PARTICIPANT WAIVER, RELEASE OF LIABILITY, AND ASSUMPTION OF RISK AGREEMENT

PLEASE READ CAREFULLY BEFORE SIGNING

This document affects your legal rights.

1. Acknowledgment of Activity and Eligibility

I, the undersigned, acknowledge that I am voluntarily choosing to participate in swimming activities in Lake Michigan with Open Water Chicago (OWC), organized and conducted by Steve Hernan ("Organizer"). I affirm that I am 18 years of age or older and legally competent to sign this Agreement.

2. Assumption of Risks

I fully understand and acknowledge that swimming in open water carries inherent and serious risks, including but not limited to:

- Drowning or near-drowning caused by muscle cramps, fatigue, exhaustion, or disorientation.
- Hazardous water or weather conditions, including waves, rip currents, fog, rain, wind, or lightning.
- Collisions or injuries resulting from contact with other swimmers, boats, watercraft, floating/fixed objects, or wildlife.
- Medical risks, including hypothermia, hyperthermia, illness from contaminants, panic episodes, or undiagnosed health conditions.
- Economic risks, including theft, property damage, medical expenses, or event cancellations.
- Negligence by other participants, third parties, or the Organizer.

I understand these risks could result in serious injury, permanent disability, or death. I knowingly and voluntarily accept full responsibility for all such risks.

3. Release and Waiver of Liability

In consideration of being permitted to participate, I hereby:

- Release and discharge the Organizer, his family, heirs, representatives, assigns, and affiliates from all claims, demands, liabilities, or causes of action arising out of participation, including those resulting from negligence.
- Agree not to sue the Organizer or related parties for any injury, loss, or damage sustained during participation.
- Indemnify and hold harmless the Organizer against all legal fees, costs, or damages arising from my participation or any claim brought on my behalf.

4. Insurance and Medical Responsibility

I certify that I have sufficient health and accident insurance to cover any injury or damages I may cause or sustain. If not, I agree to bear the costs personally. I further certify that I am physically fit to participate and assume full responsibility for any medical conditions, known or

unknown.

5. Legal Jurisdiction

I agree that any legal dispute arising from this Agreement shall be brought exclusively in the State of Illinois, under Illinois law, without regard to conflict-of-law rules. If any provision is found unenforceable, the remaining provisions shall remain valid and enforceable.

6. Acknowledgment of Understanding

I have had sufficient opportunity to read this entire document. I understand its contents, and I voluntarily agree to its terms. I acknowledge that by signing, I am waiving certain legal rights, including the right to sue.

| Participant Information | |
|-------------------------|--|
| Full Name: | |
| Date of Birth: | |
| Email Address: | |
| | |
| Signature: | |
| Date: | |