

East Carolina University  
Polar Bear Plunge  
January 23rd, 2020

**UNCONDITIONAL AND FULL GENERAL RELEASE AND COVENANT NOT TO SUE**

Name \_\_\_\_\_

Pirate ID \_\_\_\_\_

Banner ID B \_\_\_\_\_

This is to be read and signed by all participants in the East Carolina University's Polar Bear Plunge. PLEASE READ THIS CAREFULLY, IT AFFECTS CERTAIN RIGHTS YOU MAY HAVE IF YOU ARE INJURED OR OTHERWISE SUFFER DAMAGES PARTICIPATING IN THE POLAR BEAR PLUNGE.

In return for East Carolina University allowing me to participate in the Polar Bear Plunge and other good and valuable consideration, I agree, and state, on behalf of myself, my heirs, assigns, executors and others, as follows:

1. I am eighteen (18) years of age or older and am competent to read and sign this "Unconditional and Full General Release and Covenant Not To Sue."
2. I understand that I am participating in the Polar Bear Plunge freely and voluntarily and that the Polar Bear Plunge is not required by East Carolina University. I acknowledge that the University's decision to allow me to participate is a privilege. I understand that this privilege is a tangible benefit.
3. I am familiar with and will obey, any and all of the rules established for the Polar Bear Plunge.
4. I understand and appreciate the inherent risks and dangers of participating in the Polar Bear Plunge, which could result in property damage and personal injury including, but not limited to, sprains, strains, broken limbs, drowning, hypothermia, and death; and I agree to accept all risks whether present or future, known or unknown, arising from or as a result of my participation in this event.
5. I WILL HOLD HARMLESS AND INDEMNIFY EAST CAROLINA UNIVERSITY and its officials, administrators, employees and all sponsors and individuals assisting with the Polar Bear Plunge for any liability and all claims of damages, demands, and actions whatsoever in any manner resulting from my participation in this activity.
6. I agree to assume all risks and costs related to participating in the Polar Bear Plunge.
7. I understand I must be healthy and reasonably fit in order to safely participate in the Polar Bear Plunge and that I will inform the activity leader of any medication, ailment, condition, or injury that may affect performance; and
8. In the event that I am rendered unable to communicate due to illness, accident, or emergency while participating in Polar Bear Plunge, I hereby give permission to the Physician, selected by Polar Bear Plunge personnel, to hospitalize, secure proper treatment for, and to take whatever medical actions necessary to treat me.
9. For consideration received, I hereby release and discharge ECU from any and all claims and demands arising out of or in connection with the use of my photograph, name, likeness or voice, including without limitation any and all claims for libel or invasion of privacy. This release shall be binding upon me, my heirs, legal representatives, and assigns.

By signing this form, I STATE THAT I HAVE READ, UNDERSTAND AND AGREE TO ALL CONDITIONS SET FORTH HEREIN, AND THAT I SIGN THIS VOLUNTARILY.

Participant Signature \_\_\_\_\_ Date \_\_\_\_\_

Full Name (Printed) \_\_\_\_\_