This waiver may be copied for your use.

| IN CONSIDERATION of being given the opportunity to participate in the | , I, for myself, my personal |
|---|------------------------------|
| representatives, assigns, heirs, and next of kin: | |

- 1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.
- 2. FULLY UNDERSTAND that: (a.); ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes palace, or the negligence of the Releases names below; (c.); there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; 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 the Activity.
- AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
- HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or allege to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY < SAVE AND HOLD HARMLESS each of the Releasees, from any litigation's expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that have given up substantial rights by signing it and have

| Printed Name of Participant: | Date: |
|---|--|
| Address: | |
| Phone: | |
| Signature (only if age 18 or over) | |
| | |
| PARENTAL CONSENT | |
| AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLE or damages on the minor's account caused or alleged to be cause this release, I, the minor, or anyone on the minor's behalf makes | nature of rowing activities and the minor's experience and such activity. I hereby release, discharge, covenant not to sue, and SS each of the Releasees from all liability, claims, demands, losses, d in whole or part by the operations, and further agree that if, despite a claim against any of the above Releasees, I WILL INDEMNIFY, y litigation expenses, attorney fees, loss liability, damage, or cost any |
| Printed Name of Parent/Guardian: Date: | |
| Address: | |
| Phone: | |

Parent/Guardian Signature (only if participant is under the age of 18):