

RUCKS ON PARADE



Assumption of Risk – Participant Waiver of Liability – Indemnification Agreement (READ BEFORE REGISTERING)

Rucks on Parade Monthly Ruck Challenge (hereafter referred to as **ROP**) is a monthly walking with weight challenge that welcomes athletes regardless of age or ability. ROP makes available monthly rucking challenges and activities that may be loosely categorized as a racing activity (such as 5k, mall walk, and volksmarch). Some of the many benefits the participant gains from competing in his or her chosen activity include physical fitness, fun & enjoyment, teamwork, opportunity to compete, better health, weight maintenance, social interaction, building friendships, and involvement in wholesome recreation. The required physical exertion ranges from mild to very strenuous, depending upon the activity and the motivation of the participant; the required skill level ranges from moderate to highly skilled, depending upon the activity; and the competitiveness of the activity ranges from moderate to highly competitive. Most fitness, skill, and competition levels can be accommodated.

While the many benefits of these activities are apparent, *ROP and its staff regard participant safety as a top priority* and feel it is important that the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN understand that there are risks inherent in all physical activity. ROP takes great care to reduce the risks associated with the many physical activities offered at the facility.

Nevertheless, regardless of the care taken to provide safe activities and to avoid injuries, some risks are inherent in the activity and cannot be totally eliminated without changing the nature of the activity. These risks are usually called **inherent risks**. It is impossible to list all of the inherent risks of a single sport. All the same, a number of common inherent risks (but by no means, all) that might be present in the sport / challenges offered. Some of these include: *heat-related illnesses* (e.g., heat stroke, heat exhaustion, heat cramps); *over-exertion*, (e.g., long runs, all-out effort, continuing after severe fatigue) *slips or falls due to imperfect surfaces* (e.g., wet spot on sidewalks, wet fields or track from rain, uneven bike path); *trips or falls* (e.g., slips on slick surfaces); and *other inherent risks* (e.g., *participant-related* [participant failure to adhere to posted rules or warnings; careless, erratic, or negligent acts by co-participants]; *facility/equipment-related* [e.g., unexpected equipment failure; unknown facility hazards or defects]; *personnel-related* [e.g., errors in judgment by ROP personnel, game officials, or volunteers -- including, but not limited to, misjudging participant abilities or fitness, misjudging weather conditions, failure to give adequate warnings or instructions, concentration lapses while supervising].

ROP feels that it is important that the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN understand that three types of injuries can occur. *Minor injuries* are the most common and include, but are not limited to, muscle soreness, headaches, sprains, abrasions, cuts, black eyes, blisters, and bruises. *Serious injuries* are less common, but can occur occasionally. They include, but are not limited to, broken bones, concussions, torn ligaments or cartilage, eye injuries, cuts, broken teeth, and internal injuries. *Catastrophic injuries* are very rare; but ROP feels that every ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN should be aware of the slight possibility. These infrequent injuries include permanent disability, brain injury, paralysis, blindness, and even death.

Assumption of Inherent Risks: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN assert that I have previously participated in the sport(s) for which I have registered to participate; I am familiar with the inherent risks associated with the sport(s); and I have been reminded of some of the minor and serious inherent risks by the preceding paragraphs. **I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, understand that all activities of ROP include inherent risks that cannot be totally eliminated** regardless of the care taken by ROP. I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, **1) know, 2) understand, and 3) and appreciate** the types of injuries inherent in ROP activities. I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, hereby assert that **participation is voluntary** and the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN **knowingly assume all inherent risks of the activity.**

Waiver of Liability for Ordinary Negligence of ROP: In consideration of permission to participate in ROP activities, today and on all future dates, **I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN**, on behalf of myself, my spouse, heirs, executors, administrators, personal or legal representatives, and assigns (hereafter referred to as the *Releasing Parties*) **do hereby waive, release, covenant not to sue and discharge ROP** [including the Rucks On Parade, corporate partners, directors, board members, officers, employees, volunteers, independent contractors, agents, equipment suppliers, and owners of all venues] (hereafter referred to as the *Protected Parties*) **from liability from any and all claims, demands, and actions of every name and nature including those arising from the ordinary negligence of the Protected Parties.**

This agreement applies to 1) personal injury (including death) from incidents or illnesses arising from participation in ROP activities including, but not limited to: recreational, practice, or competitive activity; events; organized or individual training and conditioning activities; as an observer or spectator; and individual use of all facilities. This applies to all facilities, fields, equipment, and all other venues or premises including the associated sidewalks and parking lots and to 2) any and all claims resulting from the damage to, loss of, or theft of property.

Indemnification: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, also **agree to hold harmless, defend, and indemnify ROP** (that is, defend and pay any judgment and costs, including investigation costs, attorney's fees, and related expenses) from **any and all claims** of *Releasing Parties* or others acting on my behalf, arising from participation in ROP Activities, (including those **arising from the inherent risks** of the activity or the **ordinary negligence** of *Protected Parties*).

I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, further agree to hold harmless, defend, and indemnify ROP against any and all claims of co-participants, rescuers, and others arising from the conduct of the participant in ROP activities.

Clarifying Clauses: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN confirm that:

1) This agreement **supersedes any and all previous oral or written promises or agreements**. I understand that this is the entire agreement between me and ROP and that it cannot be modified or changed in any way by representations or statements by any agent or employee of ROP.

2) The foregoing Assumption of Risk, Waiver of Liability, Indemnification Agreement, and Covenant Not to Sue is intended to be as broad and inclusive as is permitted by the laws of the State of Michigan and that **if any portion thereof is held invalid**, it is agreed that the balance shall continue in full legal force and effect.

3) If legal action is brought, either the state court for Kent County, Michigan, or the United States District Court for the Western District of Michigan has the **sole and exclusive jurisdiction** and that only the substantive laws of the State of Michigan shall apply.

Acknowledgements to Promote Participant Safety: These affirmations aid ROP in providing for the health and safety of the participant.

Health Status. The participant affirms that he or she: Possesses no health problems or physical disabilities that would make participation unwise or risk injury; Understands that ROP advises all participants to seek medical clearance prior to participation; Understands that it is his or her duty to inform staff and cease exercise immediately if there is any unusual discomfort (e.g., faintness, shortness of breath, high anxiety, chest pains) during participation; Acknowledges that he/she is aware of Concussion Awareness Law (Public Act 342 & 343 of 2012) and understands that information is available at www.michigan.gov/mdhhs; Acknowledges that he/she is aware of the Concussion Awareness Law (Public Act 342 & 343 of 2012) by the MSGOM and was provided sufficient information regarding concussion safety; Possesses sufficient skills, experience in the activity, coordination, and fitness to safely participate.

Medical Care. The participant affirms that he or she: Authorizes the use of first aid by ROP authorities if ROP deem it is needed; Authorizes the use of CPR and/or an AED if ROP authorities deem it is needed; Authorizes ROP to secure emergency medical care and transport if deemed necessary; Agrees to assume all cost of emergency care and transportation.

Rules and Safety. The participant affirms that he or she agrees; To report all injuries (even minor injuries) so that ROP may make a record of the injury; To wear all recommended safety gear during participation; To follow all rules of the activity and of ROP; To inform ROP of any conduct or condition that creates a hazard for participants or others – and will immediately discontinue further participation in said activity; That ROP has authority to halt my participation if it endangers the participant or others.

Photo/Video Release. The participant affirms; That ROP has permission to take photos and videos of him or her during the event and from social media and may use such for promotion, advertising, and marketing the Rucks On Parade.

Acknowledgment of Understanding: I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, **have read and understand this Agreement**. I understand that I am **giving up substantial rights**, including the right of both the participant and the parent or guardian to sue for damages in the event of death, injury or loss. I, the ADULT PARTICIPANT OR MINOR PARTICIPANT & PARENT/GUARDIAN, acknowledge that I am voluntarily signing this agreement, and **intend my signature to be a complete release of all liability, including that due to inherent risks or the ordinary negligence by the Protected Parties**, to the greatest extent allowed by law of the State of Michigan. *Further, I, the Parent/Guardian, assert that I have explained the risks of the activity to my minor son or daughter and that he or she understands this Agreement.*