Release of Claims and Waiver of Liability (the "Release")

In consideration of Her Majesty the Queen, in Right of Canada, as Represented by Public Works and Government Services (hereinafter "PWGSC") permitting me (the "Participant") to use the sports field located on the lands of the office complex municipally known as Carling Campus, 3500 Carling Avenue, Ottawa, Ontario (hereinafter the "Sports Field"), I hereby freely and without duress, release, waive and discharge as against PWGSC, their respective servants, agents, employees, successors and assigns of each of the forgoing, (hereinafter jointly and severally called the "Released Parties"), all liability for or from any claim, recourse, proceeding and causes of action of any kind and nature whatsoever for damage, loss, death, bodily injury or personal injury, all of whatever nature or kind and regardless of whom, how or why it might occur, that I may sustain in connection with my use of the Sports Field.

I hereby assume all physical and legal risk associated with my use of the Sports Field. I am aware that my use of the Sports Field has inherent risks and may be hazardous (which includes, without limitation, the fact that Sports Field is not supervised and is not regulated). I hereby expressly accept and specifically assume all responsibility for the risk of injury or harm in my using the Sports Field and for any bodily or personal injury, death, property damage or loss resulting there from. I furthermore hereby agree to indemnify and save and hold harmless the Released Parties for any loss, liability, damage, expense, or cost that the Released Parties may incur through my actions or the actions of third parties, representatives or estates resulting from my use of Sports Field whether caused by the negligence or gross negligence of the Released Parties or otherwise. I also hereby waive against the Released Parties all recourse, proceedings, claims and causes of action of any kind and nature whatsoever, in respect of any bodily or personal injury, illness, death, property damage or loss which I may suffer, from or arising out of or connected with my use of the Sports Field, whether caused by the negligence, gross negligence, breach of contract or breach of any statutory or other duty of care, including without limitation, any duty of care owed under the Occupiers' Liability Act as amended or replaced from time to time, of the Released Parties or otherwise.

If I observe any potential hazard during my use of the Sports Field, I will leave the area and immediately notify PWGSC of the potential hazard. I acknowledge that smoking and consumption of alcoholic beverages of any kind is NOT permitted at the Sports Field and agrees to comply with this policy.

In signing this Release I acknowledge that I am not relying on any oral or written representations, statements or inducements made by the Released Parties apart from this Release. I confirm that I have read, understood and had full opportunity to seek independent legal advise with respect to the execution of this Release prior to signing it and agree that this Release will be binding upon my heirs, executors, estate trustees with or without a will, administrators, successors and assigns.

Signed this, 2	014
Participant's Team Name	
Participant's / Guardian Signature	Witness' Signature
Participant's Printed Name	Witness' Printed Name
Particinant's Telephone Number	

(If Participant is a minor, Guardian must sign but provide minor's printed name.)