



SECONDARY SCHOOL CURLING SESSION

Preparation:

1. Please complete the waiver on the backside of this document.
2. Wear warm clothing - we are playing in a ice rink after all! Gloves and a hat are a good idea. Along with stretchy/comfortable pants, as we'll be in a lunge position when delivering a rock.
3. Clean runners are a must. Curling ice is like a golf putting green and needs to be kept clean/cared for.
4. If you have limited mobility, we do offer upright/walking delivery as a option using a delivery stick.

More Curling!:

If you had a blast trying out curling and would like to continue, here are some options:

1. Join a juniors curling session to try it for free. Junior Curling takes place on Saturdays from 10am-Noon. Ages 8-18

Just email info@deltathistle.ca with the subject "I want to try out Juniors Curling" and we will help setup a day for you to join in!

2. Join Highschool Curling which takes place on Thursdays 4pm-6pm. Cost is \$5/session. Email for more information. info@deltathistle.ca

Helmets:

Helmets are **required** for anyone under the age of 12.

Helmets are **strongly recommended** for anyone under the age of 18.

Anyone who is vulnerable (related to experience, medical, etc.) must wear protective headgear on ice.

At this time, we do not have head protection available for rental.

On Ice Safety:

1. Ice is slippery, please don't run on it! We've been working on this scientific theory, but please don't help us verify it!
2. Curling rocks weigh 44lbs, NEVER ever pick them up! Even when dropped just 6 inches they will seriously damage the ice surface... or worse, your foot!
3. When throwing, ensure everyone up the sheet from you is aware. Don't throw rocks at people who aren't looking!
4. You're warm. The ice isn't. Please don't melt our ice with your hands, knees or butt. Butt prints are bad for ice performance ;)
5. Lastly, please never stop a rock using your hands. Use a broom or deflect/catch the rock with your foot.

Informed Consent and Assumption of Risk Agreement (To be used for Participants Under the Age of Majority.)

WARNING! By signing this document you will waive certain legal rights. Please read carefully.

Name of Participant: _____ Age: _____

1. This is a binding legal agreement; therefore clarify any questions or concerns before signing. As a Participant in the sport of curling and the programs, activities and events of Delta Thistle Curling Club, the undersigned, being the Participant and/or the Parent/Guardian of the Participant (collectively the "Parties") acknowledges and agrees to the following terms:

2. The Delta Thistle Curling Club and its directors, officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facility and representatives (collectively the "Organization") are not responsible for any injury, property damage, expense, loss of income, damage, personal injury, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, any program, activity or event of the Organization, caused by the risks, dangers and hazards associated with the programs, activities and events of the Organization.

3. Description of Risks: The Participant is participating voluntarily in the sport of curling and the activities, events and programs of the Organization. In consideration of my participation in the sport of curling and the programs, activities and events of the Organization, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards associated with or related to the sport of curling and the programs, activities and events of the Organization and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to, injuries from:

- | | |
|---------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| a) Being struck by a broom, brush or curling stone; | k) Stepping onto the ice surface from the walkway or onto the walkway from the ice surface; |
| b) Physical exertion, movements, turns and stops; | l) Stepping over dividers of ice sheets from the next; |
| c) Dry-land training including weights, running & massage; d) Strenuous & demanding physical techniques in curling; | m) Strenuous cardiovascular workouts; |
| e) Exerting and stretching various muscle groups; | n) Failure to participate within one's abilities; |
| f) Falling because of slippery ice, irregular ice surfaces; | o) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment; |
| g) Falling while delivering the stone, standing or sweeping; | p) Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's programs, activities and events; and/or |
| h) Physical contact with other participants, spectators, equipment and vehicles; | q) Weather conditions which may result in hypothermia. |
| i) Running or sliding on the ice surface; | |
| j) Spinal cord injuries which may render me permanently paralyzed; | |

4. Furthermore, I am aware that:

- a) Injuries sustained in curling can be severe;
- b) The Participant may come into close contact with other participants, including the possibility of accidental contact;
- c) The Participant may experience anxiety while challenging myself during the activities, events and programs;
- d) The Participant's risk of injury is reduced if I follow all rules established for participation; and
- e) The Participant's risk of injury increases as I become fatigued.

5. Assumption of Risk: In consideration of the Organization allowing the Participant to participate, the Parties agree:

- a) That the Participant's physical condition has been verified by a medical doctor to participant in the sport of curling and the activities, events and programs of the Organization,
- b) To freely accept and fully assume all such risks, dangers and hazards and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in such activities, events and programs of the Organization;
- c) To forever release and save harmless the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, incidental, special and/or consequential), losses (economic and non-economic), judgments, executions and costs (including legal fees), which I may have or may in the future, that might arise out of the Participant's participation in the activities, events and programs of the Organization or my travelling to or from, due to the risks and hazards described herein.

6. Likeness Release: I release Delta Thistle from any claims that may arise regarding the use of The Participants image/likeness, including any claims of defamation, invasion of privacy, or infringement of moral rights, rights of publicity, or copyright.

7. Acknowledgment The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this agreement is to be binding upon themselves, their heirs, executors & administrators.

Name of Participant: _____ Signature: _____ Date of Birth: _____

Parent or Guardian: _____ Signature: _____ Date: _____

Emergency Contact Phone # _____ Email (Optional): _____