

# **ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY and CODE OF CONDUCT**

## **PART 1 – Code of Conduct**

### **ST. MARGARET’S BAY STORM LACROSSE ASSOC. CODE OF CONDUCT**

#### **PARENT/GUARDIAN**

1. I will teach my child that doing one’s best is as important as winning, so that he/she will not feel defeated at the outcome of a game.
  2. I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
  3. I will praise my child for trying hard and competing fairly and thus make my child feel like a winner every time.
  4. I will never ridicule or yell at my child, other players, coaches or officials. I will cheer all good plays and avoid booing opponents.
  5. I will respect and show appreciation to the volunteer coaches and officials who give their time to my child.
  6. I will remember that the players are amateurs that cannot be judged by the standard of a professional lacrosse team.
  7. I will respect all officials and their decisions. This is because I understand that all officials do their utmost to, be impartial, provide a safe and suitable playing framework and see that the game is well played.
  8. I will not question the official’s bias or judgment in public.
  9. I will show respect for my team’s opponents, because without them there would be no game
  10. I will not use profanity, nor will I harass players, coaches, officials or other spectators.
  11. I will remember that my child plays lacrosse for his/her enjoyment and not mine.
  12. I will not force my child to participate in lacrosse.
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#### **PLAYER (Participant)**

1. I will always follow the basic rules of Fair Play. I will respect the rules of the game, my opponents and the officials and their decisions. Everyone on the bench will participate and I personally will maintain my self-control at all times.
2. On game day, all players shall be in the dressing room at least 30 minutes prior to game time. Players shall be fully dressed and ready to go at least 15 minutes prior to game time. This period will be necessary to discuss team strategies and game plans. If you require more time to dress, come earlier.
3. On practice day, players shall be in the dressing room at least 20 minutes prior to practice start time.
4. Players shall participate in every game and every practice except for illness, injury or school events. If a player must miss a game or practice, he/she must contact the team manager or coach as soon as possible.
5. School shall take precedence over Lacrosse.
6. Foul language towards anyone, be it team-mates; coaches; officials; opponents or spectators, will not be tolerated.
7. Players shall not be critical of team-mates and never discuss team-mates abilities except to encourage good team play.
8. Hot-dogging will not be tolerated.
9. Players are responsible for their own equipment and thus they must ensure that it is complete, safe, and in good condition at all times.
10. Each player shall use his/her own water bottle.
11. Lacrosse is a team sport. I am on a team and I will be a team player.
12. Winning isn’t everything. Doing my best in all games and practices is everything.
13. I will respect all my team-mates and my competitors.
14. If I score a goal I will thank my line-mates for helping me score the goal. If we get scored on when I am on the floor, I will encourage my goalie and try harder to help him next time.
15. I will always listen to my coach’s instructions.
16. Players shall conduct themselves in a dignified manner at all times, especially on “the road”. Each player represents the game of lacrosse, the lacrosse association and their team.

**End of Part 1**

**PART 2 - For Participants Over the Age of Majority** in the Province or Territory in which the Athletic Activities are Provided by the Organization

**ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY**

**WARNING: THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, READ IT CAREFULLY!**

**The Prospective Participant MUST Read and Understand this Waiver Before Participating in Athletic Activities**

The following waiver of all claims, release from all liability, assumption of all risks and other terms of this agreement are entered into by me (the "Participant") with and for the benefit of St. Margaret's Bay Storm Lacrosse Association, its directors, officers, employees, volunteers, coaches, officials, business operators, agents and site property owners or Occupiers (the "Organization"). Occupiers is defined in accordance with the definition of Occupiers contained in the Occupiers Liability legislation applicable to the Province or Territory in which the Athletic Activities are provided by the Organization. Canadian Lacrosse Association/Lacrosse Nova Scotia/Metro Minor Lacrosse League are the governing agents of the Organization and are responsible for the enforcement of the rules of play, discipline, conduct, certification and administrative policies.

1. "Athletic Activities" includes but is not limited to contact and non-contact sports, fitness activities, personal training instruction and activities, use of facilities, and fitness programs and services provided to the Participant by the Organization.
2. I am aware that there are inherent and significant risks ("Risks") associated with the participation in Athletic Activities. I am aware that those Risks include but are not limited to the potential for serious personal injury caused by any event or any condition of the facility or equipment where Athletic Activities are provided by the Organization, and health risks such as transient light-headedness, fainting, abnormal blood pressure, chest discomfort, muscle cramps or soreness, and nausea. I understand the Risks are relative to my own state of fitness and health (physical, mental and emotional), and to the awareness, care and skill with which I conduct myself while participating in Athletic Activities.
3. I freely accept and fully assume all responsibility for all Risks and possibilities of personal injury, death, property damage or loss resulting from my participation in Athletic Activities. I agree that although the Organization has taken steps to reduce the Risks and increase safety of the Athletic Activities, it is not possible for the Organization to make the Athletic Activities completely safe. I accept those Risks and agree to the terms of this waiver even if the Organization is found to be negligent or in breach of any duty of care or any obligation to me in my participation in Athletic Activities.
4. I acknowledge my obligation to immediately inform the nearest employee or others of the Organization if I feel any pain, discomfort, fatigue, or other symptoms that I may suffer during and immediately after my participation in Athletic Activities. I understand I may stop participation at any time, and I may be requested to stop by an employee or others of the Organization who observes any symptoms of distress or abnormal response.
5. I confirm that I have reached the age of majority in the province or territory in which I am participating in Athletic Activities.
6. In addition to consideration given to the Organization for my participation in Athletic Activities, I and my heirs, next of kin, executors, administrators and assigns (collectively my "Legal Representatives"), agree:
  - a. to waive all claims that I have or may have in the future against the Organization;
  - b. to release and forever discharge the Organization from all liability for all personal injury, death, property damage, or loss resulting from my participation in the Fitness Activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error of judgment of the Organizations; and
  - c. to be liable for and to hold harmless and indemnify the Organization from all actions, proceedings, claim, damages, costs demands including court costs and costs on a solicitor and own client basis, and liabilities of whatsoever nature of any kind arising out of or in any way connected with my participation in Athletic Activities.
7. I agree that this waiver and all terms contained within are governed exclusively by the laws of the Province or Territory of Canada in which the Athletic Activities are provided to me by the Organization. I hereby irrevocably submit to the exclusive jurisdiction of the courts of that Province or Territory. Any litigation to enforce this waiver must be instituted in the Province or Territory in which the Athletic Activities are provided by the Organization.
8. I confirm that I have had sufficient time to read and understand each term in this waiver in its entirety, and have agreed to the terms freely and voluntarily. I understand that this waiver is binding on my Legal Representatives and myself.

**End of Part 2**

Participants over the Age of Majority (18 and over) may sign the "Signature of Parent/Guardian:X" on the Registration Form which confirms that the Participant has read and both understands and agrees with the above statements in both **Part 1** and **Part 2** as well as the other consents, rules, regulations, rulings and decisions identified on the Registration Form.

**PART 3 - For Participants Under the Age of Majority** in the Province or Territory in which the Athletic Activities are Provided by the Organization

**ACKNOWLEDGEMENT OF RISK AND RELEASE OF LIABILITY**

**WARNING: THIS AGREEMENT WILL AFFECT YOUR LEGAL RIGHTS, READ IT CAREFULLY!**

**The Parent/Guardian MUST Read and Understand this Waiver Prior to the Minor Participating in Athletic Activities**

The following waiver of all claims, release from all liability, assumption of all risks and other terms of this agreement are entered into by me on behalf of the Minor Participant (the “Minor”) with and for the benefit of St. Margaret’s Bay Storm Lacrosse Association, its directors, officers, employees, volunteers, coaches, officials, business operators, agents and site property owners or Occupiers (the “Organization”). Occupiers is defined in accordance with the definition of Occupiers contained in the Occupiers Liability legislation applicable to the Province or Territory in which the Athletic Activities are provided by the Organization. Canadian Lacrosse Association/Lacrosse Nova Scotia/Metro Minor Lacrosse League are the governing agents of the Organization and are responsible for the enforcement of the rules of play, discipline, conduct, certification and administrative policies.

1. I am the Parent/Guardian of the Minor and am executing this waiver on behalf of the Minor in my capacity as Parent/Guardian and with the intent that this waiver be binding on myself and the Minor for all legal purposes.
2. “Athletic Activities” includes but is not limited to contact and non-contact sports, fitness activities, personal training instruction and activities, use of facilities, and fitness programs and services provided to the Minor by the Organization.
3. I am aware that there are inherent and significant risks (“Risks”) associated with the participation in Athletic Activities. I am aware that those Risks include but are not limited to the potential for serious personal injury caused by any event or any condition of the facility or equipment where Athletic Activities are provided by the Organization, and health risks such as transient light-headedness, fainting, abnormal blood pressure, chest discomfort, muscle cramps or soreness, and nausea. I understand the Risks are relative to the Minors state of fitness and health (physical, mental and emotional), and to the awareness, care and skill with which the Minor conducts him or herself while participating in Athletic Activities.
4. I freely accept and fully assume all responsibility for all Risks and possibilities of personal injury, death, property damage or loss resulting from the Minor’s participation in Athletic Activities. I agree that although the Organization has taken steps to reduce the Risks and increase safety of the Athletic Activities, it is not possible for the Organization to make the Athletic Activities completely safe. I accept those Risks and agree to the terms of this waiver even if the Organization is found to be negligent or in breach of any duty of care or any obligation to me or the Minor in the Minor’s participation in Athletic Activities.
5. I acknowledge on behalf of the Minor the Minor’s obligation to immediately inform the nearest employee or others of the Organization if he or she feels any pain, discomfort, fatigue, or other symptoms that he or she may suffer during and immediately after his or her participation in Athletic Activities. I understand that the Minor may stop participation at any time, and he or she may be requested to stop by an employee or others of the Organization who observes any symptoms of distress or abnormal response.
6. In addition to consideration given to the Organization for the Minor’s participation in Athletic Activities, I and my heirs, next of kin, executors, administrators and assigns, as well as the Minor and his or her heirs, next of kin, executors, administrators and assigns (collectively our “Legal Representatives”), agree:
  - a. to waive all claims that I or the Minor have or may have in the future against the Organization;
  - b. to release and forever discharge the Organization from all liability for all personal injury, death, property damage, or loss resulting from the Minor’s participation in the Fitness Activities due to any cause, including but not limited to negligence (failure to use such care as a reasonably prudent and careful person would use under similar circumstances), breach of any duty imposed by law, breach of contract or mistake or error of judgment of the Organizations; and
  - c. to be liable for and to hold harmless and indemnify the Organization from all actions, proceedings, claim, damages, costs demands including court costs and costs on a solicitor and own client basis, and liabilities of whatsoever nature of any kind arising out of or in any way connected with the Minor’s participation in Athletic Activities.
7. I agree that this waiver and all terms contained within are governed exclusively by the laws of the Province or Territory of Canada in which the Athletic Activities are provided to me by the Organization. I hereby irrevocably submit to the exclusive jurisdiction of the courts of that Province or Territory. Any litigation to enforce this waiver must be instituted in the Province or Territory in which the Athletic Activities are provided by the Organization.
8. I confirm that I have had sufficient time to read and understand each term in this waiver in its entirety, and have agreed to the terms freely and voluntarily. I understand that this waiver is binding on myself as Parent/Guardian, the Minor and our Legal Representatives.

**End of Part 3**



Parent/Guardians may sign the “Signature of Parent/Guardian:X” on the Registration Form which confirms that the Parent/Guardian has read and both understands and agrees with the above statements in both **Part 1** and **Part 3** as well as the other consents, rules, regulations, rulings and decisions identified on the Registration Form and has reviewed the Code of Conduct with the Minor.