, scrapes, breaks, dislocations, concussions resulting from falls or collision
- Extremes of weather and temperature may result in frostbite, hypothermia, heatstroke, or sunstroke
- Injuries resulting from failure to properly maintain or use any piece of equipment or from mechanical failure of any piece of equipment
- Risks associated with travel to and from training and competition locations
- Additional risks associated with peripheral activities which are often integral to training and competitive events

PERSONAL EQUIPMENT

I understand that having properly maintenance equipment, wearing proper fitting clothing and equipment, and wearing all required safety equipment during training and competitive events can mitigate exposure to risk and severity of injury.

DISCLOSURE

I will disclose any injury, incurred during or external to Speed Skating, that may impact my health and safety while participating in Speed Skating training or competition.

RETURN TO PLAY

I understand that in the event of a serious injury I will be required to follow a step-by-step protocol, which may require medical clearance from a physician, before returning to full training and competition in Speed Skating.

I AGREE TO BE RESPONSIBLE FOR MYSELF

I am participating voluntarily. I agree that there are risks in Speed Skating, as described above. By participating voluntarily I am exposed to these risks and hazards. I agree and accept them and be responsible for any injury or other loss which I might receive while participating.

If something happens to me while participating in activities or by using speed skating equipment from the Dartmouth Crossing Speed Skating Club, I agree to release the Dartmouth Speed Skating Club and its respective directors, employees, contractors, coaches, volunteers, and members of all responsibility for such injury loss or damage.

ACKNOWLEDGEMENT

I acknowledge that I have read this agreement and that I fully understand, appreciate and accept the physical risks associated with my participation in Speed Skating activities and use of equipment from the Dartmouth Crossing Speed Skating Club.

Printed Name of Participant:	Signature of Participant:	Date:
Printed Name of Parent or Guardian (if Participant is under 18):	Signature of Parent or Guardian (if Participant is under 18):	

