Carleton College
Waiver of Liability, Assumption of Risk, and Indemnity Agreement

The following agreement must be read and signed by each participant wishing to participate in
Participate for Progress.

Representations: I wish to voluntarily participate in Participate for Progress (Event). I represent that I am in good health and in
proper physical condition to safely engage in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently
fit and healthy enough to participate in the Event. In the event of injury or illness during my participation in the Event, I authorize
Carleton and the Event Organizers to administer and/or secure medical treatment on my behalf, and I agree to accept responsibility for
the full expense of such medical care along with other related expenses such as ambulance transportation.

Assumption of Risk: I understand and acknowledge the physical and mental rigors associated with the Event and that accidents and
injuries commonly happen in the course of sporting events and physical exertion, often without fault on the part of the participants or
the Event Organizers. Such accidents may cause damage to or loss of personal property, physical injury or even death. By electing to
participate in the Event, I understand that I am accepting the risk of accidents and injuries that might arise out of my participation. I
understand that these risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others
participating in the Event, or the acts, inaction or negligence of the Released Parties defined below, and I voluntarily assume any and
all risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in the Event.

Insurance Coverage: I understand that Carleton does not undertake to provide health, accident, disability, hospitalization, personal
property, or other insurance to participants in the Event. I affirm that I have appropriate medical insurance in the event medical
attention is needed for me by reason of my participation in the Event.

Waiver of Liability: In consideration of being permitted to participate in the Event, I hereby release, discharge and agree to hold
harmless Carleton (including but not limited to the Event Organizers), Carleton’s trustees, officers, faculty members, employees,
agents, advisors or any one or more of them, or their executors, administrators, heirs or assigns (the “Released Parties”) from any and
all claims, demands, damages, costs, expenses, actions and causes of action, present or future, on account of injuries to my person or
property caused in whole or in part by the active or passive negligence of the Released Parties, arising out of or in connection with my
participation. I intend for this release and indemnity agreement to protect the Released Parties from any and all claims, demands,
damages, costs, expenses, actions and causes of action, present or future, of my executors, personal representatives, heirs and assigns,
or any other person or entity, on account of injuries to my person or property, including injuries resulting in my death. I also
recognize and agree that the Released Parties assume no responsibility for any liability, damage, or injury that I might sustain due to
the intentional or negligent acts or omissions of any other person participating in the Event.

Indemnification and Hold Harmless: In further consideration of my being permitted to participate in the Event, I, for myself and for
my executors, personal representatives, heirs and assigns, hereby assume full responsibility for the risks, foreseen or unforeseen, of
property damage, injuries, or death to myself or to others arising out of my participation. I agree to indemnify and hold harmless the
Released Parties from all claims, demands, damages, costs, expenses, actions and causes of action, present or future, including but not
limited to costs of medical treatment and reasonable attorneys’ fees, that may accrue to any person or entity as a result of any property
damage, injuries, or death, caused by me or arising out of my participation in the Event.

Severability: I expressly agree that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive
as is permitted by the law of the State of Minnesota and that if any of its provisions are held to be invalid, the balance shall,
notwithstanding, continue in full legal force and effect.

Acknowledgment of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully
understand its terms, and understand that I am giving up substantial rights, including my right to bring legal action or assert a claim
against Carleton. I acknowledge that by signing below, I am signing the agreement freely and voluntarily and affecting a complete and
unconditional release of all liability to the greatest extent allowed by law.

Printed Name of Participant: ________________________________ Age: _________________
Participant’s Signature: __________________________________________ Date: ____________

As the Parent and/or Legal Guardian to the minor identified above, I hereby accept and agree to all of the terms and
conditions of this Agreement in connection with the minor’s participation the Event.

Parent/Guardian Signature: ________________________________ Date: _________________