

## **PENGUIN PLUNGE LIABILITY WAIVER**

PLEASE READ CAREFULLY BEFORE SIGNING ACKNOWLEDGMENT, WAIVER AND RELEASE FROM LIABILITY (AWRL)

I acknowledge that exposure to cold water is an extreme test of a person's physical and mental limits and carries with it the potential for death and serious injury. I understand that the Penguin Plunge emphasizes using the buddy system when entering the water. I HEREBY ASSUME THE RISKS OF PARTICIPATING IN THE PENGUIN PLUNGE and I certify that I am physically fit and have not been advised against participation by a qualified health professional. In consideration for allowing me to participate in the PENGUIN PLUNGE, I hereby accept the risk associated with the PENGUIN PLUNGE for myself, my executors, administrators, heirs, next of kin, successors and assigns, or anyone else who might claim or sue on my behalf. I WAIVE, RELEASE, AND DISCHARGE from any and all claims, losses, or liabilities for death, personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damage of any kind, including economic losses, which may in the future arise out of or relate to my participation in or my traveling to and from the PENGUIN PLUNGE. I also ASSUME ANY AND ALL OTHER RISKS associated with participating in the PENGUIN PLUNGE including but not limited to falls, contact and/or effects with other participants, effects of weather including hypothermia/frostbite, water and beach hazards, marine life, contact with other swimmers or boats, and any hazard that may be posed by spectators or volunteers. All such risks being known and appreciated by me, and I further acknowledge that these risks include risks that may be the result of the negligence of the board of directors, volunteers, liaisons, sponsors, persons or entities associated with the PENGUIN PLUNGE. I AGREE NOT TO SUE any of the persons or entities mentioned above for any of the claims, losses, or liabilities that I have waived, released, or discharged herein. I GRANT PERMISSION for the use of my name and/or likeness relating to my participation in the PENGUIN PLUNGE, and I WAIVE all right to any future compensation to which I may otherwise be entitled as a result of the use of my name or likeness.

I HEREBY AFFIRM THAT I AM EIGHTEEN (18) YEARS OF AGE OR OLDER. I HAVE READ THIS DOCUMENT AND I UNDERSTAND ITS CONTENTS. \*For persons under 18 years of age, a parent or legal guardian must sign beneath your name.