

**THIS IS A RELEASE OF LIABILITY
READ BEFORE SIGNING**

In consideration of being allowed to participate in any way in the Upper Ottawa Valley High School Athletic Association's (UOVHSAA) or Eastern Ontario Secondary School Athletic Association's (EOSSAA) athletic/sports events and activities, I and my child (the undersigned's), acknowledge, appreciate, and agree that:

1. The risk of injury from activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular rules, equipment, and personal discipline may reduce risk, of serious injury does exist; and,
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, and assume full responsibility for my/my child's participation: and,
3. I willingly agree to comply with the stated and customary terms and conditions for such participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself/my child from participation and bring such to the attention of the nearest official immediately; and,
4. I HEREBY RELEASE AND HOLD HARMLESS THE UPPER OTTAWA VALLEY HIGH SCHOOL ATHLETIC ASSOCIATION (UOVHSAA) AND THE EASTERN ONTARIO SECONDARY SCHOOL ATHLETIC ASSOCIATION (EOSSAA), their officers, convenors, officials, agents and/or employees. Sponsoring agencies, sponsors and advertisers ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property.

I AGREE AND UNDERSTAND THAT I HAVE JUST ENTERED INTO A RELEASE AND HOLD HARMLESS AGREEMENT AND FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I MAY HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Participant's Name

Participant's Signature

Parent/Guardian's Signature

Date Signed