

6. **Equipment:** I understand that a helmet is available and it is my personal choice whether or not to wear a helmet. I understand that a helmet cannot guard against all impacts and head injuries. I understand that a helmet does not prevent injuries to the neck, spine or other parts of the body. If I am using my own ice skates and/or equipment, I understand that I use it at my own risk and I affirm that it is suitable, in good condition and proper working order. I accept full responsibility for all of my equipment, which I use at my own risk. I understand that Massanutten is not responsible for any damage, theft or loss of my equipment.

7. **Ice Rink Surface:** I understand ice surface conditions of the Rink may vary due to natural or manmade conditions. Participants must decide for themselves whether and how to participate in the Activities given the participant's experience and skill level. Participants are free to avoid participating in the Activities in any area of the Rink in which they are not comfortable. Before deciding to participate, I may ask to inspect the Rink to confirm I am comfortable with the Rink surface and conditions.

8. **Medical Concerns:** Ice skating may involve strenuous physical activity. I understand that it is my responsibility to determine whether I am sufficiently fit, healthy and skilled to safely participate in the