



CT SPEEDSKATING AT THE RINKS IN SHELTON, CT



The Connecticut Speedskating Club is pleased to offer a **FALL/WINTER ice program** for men/women and boys/girls of all age and skill levels. Beginners are always welcome to join one of our Learn-to-Speedskate sessions! First trial session is FREE.

- Coaching by Connecticut Speedskating coaches
- Weekly session focus on proper skating technique, power and speed
- Off ice conditioning instruction is included and takes place prior to ice session
- Short and long track training
- Skaters are divided by age and skill levels; some rental speedskates available with advance notice

EVERY skater on the ice will need:

Speedskates (hockey/figure skates ok for beginners)	Helmet (speedskating, skiing or bicycle)	USS Speedskating Membership
Gloves (leather or cut resistant)	Neck Guard (hockey neck guards work fine)	Middle Atlantic Skating Association (MASA) membership
Long sleeves/Jacket or skinsuit	Long pants/tights/yoga/spandex or skinsuit (no jeans or baggy pants)	Rinks/Club waiver signed
Shin guards (plastic soccer type or integrated cut resistant pads)	Elbow and knee pads recommended by beginners	Protective eyewear strongly recommended

Sundays: Warm-up and off ice conditioning 4:30 pm and on ice instruction 6:30 pm – 7:50 pm*. **IMPORTANT:** Please check the website calendar EVERY WEEK, as times are subject to change. New skaters must let us know in advance if they want to try skating (skating roster is REQUIRED in advance by The Rinks). Learn-to-Skate sessions will be scheduled regularly and advance registration is required.

*Skaters and spectators are required to adhere to any and all COVID-19 protocols as defined by the State of Connecticut, the town of Shelton, The Rinks facility and the Connecticut Speedskating Club. Anyone not adhering to these protocols will be asked to exit the building and membership may be terminated.

For more info: www.ctspeedskating.com / ctspeedskating@gmail.com

SPEEDSKATING FALL/WINTER 2020-2021

The Rinks – SportsCenter of Connecticut
784 River Road, Shelton, CT 06484

(Payment is required with enrollment. Please speak to a Club official if you have any questions.)

Name: _____ DOB: ___/___/___

Parent Name (if under 18): _____

Address: _____

Town: _____ State: _____ Zip: _____

Cell/Work#: _____ Home#: _____

Email: _____

USS# _____ MASA# _____

Today's date: ___/___/___ Check applicable box(es):

Fall/Winter Season: \$825 Learn to Skate: \$250

CT Club Membership: \$75 Learn to Skate Date: ___/___/___

Season Rental: \$75 Walk-on: \$40 (under 18) \$50 (over 18)

All Payments by check: CT Speedskating Club, c/o Esther Horn, Treasurer,
10 Buck Hill Road, Weston, CT 06883

*Discounts available for multiple family members – please speak with a Club official.

****No refunds or make up sessions will be offered.**

Office Use Only:

Total received: _____ Date: _____



The Rinks at Shelton (“Rinks”) and The Connecticut Speedskating Club
RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

PARTICIPANT – PLEASE READ BEFORE SIGNING (LARGER TYPE COPY available at
Front Office)

In consideration of being allowed to participate in any way in any and all activities, leagues, clinics, events, skating programs at Rinks (“Program”), Participant, acknowledges and agrees that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis, disability and death, and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. PARTICIPANT KNOWINGLY AND FREELY ASSUMES ALL SUCH RISKS, being both known and unknown of my participation in the Program EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and,
3. PARTICIPANT willingly agrees to comply with the stated and customary terms and conditions for participation in the Program, if however, PARTICIPANT observe any unusual significant hazard during my presence or participation, PARTICIPANT will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. PARTICIPANT, for myself and on the behalf of my heirs, assigns, personal representatives, next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS RINKS, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used FROM THE NEGLIGENCE OF THE RELEASES OR OTHERWISE, to the fullest extent permitted by law.
5. Arbitration: In further consideration of allowing me to participate in the aforementioned, PARTICIPANT hereby agrees to submit to binding arbitration shall be held in Shelton, Connecticut unless otherwise mutually agreed to by all parties. The submission to American Arbitration Association shall be unlimited and the arbitration award may be enforced by any court of competent jurisdiction.
6. I hereby grant Rinks and Connecticut Speedskating Club the right to use photographs, video images and/or other media of participant for publicity, advertising and/or other commercial purposes without notice or remuneration of any kind.
Participant has opted-in, and expressly gives their permission to receive email information from Rinks.

PARTICIPANT HAS READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTANDS ITS TERMS, UNDERSTANDS THAT PARTICIPANT HAS GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGNS IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

FOR PARENTS/GUARDIANS OF PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT TIME OF REGISTRATION).

This is to certify that I, as parent/guardian with legal responsibility for this Participant, do consent and agree to his/her release as provided above of all Releasees, and, for myself, my heirs, assigns, and next of kin. I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child’s involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ Date signed _____

Participant or Parent/Guardian Signature if minor

No make-ups or refunds. All programs are subject to availability. **All prices/programs are subject to change without notice.**