

# Table Mountain Rowing Club

## VOLUNTARY ACTIVITIES PARTICIPATION FORM

A signed VOLUNTARY ACTIVITIES PARTICIPATION FORM must be on file with Table Mountain Rowing Club before a Participant will be allowed to participate in this Activity. PARTICIPANTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS AGREEMENT SHOULD NOT SIGN THIS AGREEMENT, AND WILL NOT BE ALLOWED TO PARTICIPATE.

I, the undersigned (print name) \_\_\_\_\_ (“Participant”) wish to participate in the Table Mountain Rowing Club-sponsored activity of TM Masters Rowing Club (hereinafter “Activity”).

I understand and acknowledge that this Activity may be dangerous and hazardous and, by its very nature pose the potential risk of severe and serious physical and emotional injury/illness, or even death, to all individuals who participate in such Activity.

I understand and acknowledge that in order to participate in this Activity I agree to ASSUME ALL LIABILITY AND RESPONSIBILITY for any and all potential risks, injuries, or even death, which may be associated with participation in such Activity. I represent and warrant that Student/ Participant is mentally and physically fit, capable, able, and willing to participate in this Activity without any limitations.

I understand, acknowledge, and agree that Table Mountain Rowing Club its trustees, employees, agents, coaches, teachers, volunteers, or representatives shall not be liable for any injury/illness suffered by Student/Participant which is incident to and/or associated with preparing for and/or participating in this Activity.

I hereby release, discharge, indemnify, and agree to hold harmless Table Mountain Rowing club, and it’s governing board (“Board”), and each of their trustees, employees, agents, coaches, teachers, volunteers, and representatives free from any and all liability arising out of or in connection with Participant’s participation in this Activity, including all related activity such as games, practices, training activities, trips and related exercise. For purpose of this RELEASE, liability means all claims, demands, losses, causes of action, suits, or judgments of any kind that Participant or Participant’s parents, guardians, heirs, executors, administrators, and assigns may have against Director, Board, and their trustees, employees, agents, coaches, teachers, volunteers, and representatives because of Participant’s personal, physical or emotional injury, accident, illness, or death, or because of any loss of or damage to property that occurs to Participant or his or her property during Participant’s participation in the Activity that may result from any cause including but not limited to Director’s, Board’s, trustees’, employees’, agents’, coaches’, teachers’, volunteers’, or representatives’ own passive or active negligence or other acts other than fraud, willful misconduct or violation of the law.

I also hereby certify that I possess adequate and sufficient swimming skills to participate. I understand that although safety and rescue mechanisms are in place, I may have to swim to safety in the event of an emergency. I am able to swim 250 meters continuously using the front crawl technique, and I am able to tread water continuously for 10 minutes.

I acknowledge that I have carefully read this VOLUNTARY ACTIVITIES PARTICIPATION FORM and that I understand the potential dangers incident to engaging in the Activity, am fully aware of the legal consequences of this agreement, and agree to its terms and understand I am waiving certain rights and assuming the risk of damage from my participation in the Activity.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Email Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_