ONTARIO SOCCER WAIVER AND RELEASE OF LIABILITY

(To be signed by players 18 years of age and older)

By signing this form you give up important legal rights. Please read carefully!

1. This is a binding legal agreement. As a Participant in the programs, activities and events of Ontario Soccer, their Districts, Leagues and Clubs, the undersigned acknowledges and agrees to the following terms.

Disclaimer

2. Ontario Soccer, their Districts, Leagues and Clubs, directors, officers, members, employees, coaches, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of facilities, and representatives (the "Organization") are not responsible for any injury, damage or loss of any kind suffered by a Participant during, or as a result of, any program, activity or event, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

Description of Risks

- 3. In consideration of my participation as a Participant in such programs, activities and events, I hereby acknowledge that I am aware of the risks and hazards associated with or related to soccer. The risks and hazards of soccer include, but are not limited to injuries from:
 - · Executing strenuous and demanding physical techniques in soccer;
 - Dryland training including weights, running, and massage;
 - Grass, turf and other surfaces including bacterial infections and rashes;
 - Falls to the ground due to uneven or irregular terrain or surfaces;
 - Collisions with walls and soccer equipment;
 - Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - Spinal cord injuries which may render me permanently paralyzed;
 - Extreme weather conditions which may result in heatstroke, sunstroke or hypothermia;
 - Contact, colliding or being struck by other participants, spectators, equipment or vehicles;
 - Vigorous physical exertion and strenuous cardiovascular workouts;
 - Exerting and stretching various muscle groups; and
 - Travel to and from competitive events and associated non-competitive events which are an integral part of the
 organization's activities.
- 4. Furthermore, I am aware:
 - That injuries sustained in soccer can be severe;
 - That I may come into close contact with other participants, including the possibility of accidental and unexpected contact;
 - That I may experience anxiety while challenging myself during the activities;
 - That my risk of injury is reduced if I follow all rules adopted during training; and
 - That my risk of injury increases as I become fatigued.

Release of Liability

- 5. In consideration of the Organization allowing me to participate as a Participant, I agree:
 - a) To assume all risks arising out of, associated with or related to my participation;
 - b) To be solely responsible for any injury, loss or damage that I might sustain while participating; and
 - c) To release the Organization from liability for any and all claims, demands, actions and costs that might arise out of my participating, even though such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by the negligence of the Organization.

Accident Insurance

Executing this agreement will not preclude you from accident insurance coverage, subject to the terms and conditions of Ontario Soccer's insurance policy.

Acknowledgement

By signing and dating below you agree that you are the player being registered and to be bound by this Legal Agreement even if you have not read this agreement.

Name of Participant:	S	ignature:	Date	e:
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ONTARIO SOCCER PARTICIPANT'S AGREEMENT

(To be used by players under the age of 18)

Name of Participant:	_Age of Participant:
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ALL PROGRAMS AND ACTIVITIES HAS ITS RISKS

I participate in the game of soccer because it is physically and mentally challenging. In consideration of my participation in such programs, activities and events, I hereby acknowledge that I am aware of the risks and hazards associated with or related to this activity. The risks and hazards include, but are not limited to:

- Injuries from executing strenuous and demanding physical techniques in soccer;
- Injuries from dryland training including weights, running and massage;
- Injuries from grass, turf and other surfaces including bacterial infections and rashes
- Injuries from collisions with walls and soccer equipment
- Injuries resulting from failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment
- Spinal cord injuries which may render me permanently paralyzed
- Injuries from extreme weather conditions which may result in heatstroke, sunstroke or hypothermia
- Injuries from contact, colliding or being struck by other participants, spectators, equipment or vehicles
- Injuries resulting from vigorous physical exertion and strenuous cardiovascular workouts
- Injuries from exerting and stretching various muscle groups; and
- Travel to and from competitive events and associated non-competitive events which are an integral part of the organization's activities.

Furthermore, I am aware:

- That injuries sustained in soccer can be severe;
- That I may experience anxiety while challenging myself during the activities;
- That I may come into close contact with other participants, including the possibility of accidental and unexpected contact;
- That my risk of injury is reduced if I follow all rules established for participation; and
- That my risk of injury increases as I become fatigued.

I AGREE TO BE RESPONSIBLE FOR MYSELF

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

If something happens to me, I release the organizers of responsibility for any claims, demands, actions and costs which might arise out of my participation. In this Agreement I understand "organizers" to mean: Ontario Soccer, District Associations, Leagues, Clubs and their directors, officers, members, employees, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of facilities and representative.

INSURANCE

Executing this agreement may not preclude you from insurance coverage.

I ACKNOWLEDGE MAKING THIS AGREEMENT

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

Signature of Parent/Guardian





Date

Signature of Participant (if over 13)