

# ASSUMPTION OF RISK: Individual



**In consideration of being permitted to participate in off-ice conditioning, strength training, skill development and other related activities at Ice Den Performance, I hereby agree to the following:**

## **Assumption of Risk:**

I am aware that engaging in physical activities, certain inherent risks, dangers and hazards, can result in serious personal injury or death. I further understand and appreciate that there are risks of serious personal injury in connection with training and voluntarily assume and accept those risks, including the risk of illness from exposure to COVID-19 and other viruses. As such, I hereby freely agree to assume and accept any and all known and unknown risks of injury associated with any use of Ice Den Performance. I further recognize and acknowledge that the risks inherent in engaging in physical activities can be greatly reduced by seeking instruction from a trained professional, consulting with my physician and using common sense.

## **Release and Waiver of Claims:**

For allowing me to use the facility, I agree, to the fullest extent permitted by law, to unconditionally release, waive and covenant not to sue Ice Den Performance, LLC and any of their affiliates and subsidiaries, their promotional sponsors and advertisers, and their agents, servants and employees from any and all suits, claims and demands of any kind for personal injuries, property damage, including but not limited to lost, stolen or damaged goods, that I may sustain while participating all related activities at Ice Den Performance.

1. To waive all claims that I have or may have against the facility arising out of my use of the facility.
2. To release the facility from all liability for any loss, damage, injury or expense that I (or my next of kin) may suffer, arising out of my use of the facility, from any cause whatsoever, including negligence or breach of contract on the part of the facility in the operation, supervision, design or maintenance of the facility.

## **Consent to Treat:**

I certify that, as participant, or as parent/guardian of said participant, I give my consent to Ice Den Performance and staff to obtain medical care from any licensed physician, hospital, or clinic for myself/said participant, for any injury that could arise from participation in any activities at Ice Den Performance.

## **Consent to Use of Image:**

I hereby give my consent to Ice Den Performance, LLC, Coyotes Ice, LLC and Coyotes Ice 2, LLC to use my image/likeness (or in the case of a child - my child's image/likeness) for the purpose of inclusion in any publications or videos related to Ice Den Performance, Ice Den Scottsdale & Ice Den Chandler.

This signatory will indemnify, defend and hold harmless Licensor; its officers, agents and employees from any claim by signatory's negligence.

Ice Den Performance, LLC  
Licensor

\_\_\_\_\_  
Print Individual/Player/Athlete Name

\_\_\_\_\_  
Dates

\_\_\_\_\_  
Signatory (must be 18 or have parent/guardian sign)

\_\_\_\_\_  
Print Signatory (if different from Individual)      Date