

New Year's Day Dip 2020 – Christchurch Life Saving Club

LIABILITY RELEASE AND ASSUMPTION OF RISK

PLEASE READ CAREFULLY BEFORE SIGNING

In consideration of being allowed to participate in the 2020 New Year's Dip on Friars Cliff Beach Christchurch, I hereby personally assume all risks of this experience, whether foreseen or unforeseen, that may befall me while I am a participant in this experience.

I also understand that swimming is a physically strenuous activity and that I will be exerting myself during this experience and that if I am injured as a result of heart attack, hyperventilation, drowning or any other cause, that I assume the risk of said injuries and that I will not hold the released parties responsible for the same.

I declare that I am in good mental and physical fitness for swimming in cold water temperatures, and that I am not under the influence of alcohol, nor am I under the influence of any drugs that are contradictory to entering cold water temperatures. If I am taking medication, I declare that I have seen a physician and have approval to enter cold water temperatures while under the influence of the medication/drugs.

I further release, exempt and hold harmless said experience and Released Parties from any claim or lawsuits by me, my family, estate, heirs, or assigns, arising out of my participation in this experience, including both claims arising during the experience or after I complete the experience.

I further declare that I am of lawful age and legally competent to sign this liability release, or that I have acquired the written consent of my parent or guardian.

I understand the terms herein are contractual and not a mere recital and that I have signed this document of my own free act and with the knowledge that I hereby agree to waive my legal rights. I further agree if any provision of this Agreement is found to be unenforceable or invalid, that provision shall be severed from this Agreement.

The remainder of this Agreement will then be construed as though the unenforceable provision and had never been herein.

Participant Signature

**Parent or Guardian Signature
(If under 18)**

Date of Signature