

PERMISSION AGREEMENT, RELEASE AND WAIVER OF LIABILITY

4-H Skiing, Snowboarding, Sledding, Ice skating and Other Winter Recreation Activities

You have asked to participate in a 4-H skiing, snowboarding, sledding, ice skating or other winter recreation activity. All winter recreation activities involve risks, and it is important for you to have information about your selected activity. This Permission Agreement and Release and Waiver of Liability must be read carefully and signed by each participant and the parent or legal guardian if the participant is under age 18.

PLEASE READ THIS AGREEMENT CAREFULLY. IT IS A LEGAL CONTRACT AND AFFECTS ANY RIGHTS YOU MAY HAVE IF YOU ARE INJURED OR OTHERWISE SUFFER DAMAGES WHILE PARTICIPATING IN A 4-H SKIING, SNOWBOARDING, SLEDDING, ICE SKATING OR OTHER WINTER RECREATION ACTIVITY.

In consideration of Iowa State University Extension 4-H allowing me to participate in the 4-H Skiing, Snowboarding, Sledding, Ice skating and other Winter Recreation Activities at _____ on _____ I understand and agree to the following:

Nature of Winter Recreation Activities: Winter recreation activities are strenuous and require educational information about the necessary skills involved before the activity can occur in the safest manner possible. Skiing, snowboarding, sledding, ice skating and other winter recreation activities can be dangerous. Fundamental knowledge of the activity and knowing your limitations when participating in winter recreation activities are essential to preventing injury.

Inherent Risks and Dangers of Winter Recreation Activities: I understand that there are inherent risks and dangers involved when participating in winter recreation activities. In addition to the risks inherent when participating in any physical activity, winter recreation activities may include, but are not limited to, hazards such as human error, collision with hazards on the ski slope (light poles, fences, other participants, etc.), physical effects of weather conditions (hypothermia, frostbite, sunburn, etc.), slippery or wet surfaces, and dehydration. Injuries may include, but are not limited to; fractured bones, muscle strains, head injuries and most often occur from falls, collisions, fatigue, poor technique, loss of control or equipment failure. **I understand that these risks and dangers could result in property damage and personal injury, including death, and I agree to accept all risks associated with the recreation activities whether present or future, known or unknown, arising from, or as a result of my voluntary participation in the winter recreation activities.**

Health Condition and Safety of the Participant: Participants must be healthy and reasonably fit to safely participate in winter recreation activities. Participants in skiing, snowboarding, sledding, ice skating and other winter recreation activities are responsible for their own physical conditioning prior to the activity. By signing this Permission Agreement, you agree that the participant has the physical fitness and ability to participate safely in the winter recreation activity and that you are not aware of any disease or injury that would be aggravated or result in the participant being incapacitated or injured during participation. The participant must participate in the winter recreation activity within his or her appropriate ability and skill level.

Additionally, the participant should:

- Inform the club leader of any medication, ailment, condition or injury that may affect your performance in the activity.
- Obtain and use proper equipment. When renting equipment, allow venue staff to ensure participants are getting the appropriate equipment, as well as having the equipment adjusted for purposes of safety and proper performance.
- Drink plenty of water to avoid becoming dehydrated.
- Observe the weather conditions. There is additional risk with extremely low temperatures. Dress in layers and dress appropriately for weather conditions. Layering allows you to accommodate your body's constantly changing temperature.
- Consider wearing the recommended eye protection such as sunglasses or goggles (due to sun reflecting off the snow even on cloudy days). Especially when skiing and snowboarding, other safety equipment is encouraged to be used as an aid for preventing injury (e.g., helmet, elbow or knee pads, wrist guards, hip pads, etc.).
- Learn to ski and snowboard smoothly and in control; learn how to fall to prevent injury and to stop before becoming fatigued.
- Notify the club leader if the participant is inexperienced in the activities, specifically skiing and snowboarding. Inexperienced participants should seek out lessons or guidance from a qualified instructor upon arrival at the winter recreation area. The cost of the instruction is the responsibility of the participant and cost for this service should be considered prior to the trip.

The participant will read and follow all rules and regulations specified by Iowa State University Extension 4-H staff for safely participating in the 4-H Skiing, Snowboarding, Sledding, Ice skating and other Winter Recreation Activities. If the participant violates any of the rules and regulations, his or her participation in these activities may be terminated.

PLEASE COMPLETE BOTH SIDES OF THIS DOCUMENT

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Participant Name: (print) _____
Participant Age: _____
Parent Name: (if participant is under 18) _____
Club Name: _____
Location of Activity: _____
Date of Activity: _____

Release and Waiver of Liability

This 4-H Skiing, Snowboarding, Sledding, Ice skating and other Winter Activities Agreement and Release and Waiver of Liability shall be governed by and construed under the laws of the State of Iowa, which shall be the forum for any lawsuits arising from or incident to this Agreement.

I, _____ (participant or parent or guardian if participant is under age 18) hereby RELEASE FROM LIABILITY, WAIVE, DISCHARGE AND COVENANT NOT TO SUE Extension 4-H, Iowa State University, the Board of Regents - State of Iowa, and the State of Iowa and any of the officers, servants, agents and employees of the above-mentioned entities (hereinafter referred to as RELEASEES) for any liability, claim and/or cause of action arising out of or related to any loss, damage or injury, including death, that occurs as a result of my voluntary participation in the above-described activities.

I agree to INDEMNIFY and HOLD HARMLESS the RELEASEES whether injury is caused by my negligence, the negligence of the RELEASEES or the negligence of any third party. I further agree that this Release and Waiver of Liability shall bind the members of my family and spouse, if I am alive, and my heirs, assigns and personal representatives, if I am deceased, and shall be deemed as a RELEASE, WAIVER, DISCHARGE AND COVENANT NOT TO SUE the above-named RELEASEES. I hereby further agree that this Release and Waiver of Liability shall be construed in accordance with the laws of the State of Iowa.

BY SIGNING THIS RELEASE AND WAIVER OF LIABILITY, I STATE THAT I HAVE READ AND UNDERSTAND THE CONDITIONS SET FORTH IN THIS RELEASE AND THAT I AGREE TO ALL CONDITIONS SET FORTH HEREIN, AND THAT I SIGN THIS VOLUNTARILY.

_____ Date
_____ Participant Name (please print)
_____ Participant Signature
_____ Signature of Parent or Guardian (if Participant is under age 18)

NOTE: This Agreement and Release and Waiver of Liability must be signed by both the participant and the participant's legal guardian if the participant is not EIGHTEEN (18) YEARS OLD. I also understand all of the risks involved when participating in these winter recreation activities, and I hereby elect to allow my child to voluntarily participate.