TRUE NORTH HOCKEY CANADA

WAIVER AND RELEASE OF LIABILI TY

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

This is a binding legal agreement. As a Participant in the programs, activities and events of True North Hockey Canada, the undersigned acknowledges and agrees to the following terms.

Disclaimer
True North Hockey Canada, its directors, officers, members, employees, coaches, volunteers, officials, participants, clubs, agents, sponsors, owners/operators of the facility, 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, tournament, game, hockey school, practice, activity or event, caused in any manner whatsoever including, but not limited to, the negligence of the Organization and it's participants.

Description of Risks
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 ice hockey. The risks and hazards of ice hockey include, but are not limited to, injuries from:

- Exerting and stretching various muscle groups;
- Vigorous physical exertion, rapid movements and quick turns and stops on the ice;
- Strenuous cardiovascular workouts;
- Collisions with the hockey boards, goalie nets and ice;
- Being struck by hockey sticks and pucks;
- Physical contact with other participants, resulting in injuries to the eyes, teeth, face, head and other parts of the body, bruises, sprains, cuts, scrapes, breaks, dislocations and spinal cord injuries which may render me permanently paralyzed;
- Variations in ice surface;
- 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 ice hockey can be severe;
- That True North is a Non-contact league. It is understood and accepted that body contact will occur and that some body contact is purely accidental. Nevertheless, all players are responsible for their own actions. Body checking is strictly prohibited.
- That I may experience anxiety while challenging myself during the activities;
- That I can lessen the chance of severe injury by wearing certified protective hockey specific equipment, including but not limited to, shin pads, elbow pads, shoulder pads, helmet, hockey gloves, hockey pants, athletic support and neck guard.
- That despite the rules in place, violations and or accidents will occur and may result in injury; and
- That my risk of injury increases as I become fatigued.

Face shields
I understand that it is optional to wear protective face shields during True North Hockey events. I understand that if I choose not to wear a protective face shield while playing ice hockey, I am exposed to a much greater risk of injury. I acknowledge that in making the choice to wear or not wear a protective face shield that I have read and understand the conditions as described in the disclaimer herein.

Release of Liability
In consideration of the Organization allowing me to participate, 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 including, but not limited to, breach of contract, breach of statutory duty of care or breach of the occupiers' liability act, 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.

Acknowledgement
You expressly acknowledge that you have read this agreement and understand the rights, obligations, terms and conditions set forth herein. By signing this document, you acknowledge that you, the registered participant, expressly consent to be bound by it's terms and conditions and grant to True North Hockey Canada the rights set forth herein. You acknowledge that you are of the legal age of majority, have read and understand this agreement and are aware that by signing this agreement you are waiving certain legal rights. You have executed this agreement voluntarily, and that this agreement is to be binding upon yourself, your heirs, executors, administrators and representatives.

_____ Jersey#_____ _____ _____
Name of Participant Date Signature of Participant

_____
Street Address of Participant Town Postal Code

_____ _____
Contact Telephone Number of Participant Team Name