**AMES MINOR HOCKEY ASSOCIATION (“AMHA”)**

**WAIVER OF LIABILITY AND RELEASE**

**(“Try Hockey” Activities)**

As with any recreational activity or athletic endeavor, skating and hockey involve substantial risks of bodily injury, property damage and other dangers associated with participation in such activities. Dangers related to such activities include, but are not limited to, the following: broken bones, strains, sprains, bruises, concussions, paralysis, or death. Injuries received may be compounded or increased by negligent rescue operations, procedures, first aid, or other treatment.

Each participant in these activities should realize that there are risks and dangers inherent in them. It is the sole responsibility of each participant to participate only in those activities for which he/she is comfortable and believes is qualified, in good health, and in proper physical condition to participate.

In consideration for being permitted to participate in these AMHA “Try Hockey” activities, and in consideration of AMHA making available to the undersigned for his/her use while participating in these activities, certain equipment, facilities, grounds, or personnel, each of the undersigned, for him or herself, personal representatives, heirs, and next of kin:

1. Acknowledges that (a) participation in “Try Hockey” activities involves an inherent risk of physical injury, including, but not limited to, those described above; (b) these risks may be caused by my own actions, or inactions, the actions or inactions of others participating in the event, the condition in which the event takes place, and/or the negligence of the Releasees named below; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in these activities.

2. Hereby waives liability, releases and forever discharges AMHA, its members individually, its officers, agents, or volunteers (collectively referred to as “Releasees”) from any and all demands, rights, and causes of action of whatever kind or nature, arising out of all known and unknown, foreseen and unforeseen bodily and personal injuries, damage to property, and the consequences thereof, including death, resulting from my voluntary participation in or in any way connected with these activities, whether caused by the negligence of Releasees or otherwise.

3. Hereby covenants and agrees not to sue AMHA, its members individually, its officers, agents or volunteers for any claim of damages arising or growing out of my voluntary participation in these activities, whether caused by the negligence of Releasees or otherwise; and further agrees to indemnify 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 my participation in these activities, whether caused by the negligence of the Releasees or otherwise.

4. Hereby acknowledges that this Waiver of Liability and Release extends to all acts of negligence by Releasees, including negligent rescue operations, procedures, first aid, or other treatment, and is intended to be as broad and inclusive as is permitted by the laws of the State of Iowa.

**I have read this Waiver of Liability and Release, 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. I intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.**

**Print Participant Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Participant Signature (Only if age 18 or older): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PARENTAL CONSENT**

**The undersigned, as parent/guardian of the Participant, acknowledges** **I have read this Waiver of Liability and Release, fully understand its terms, understand that I have given up substantial rights belonging to me and my child/ward by signing it, and have signed it freely and voluntarily, without any inducement, assurance, or guarantee being made to me. I intend my signature to be a complete and unconditional release of all liability as a result of physical or bodily injury, damage, or death to the Participant, to the greatest extent allowed by law.**

**I hereby grant permission for my child/ward to participate in these AMHA “Try Hockey” activities.**

**Print Parent/Guardian Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**