

Gilford Parks & Recreation Department  
2021 Adult Curling Program

Participant's Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail \_\_\_\_\_

Telephone # \_\_\_\_\_

In case of emergency, contact: Name \_\_\_\_\_

Telephone # \_\_\_\_\_

Please list any medical/health problems \_\_\_\_\_

**Program:** Thursday evenings through the winter of 2021  
6:30 – 7:30 p.m. at the Arthur A. Tilton, Gilford Ice Rink  
Cost: \$1/person/evening

By signing below, I am verifying that I am at least 18 years of age and do accept the assumed risk to participate in the Curling Program sponsored by the Gilford Parks and Recreation Department. I understand that my photo may be taken during the course of the program to be used for promotional purposes or to be displayed on the Parks and Recreation Department's website or facebook page. I understand that playing on an outdoor ice surface during the winter can take place in a variety of conditions that include but are not limited to; exposure to extreme cold, snow, sleet, rain and wind; and ice conditions that may be slippery, uneven, rough, and/or wet. I understand that curling requires physical exertion in cold temperatures with inherent risks that may result in death, hypothermia, heat stroke and injuries including but not limited to; paralysis, muscle pulls and strains, broken bones, sprains, cuts, scrapes and bruising. I also understand that participating in the curling program may subject me to exposure to the COVID-19 virus. I accept all risks inherent to said activity and do hereby release the Gilford Parks and Recreation Department, their staff and volunteers assisting with this program from any liability arising out of any injury which may occur during the normal course of the above mentioned program.

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date