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| **TEAM** |  |

All participants shall assume all risk by signing this general Release and Waiver. I understand that the risk I assume by participating in the MIST Toronto 2016 (Soccer) Sports Day include, but are not limited to, serious head and other bodily injuries. In consideration of receiving permission to participate in the MIST Toronto 2016 (Soccer) Sports Day, I hereby release MIST Toronto, and all of its officers and employees from all liability for any personal injury, death or damage of any kind arising from or related to my participation in the MIST Toronto 2016 (Soccer) Sports Day. No oral representations, statements, or inducements apart from this written waiver have been made. By my decision to participate in the MIST Toronto 2016 (Soccer) Sports Day, I am voluntarily assuming all risk and/or loss. Damage or injury, including death, may occur through my participation in the MIST Toronto 2016 (Soccer) Sports Day. I understand that by signing this Release and Waiver, I am giving up the right for myself and/or my family and/or heirs to sue MIST Toronto, and/or its officers and employees for injuries resulting from participation in the MIST Toronto 2016 (Soccer) Sports Day.

I agree to abide by all RULES and REGULATIONS governing the MIST Toronto 2016 (Soccer) Sports Day, which includes any/all disciplinary measures, fines or suspensions levied by the MIST Toronto 2016 Executive Team.

I ACKNOWLEDGE THAT I HAVE READ AND THAT I UNDERSTAND EACH AND EVERY ONE OF THE ABOVE PROVISIONS IN THIS RELEASE AND WAIVER, AND AGREE TO ABIDE BY THEM.

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