

NONSTOP SOCCER INC.

TRAINING PROGRAMS

OUTDOOR RECREATIONAL RULES FOR GAMES, CAMPS & TRAINING SESSIONS

1. SHIN GUARDS/PADS and SOCCER SHOES are a must at each soccer practice/game for all ages. Other equipment required for ALL Players: Shorts, T-shirt, and Socks. NonStop Soccer Inc. will provide pinnies for seasonal use.
2. Maximum number of players on the field at one time: 18 players
3. Length of session- 60 min with 3 short breaks in between.
4. Parents shall not criticize the Coach at any time and shall encourage the same attitude amongst all players and supporters.
5. Cancellation and rescheduling of sessions due to inclement weather or other reasons will be coordinated by the Executive Director of the Club.
6. Children under the age of 18 years who are engaged in activities in the facility may be accompanied by a parent or guardian.
7. Parents and guardians are to maintain physical distance of at least two meters or 6 feet apart.
8. Parents should check their child's equipment frequently for best performance. Proper soccer equipment can be weather dependent, such as if the playing surface is dry or wet. Proper footwear can aid in the prevention of ankle sprains or more serious injuries such as a torn ACL.
9. Children should not climb on the goal or net bars.
10. ALWAYS PLAY FOR FUN.

INDOOR RECREATIONAL RULES FOR GAMES, CAMPS & TRAINING SESSIONS

1. SHIN GUARDS/PADS and SOCCER SHOES (FLAT SHOES) are a must at each soccer practice/game for all ages. Other equipment required for ALL Players: Shorts, T-shirt, and Socks. NonStop Soccer Inc. will provide pinnies for seasonal use.
2. Maximum number of players in the gym at one time: 12 players
3. Length of session- 55 min with 3 short breaks in between.
4. Parents shall not criticize the Coach at any time and shall encourage the same attitude amongst all players and supporters.
5. Cancellation and rescheduling of sessions due to inclement weather or other reasons will be coordinated by the Executive Director of the Club.
6. Children under the age of 18 years who are engaged in activities in the facility may be accompanied by one parent or guardian.
7. Parents and guardians are to maintain physical distance of at least two meters or 6 feet apart and have to wear masks at all times while indoor.
8. ALWAYS PLAY FOR FUN.

REFUND POLICY

*****NO REFUNDS AFTER SECOND SESSION OF THE PROGRAM*****

All requests for refunds must be made in writing, by email, or online to nonstopsoccerca@icloud.com **by above indicated refund deadline** and clearly indicate the reason for withdrawal. **No refunds will be issued after refund request deadline.** Any player injured during a game or practice may request, in writing to nonstopsoccerca@icloud.com, for

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a partial refund. All refund request due to medical reasons must be accompanied by an attending Physician's note.

INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

(To be executed by Participants under the age of majority)

WARNING! By signing this document, you will assume certain risk and responsibilities. Please read carefully!

Participant's Name: _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing. As a Participant in activities, programs, classes, services provided and events sponsored or organized NonStop Soccer Inc. including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:
2. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

Description of Risks

3. The Parties understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life;
 - b) NonStop Soccer Inc. offer or promote online programming (such as webinars, remote conferences, workshops, and online training) which have different foreseeable and unforeseeable risks than in-person programming;
 - c) NonStop Soccer Inc. has a difficult task to ensure safety and it is not infallible. NonStop Soccer Inc. may be unaware of the Participant's fitness or abilities, may give incomplete warnings or instructions, may misjudge weather or environmental conditions, and the equipment being used might malfunction; and
 - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. NonStop Soccer Inc. has put in place preventative measures to reduce the spread of COVID-19; however, NonStop Soccer Inc. cannot guarantee that the Participant will not become infected with COVID-19. Further, attending the Activities could increase your risk of contracting COVID-19.
4. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
 - a) Contracting COVID-19 or any other contagious disease;
 - b) Executing strenuous and demanding physical techniques;
 - c) Vigorous physical exertion, strenuous cardiovascular workouts and rapid movements;
 - d) Exerting and stretching various muscle groups;
 - e) The failure to properly use any piece of equipment or from the mechanical failure of any piece of

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- equipment;
- f) Spinal cord injuries which may render the Participant permanently paralyzed;
- g) Serious injury to virtually all bones, joints, ligaments, muscles, tendons and other aspects of the Participant's body or to the Participant's general health and well-being;
- h) Abrasions, sprains, strains, fractures, or dislocations;
- i) Concussion or other head injuries, including but not limited to, closed head injury or blunt head trauma;
- j) Physical contact with other participants, spectators, equipment, and hazards;
- k) Not wearing appropriate safety or protective equipment, such a helmet;
- l) Failure to act safely or within the Participant's ability or within designated areas;
- m) Grass, turf, and other surfaces including bacterial infections and rashes;
- n) Collisions with fences, poles, stands, and soccer equipment;
- o) Negligence of other persons, including other spectators, participants, or employees;
- p) Weather conditions; and
- q) Travel to and from competitive events and associated non-competitive events which are an integral part of the Activities

Terms

5. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
 - a) That the Participant's mental and physical condition is appropriate to participate in the Activities;
 - b) That when the Participant practices or train in his or her own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring such to the attention of an Organization representative immediately;
 - f) The risks associated with the Activities are increased when the Participant is impaired and the Participant agrees not to participate if impaired in any way;
 - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
 - h) That they are responsible for the choice of the Participant's protective equipment and the secure fitting of the protective equipment;
 - i) That COVID-19 is contagious in nature and the Participant may be exposed to or infected by COVID-19 and such exposure may result in personal injury, illness, permanent disability or death and voluntarily agree to assume all of the foregoing risks.
6. In consideration of NonStop Soccer Inc. allowing the Participant to participate, the Parties agree:
 - a) That the Parties are not relying on any oral or written statements made by NonStop Soccer Inc. or their agents, whether in brochure or advertisement or in individual conversations, to agree to be involved in the Activities; and
 - b) That NonStop Soccer Inc. is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities.
7. The Parties agree that in the event that they file a lawsuit against NonStop Soccer Inc., they agree to

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do so solely in the province of Ontario, Canada and they further agree that the substantive law of Ontario will apply without regard to conflict of law rules.

8. The Parties expressly agree that this Agreement is intended to be as broad and inclusive as is permitted by law and that if any of its provisions are held to be invalid, the balance shall, notwithstanding, continue in full legal force and effect.

ACKNOWLEDGMENT & ACCEPTANCE OF TERMS AND CONDITIONS

In consideration of the acceptance of my child/ward's participation in the soccer programs, I, the participant's parent, agree as follows

- A. I have read this agreement and understand it, this Agreement is to be binding upon me, my heirs, spouse, parents, guardians, next of kin, executors, administrators and legal or personal representatives.
- B. I understand that my child cannot participate in any soccer practice or game until after this registration form has been validated and signed.
- C. I have read and understand the above assumption of risk and waiver and my signature affixed hereto indicates my agreement with such waiver.
- D. I am aware of the rules and regulations and agree to abide by them and to be bound by them.
- E. I accept sole responsibility for my personal possessions and athletic equipment and accept all liability for any damage to the playing equipment caused by my careless, negligent and/or improper handling
- F. I grant permission to NonStop Soccer Inc. to photograph and/or record my image and/or voice on still or motion picture film and/or audio tape and to use this material to promote the sport of soccer through the media of newsletters, websites, television, film, radio, print and/or other form. I understand I waive any claim to remuneration for use of audio/visual materials used for these purposes.

Name of Participant (print)

Signature of Participant

Date of Birth

Name of Parent or Guardian

Signature of Parent or Guardian

Date