



# The Valley Shore YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WAIVER AND RELEASE OF LIABILITY FOR GROUP BICYCLE RIDES AND GROUP RUNS

### Participant Agreement, Release and Acknowledgment of Risk:

I hereby acknowledge that I have voluntarily chosen to participate in group bicycle rides, group swims (including off site open water swims), and group runs (the "Activities") organized by the Valley Shore YMCA and its volunteers on my own free will.

### Assumption of Risk:

I understand and acknowledge that the Activities involve inherent risks and dangers that may result in injury or harm to me, including bodily injury, disease, strains, fractures, partial and/or total paralysis, death, or other ailments that could cause serious disability. These risks and dangers may arise from my own actions, inactions, or negligence, as well as from the actions, inactions, or negligence of others, or the condition of the premises or any equipment used. I understand that these risks and dangers may arise from foreseeable or unforeseeable causes. I hereby assume all risks and dangers and all responsibility for any losses and/or damages, whether caused in whole or in part by the negligence or other conduct of the organizers, employees, volunteers, or agents of the Valley Shore YMCA, or by any other person.

### Release of Liability:

In consideration of being permitted to participate in the Activities, I, on behalf of myself, my family, heirs, and personal representatives, hereby agree to release, waive, discharge, and covenant not to sue the Valley Shore YMCA, its directors, officers, employees, volunteers, and agents (collectively, the "Releasees") from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, while participating in such activity, or while in, on or upon the premises where the Activities are being conducted.

### Indemnification:

I also agree to indemnify and hold harmless the Releasees from any loss, liability, damage, or costs, including court costs and attorney's fees, that they may incur due to my participation in the Activities, whether caused by negligence of the Releasees or otherwise.

### Acknowledgment of Understanding:

I have read this waiver and release of liability and fully understand its terms. I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Name of Participant: \_\_\_\_\_

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_