



LIABILITY WAIVER AND ASSUMPTION OF RISK

PLEASE TAKE THE TIME TO READ THE FOLLOWING AS IT SERVES TO RELEASE THE OTTAWA ROWING CLUB FROM ANY ASSUMPTION OF RISKS AND LIABILITY OF ALL CLAIMS.

Any references to "you" may be interpreted to apply to "your child" or "to whom you are a guardian", if applicable and as semantically required.

I understand and hereby agree that rowing includes activities on land and on water (all of which are the "boating activities") that involve certain risks, dangers, and hazards incidental thereto. While participating in this sport risks, dangers, and hazards include but are not limited to:

- Minor or major bone fracture
- Scrapes, abrasions, lacerations
- Head or body bumps, bruises
- Collision with other vessels/stationary objects
- Muscle, tendon, or ligament strains or sprains
- Slips, trips or falls
- Back strains or injuries
- Water ingestion, drowning
- Equipment failure, design
- Overstraining or exceeding physical limitations
- Disregard of guidelines, rules and standard practices
- Inattention or Ignorance
- Geographic and Land Formation hazards
- Environmental hazards
- Pollution hazards

It is understood that rowing in large waterways as an activity is considered an "Extreme Sport" and this activity is designed predominantly for healthy individuals. If you have been inactive, have health or medical concerns, you are advised to consult with your physician prior to participating in the activity. The physical exertion of the boating activities, including the carrying of boats in and out of water, can result in injury or death. I further agree and acknowledge that:

- I am responsible for being medically fit to engage in the activity of rowing and I have consulted a physician regarding any pre-existing health conditions or concerns prior to my participation in the sport.
- I acknowledge that rowing is an on-water sport and that competent swimming ability is a general expectation. I agree to advise ORC staff and my direct coaches if I have poor swimming ability prior to participating in the sport.
- I agree to be bound by the rules established by the Ottawa Rowing Club, Rowing Canada Aviron and ROWONTARIO.

Your participation will be deemed to indicate acceptance of such risks and injury. Therefore, the Ottawa Rowing Club and the City of Ottawa accept no responsibility for such activity related risks.

You understand and agree that your participation in rowing is not a requirement of the Ottawa Rowing Club and is strictly voluntary. You further agree that in the event of death, injury, or property damage and loss, as a result of my participation in these activities, you hereby release, waive and discharge the Ottawa Rowing Club, the City of Ottawa, ROWONTARIO, and Canada Rowing Aviron from all liability to me, my heirs, executors and administrators. You accept full responsibility for your actions and obligations and I will not hold the Ottawa Rowing Club and the City of Ottawa, its directors, employees, volunteers, agents and instructors liable.

Acknowledgement

By signing this form you are aware of and are agreeing to the nature and effect of the Release of Liability, Waiver of Claims and Assumption of Risks and Indemnity Agreement. You execute this release and waiver of liability agreement freely and without any compulsion on the part of the Ottawa Rowing Club. You acknowledge to having read this entire agreement prior to having signed it.

Participant Information:

Participant Name: _____
Address: _____ City: _____ Postal Code: _____
Phone: _____
Date: _____
Participant Signature: _____ Witness Signature: _____

Parental Assumption of Risk

I UNDERSTAND AND AGREE on behalf of myself, my heirs, assigns, personal representatives and next of kin that my signing of this document constitutes that:

1. I am registering my child/ward willingly and my child/ward is participating voluntarily in these activities, events and programs.
2. I agree that there are risks as described above and my child/ward may be exposed to these risks and hazards.
3. I agree to accept all these risks and hazards and be responsible for any injury or other loss which my minor/child/ward might receive while participating in these events, activities and programs.

By signing this form, I/my child understand that we are freely assuming the risks of injury and other risks associated with participating in rowing. I and my child acknowledge having read, understood and agreed to the conditions contained in this Agreement.

My child, a minor pursuant to the Age of Majority and Accountability Act, has my permission to participate in rowing. Parent Information (if participant is under 18 years old):

Name: _____
Address: _____ City: _____ Postal Code: _____
Phone: _____
Date: _____
Signature: _____

Photo Permission

The ORC may take pictures at a Discover Rowing Day. By signing below, you give permission (or on behalf of your child/ward) to the ORC to use your pictures and name for promotional purposes, including publishing these pictures on the club website, social media pages, in newspapers or promotional brochures.

Participant Information:

Participant Name: _____
Address: _____ City: _____ Postal Code: _____
Phone: _____
Date: _____

Participant Signature: _____ Witness Signature: _____

Parent Information (if participant is under 18 years old):

Name: _____

Address: _____ City: _____ Postal Code: _____

Phone: _____

Date: _____

Signature: _____