

**IT IS MANDATORY TO READ AND SIGN IN BEFORE
PARTICIPATING IN ANY ACTIVITIES!**

RELEASE, INDEMNIFICATION AND ASSUMPTION OF RISK AGREEMENT

In consideration of being allowed to participate in any way in the skating/snowshoeing activities (hereinafter referred to as the "Activities"), at COUNTRYSIDE ADVENTURES (site located at 16495, Sixth Rd, Moose Creek, Ontario K0C 1W0, hereinafter referred to as the "Facilities") and for other valuable consideration, the receipt of which is hereby acknowledged, the undersigned participant acknowledges, appreciates and agrees that:

1. The risk of injury from the Activities while on the Facilities is significant, including, without limiting the general nature of the foregoing, the potential for broken limbs, permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of COUNTRYSIDE ADVENTURES, their officers, officials, owners, partners, agents and/or employees, heirs, executors, administrators, assigns, next of kin, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable owners and lessors of premises/Facilities used to conduct the Activities (hereinafter referred to as the "Releasees") or others, and assume full responsibility for my participation in the Activities; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation as the rules posted. If however, I observe any unusual significant hazard during my presence or participation in the Activities, I will remove myself from participation and bring such to the attention of the nearest employee and/or representative of COUNTRYSIDE ADVENTURES immediately; and,
4. I further state that I am in proper physical condition to participate in the Activities and am aware that participation could, in some circumstance, result in physical injury.
5. Equipment :
 - I am furnishing my own equipment and I understand that I am responsible for its safety and good operating condition.OR
 - I am renting the equipment from COUNTRYSIDE ADVENTURES and I further agree to assume full financial liability for any damages to the equipment and/or the facilities or the loss of such equipment.
6. I hereby release, waive and forever discharge the Releasees from all claims, demands, damages, costs, expenses, actions and cause of action, whether in law or equity, in respect of death, injury, loss or damages to my person or property howsoever caused, arising or to arise by reason of my participation in the Activities, whether as a spectator or participant by the negligence of the Releasees and/or of others.
7. I further hereby undertake to hold and save harmless and agree to indemnify the Releasees from any and all liability incurred by any or all of them arising as a result of, or in any way
8. connected with my participation in the Activities on the Facilities.

I HAVE READ THIS SIGN, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

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Name

Signature

Date