

**ACKNOWLEDGMENT AND ASSUMPTION OF RISK AND RELEASE**

I, \_\_\_\_\_ (skier/rider), know that snowboarding and alpine, nordic, jumping, and freestyle skiing are action sports carrying significant risk of serious personal injury, death, or property damage. I also know that there are natural, mechanical, and environmental conditions and risks that independently or in combination with my activities may cause property damage, or severe, or even fatal, injuries to myself or others.

I, agree that I alone am responsible for: (a) my safety while participating in recreational programs, competitive events and/or training for competitive events and (b) providing, utilizing, and maintaining the equipment necessary for the safe enjoyment of my participation in such programs and/or events and specifically acknowledge that the following persons or entities including **Ford Sayre Memorial Ski Council, Inc.** and the **Trustees of Dartmouth College**, the organizers, the promoter clubs, the officials and any agent, representative, officer, director, employee, member or affiliate of any person or entity named above are not responsible for my safety. I specifically RELEASE and DISCHARGE, in advance, the above references persons and entities from any liability whether, known, or unknown, even that liability that may arise out of negligence or carelessness on the part of said persons or entities mentioned above. I agree to accept all responsibility for the risks, conditions, and hazards that may occur whether said risks, conditions, and hazards now be known or unknown.

Being fully aware of the risks, conditions, and hazards of the proposed activity as a participant, instructor, competitor, coach, volunteer or official, I HEREBY AGREE TO WAIVE, RELEASE AND DISCHARGE any and all claims for damages for death, personal injury, or property damage which I may have or which may hereafter accrue to me as a result of any participation in recreational programs, competitive events, or training for competitive events, against any person or entity identified above whether such injury or damage was foreseeable or not, including any such claims regarding the design or condition of any equipment utilized by me in such recreational programs, competitive events, or training for such events, without regard to whether such equipment is provided, specified or recommended by such persons or entities identified above.

I further agree to forever HOLD HARMLESS AND INDEMNIFY all persons and entities identified above, generally and specifically, from any and all liability for death, personal injury or property damage resulting in any way from my participating in recreational programs, competitive events or training for competitive events.

I currently have, and I agree to maintain valid and sufficient medical and accident insurance throughout the time that I participate, train, compete, instruct, coach, volunteer and/or officiate. I understand that this is my sole responsibility and release all persons and entities identified above from providing said coverage for me.

I agree that I will accept and abide by the rules and regulations of **Ford Sayre Memorial Ski Council, Inc.** and the **Trustees of Dartmouth College**, and any other rules or regulations imposed by the organizers of any particular competition. This Acknowledgment and Assumption of Risk and Release shall be binding upon my heirs and assigns.

**Date:** \_\_\_\_\_ **Participant's Signature:** \_\_\_\_\_

By signing this Acknowledgment of Risk and Release as Parent/Guardian, I am consenting to the Participant's participation in recreational skiing and snowboarding and competitive skiing and training and acknowledge that I understand that any and all risk, whether known or unknown, is expressly assumed by me and all claims, whether known or unknown, are expressly waived in advance.

**Date:** \_\_\_\_\_ **Signature of Parent/Guardian:** \_\_\_\_\_  
**if participant is under 18 years old**

**Date:** \_\_\_\_\_ **Witness:** \_\_\_\_\_