



# WAIVER FOR ADULT PARTICIPANTS

## ACKNOWLEDGEMENT AND ASSUMPTION OF RISK

**I UNDERSTAND AND AGREE** that there is potential risk for injury involved in the training and participation of any physical activity. I further understand and agree that participating in hockey is a potentially dangerous activity. Bumps, bruises, scrapes, scratches and soreness are commonplace, and most participants will encounter this sort of minor injury from time to time. More serious injuries are possible, including sprains, strains, twists, cramps, fractured bones, broken bones, torn ligaments and injuries of similar magnitude. Participation also includes possible exposure to and illness from infectious and communicable viruses and diseases including influenza and COVID-19. While particular rules and guidelines may reduce the risk associated with participation, the risk of serious illness and death does exist.

I am also aware that I should discuss my participation in any CARHA Hockey activity with my physician to determine the effect on my current health. It is my right and responsibility as a participant to immediately remove myself from participation in the program and notify the nearest official, if at any time I sense any unusual hazard or unsafe condition or if I feel that I am physically, emotionally, or mentally unfit for continued participation in the program.

I acknowledge my responsibility to ensure adequate medical personal health, dental and accident insurance coverage, as well as protection of my personal possessions.

**I FREELY ACCEPT AND FULLY ACKNOWLEDGE ALL SUCH RISKS, DANGERS AND HAZARDS, RESULTING FROM MY PARTICIPATION IN ANY EVENT HOSTED OR SPONSORED BY CARHA HOCKEY AND HAVE READ AND UNDERSTAND THE ABOVE STATEMENT OF RISK. I ASSUME RESPONSIBILITY FOR MY OWN SAFETY, AND I UNDERSTAND AND ACCEPT THE RISKS INVOLVED WITH MY PARTICIPATION.**

## RELEASE OF LIABILITY AND WAIVER OF CLAIMS

I hereby agree as follows:

**TO INDEMNIFY, DEFEND AND SAVE HARMLESS** the Canadian Adult Recreational Hockey Association, its coaches, officials, members, directors, officers, employees and representatives from and against any and all losses, claims, actions, damages, liability, costs, or expenses of whatsoever kind or nature, arising from any accident, injury, accidental death or damage to property that is connected with or resulting from my participation in any of the activities hosted, sponsored or insured by the Canadian Adult Recreational Hockey Association.

**TO RELEASE, REMISE, WAIVE AND FOREVER DISCHARGE** the Canadian Adult Recreational Hockey Association and its coaches, officials, members, agents, directors, officers, employees and representatives from any and all past, present and future losses, claims, actions, damages, liability, costs, or expenses of whatsoever kind or nature, arising from any accident, injury, accidental death or damage to property that is connected with or resulting from my participation in any of the activities hosted, sponsored or insured by the Canadian Adult Recreational Hockey Association.

**I HAVE READ AND UNDERSTOOD THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS OR ASSIGNS MAY HAVE AGAINST THE RELEASEE.**

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_

\_\_\_\_\_  
SIGNATURE OF PARTICIPANT

\_\_\_\_\_  
PRINTED NAME OF PARTICIPANT

**CARHA HOCKEY REGISTERED PLAYERS ACKNOWLEDGE THAT THERE IS A RISK OF BEING INJURED WHEN PLAYING THE GAME OF HOCKEY.**

This Waiver shall be governed and construed in accordance with the laws of the province of Ontario and the federal laws of Canada applicable therein, and the parties hereto expressly and irrevocably submit to the exclusive jurisdiction of the courts of the Province of Ontario.

The collection of personal information by Canadian Adult Recreational Hockey Association (CARHA Hockey) is limited to that which is necessary for communications with you, membership registration organizing hockey tournaments as the official national body for recreational hockey in Canada, determining if our products and services, or those of our partners, meet your needs, offering and providing our products and services, or those of our partners, that may be of interest to you, collecting monies owing to CARHA Hockey or permitting CARHA Hockey to pursue available remedies or limit any damages it may sustain, complying with all applicable laws or for other purposes that are disclosed to you before or at the time the personal information is collected. Unless required by law, we will obtain your consent before using or disclosing your personal information for a purpose not previously identified.



Suite 610, 1420 Blair Towers Place, Ottawa, ON K1J 9L8  
Tel: (613) 244-1989 / (800) 267-1854 • Fax: (613) 244-0451 / (866) 345-1975

[hockey@carhahockey.ca](mailto:hockey@carhahockey.ca)

[carhahockey.ca](http://carhahockey.ca)