

LIABILITY WAIVER AND RELEASE AGREEMENT

PLEASE READ CAREFULLY BEFORE SIGNING.

THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

I, _____, have voluntarily elected to participate in the Polar Bear Club Plunge at Lake Roaming Rock. I fully understand that this involves jumping or running into the cold water of Lake Roaming Rock under winter weather conditions and that there are health and safety risks associated with this type of activity, including, without limitation, risks arising from exposure to large and sudden changes in environmental temperatures that can lead to loss of consciousness, hypothermia, heart attacks, and other life-threatening conditions, risks involved in standing and moving about on frozen lakes and on snowy, icy, or irregular terrain, and such other risks, hazards, and dangers that are inherent to the sport of cold plunging and being out of doors during winter.

I hereby assume all risk of injury and/or death associated with this event and I will not hold the Polar Bear Club or RomeRock Association, Inc. or any sponsors liable for any circumstance related to this event.

I hereby confirm that I am in good physical condition and do not suffer from any disabilities or physical conditions that might place me at risk or otherwise should prohibit my participation in the Polar Bear Club Plunge.

In consideration of my participation in this event, I, for myself, my heirs, legal representatives, and assigns, hereby knowingly and intentionally waive and release, indemnify, and hold harmless the Polar Bear Club, RomeRock Association, Inc., and their respective directors, officers, agents, affiliates, employees, contractors, sponsors, and volunteers, from and against any and all claims, actions, demands, expenses (including reasonable attorney fees), liabilities, suits and negligence of any kind or nature, whether foreseen or unforeseen, arising directly or indirectly out of any damage, loss, injury, paralysis, or death to me or my property as a result of participation in this event. I, for myself, my heirs, legal representatives and assigns, further agree not to sue the Polar Bear Club or RomeRock Association, Inc. and their respective directors, officers, agents, affiliates, employees, contractors, sponsors and volunteers, as a result of any damage, loss, injury, paralysis, or death, suffered in connection with my participation in this event.

I have carefully read, clearly understand, and voluntarily sign this Liability Waiver and Release agreement.

Signature

City

State

Zip

Print Name

Phone

Date of Birth

Mailing Address

If under 18 years of age, parent or guardian must sign the following Indemnification

In consideration for the above minor being permitted to participate in this event, I agree to the following waiver, release and indemnification: The undersigned parent and guardian of the above minor, for himself/herself and on behalf of said minor hereby joins in the foregoing liability waiver and release and hereby stipulates and agrees to save and hold harmless, indemnify, and forever defend the Polar Bear Club and RomeRock Association, Inc. and their respective directors, officers, agents, affiliates, employees, contractors, sponsors and volunteers, from and against any and all claims, actions, demands, expenses (including reasonable attorney fees), liabilities, suits and negligence of any kind or nature, whether foreseen or unforeseen, arising directly or indirectly out of any damage, loss, injury, paralysis, or death to said minor or his/her property as a result of participation in this event and negligence made or brought by said minor or by anyone on behalf of said minor, as a result of said minor's participation in this event. I, for myself and on behalf of said minor, further agree not to sue the Polar Bear Club or RomeRock Association, Inc., or any of their respective directors, officers, agents, affiliates, employees, contractors, sponsors and volunteers, as a result of any damage, loss, injury, paralysis, or death that said minor suffers in connection with participation in this event.

Signature of Parent or Guardian of Minor

Print Name of Minor

Print Name of Parent or Guardian

Witness

PLEASE

FOOTWEAR IS RECOMMENDED DUE TO SAFETY CONCERNS.

ANYONE WITH HEART PROBLEMS - JUST WATCH!

DO NOT DRINK - ALCOHOL DOES NOT WARM YOU UP - IT ACCELERATES HYPOTHERMIA.

DO NOT STAY IN THE WATER LONGER THAN 15 MINUTES.
BODY HEAT IS LOST 25 TIMES FASTER IN WATER THAN IN AIR.

DO NOT REMOVE YOUR OUTER CLOTHING UNTIL SWIM TIME.