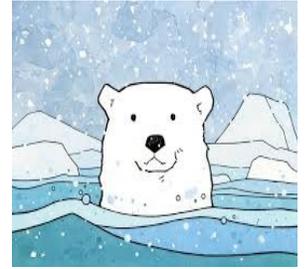


12th Annual Polar Plunge

New Year's Day

Bass River/Smugglers Beach at High Noon



Registration Waiver and Release of Liability

I fully understand that the Friends Of Yarmouth Council On Aging Polar Plunge event involves risks of serious bodily injury, including permanent disability, paralysis and death and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I and/or my minor child incur as a result of my and/ or my child's participation in the activity. Accordingly, I hereby waive any and all liability that may arise against said Friends Of Yarmouth Council On Aging, the Town of Yarmouth, its employees, agents and assigns. I grant full permission to use photographs of me and quotations from me in legitimate accounts and promotions for this event.

I HAVE CAREFULLY READ, CLEARLY UNDERSTAND, AND VOLUNTARILY SIGN THIS WAIVER AND RELEASE AGREEMENT.

Signature _____

Parent or Guardian Signature if under the age of 18

Print Name: _____

Address _____

City, State and Zip Code _____

Email address _____

Phone Number _____ Date _____

Thank you for participating in our "12th Annual Polar Plunge" and for your support of the Friends Of Yarmouth Council On Aging (FOYCOA)

HAPPY PLUNGING!!!