



# Watt's Cooking:

Event & competition handbook

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A sustainable culinary event  
Powered by SMUD

2026 Edition



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## Mission & Purpose

Watt's Cooking is a clean-energy culinary competition focused on education, innovation and sustainability.

With an emphasis on the benefits of induction cooking and highlighting culinary career pathways, this program aims to teach students about:

- Induction cooking technology
- Sustainable food systems
- Farm-to-fork principles
- Energy-smart culinary practices
- How SMUD is promoting clean energy and sustainability in culinary arts while focusing on preparing a **future-ready workforce** (i.e., regional workforce development) to help SMUD meet its 2030 Zero Carbon Plan

## Cooking competition event overview

- Participants: High school students (Grades 9 – 12)
- Maximum teams: 15
- Team size: 3 – 4 student chefs
- Adult advisor required to act as team's Safety Manager.
- All teams receive identical ingredient baskets.
- Students cook on SMUD-provided induction cooktops (Duxtop 1800w 8100MC/BT-180G3)
- 2 cooktops per team
- 1 set of kitchen tools per team. \*
- 1 set of induction compatible pots and pans per team. \*
- Final product per team: 1 plated entrée (2 identical serving portions)

Additional programming: Culinary Trivia Competition, workshops, presentations, career fair.

- \* This equipment will be provided by SMUD, but teams must bring their own cutlery.

## Eligibility & requirements

### Eligibility:

- Teams must be from high schools within SMUD's service area.
- Students must be enrolled in grades 9 – 12.
- 1 team per school.

### Team roles:

- Student Chef(s): 3 – 4
- Safety Manager (Adult Advisor): Is responsible for sanitation and safety compliance throughout the duration of the competition; supervises but cannot cook or plate.

### Required conduct:

- Respectful behavior at all times.
- Professional communication with judges and staff.
- No tampering with other teams' stations.

### Rules:

- Use only the induction cooktops provided.
- Prepare only 1 entrée using the provided ingredients.
- Use the majority of the basket's ingredients.
- No outside ingredients allowed.

## Competition format

Judges evaluate teams based on the criteria found in the Judging Rubric according to the following schedule:

10:30 – 11:00 a.m. - Preparation (Professional appearance; Safety; Sanitation; Teamwork & communication; Mise en Place & organization; Equipment, Tools & techniques)

11:00 – 11:40 a.m. - Execution (Equipment; Tools & techniques; Workflow & time management; Team professionalism under pressure; Continued safety compliance; Continued sanitation compliance; Continued teamwork & communication)

11:40 – 12:05 p.m. - Delivery (Product color & contrast; Product seasoning & Flavor balance; Product texture & Mouth feel; Presentation & plating consistency; Team delivery & Verbal presentation; Ingredient use)

Judges rotate around stations during Preparation and Execution to observe and score.

After plating, each team's dish will be evaluated by 2 judges.

Each team will select a designated plating time upon arrival and confirmation that all team members are present.

Each team will have 5 minutes to deliver and present their dish to their judging panel.

## Ingredient Basket rules

Ingredient baskets are provided by Raley's and include proteins, produce, grains, herbs, oils and optional garnishes.

**Register early! Schools who register will be given additional ingredient details beforehand.**

- All teams receive identical ingredient baskets (type, amount, etc.).
- No additional ingredients or garnishes can be brought.
- A communal "pantry" is available for all teams to use and stocked with typical seasonings and spices.
- Teams can prepare the ingredients in any way they choose, as long as induction is used.
- Compost and recycling stations are provided and must be used.

## Safety & sanitation requirements

### Personal safety:

- Each team's Safety Manager must monitor compliance with all safety rules.
- Closed-toe shoes required.
- Hair must be tied back; hats encouraged.
- No loose clothing or jewelry.
- Food-safe gloves are required when handling ready-to-eat foods.
- Raw meats, seafood and produce must be handled and stored according to standard food safety practices.

### Sanitation:

- Cutting boards must be used properly to avoid cross-contamination.
- Workstations must remain clean.
- Teams must clean and sanitize their station before leaving.

### Equipment safety:

- Cooktops must not be left unattended.
- All spills must be cleaned immediately.

*Failure to follow any of the above may result in point deductions or disqualification.*

## Conduct & Fair play

- All participants must demonstrate professionalism, respect and teamwork throughout the competition.
- Unsportsmanlike behavior, tampering with another team's station or failure to comply with staff instructions may result in disqualification.
- All decisions by judges and event organizers are binding and final.

## Equipment & Set-up

Each team station will include:

- 2 induction cooktops
- 1 set of induction-ready pots/pans
- 1 set of kitchen tools and cooking utensils: potato masher, turner, slotted turner, ladle, whisk, slotted spoon, spaghetti server, spoon, tongs and tool holder
- Sanitation supplies
- Ingredient basket

## SMUD provides:

- Cleaning supplies/Sanitation station
- Plates and serving utensils
- Trash bins
- Seating/rest station
- Hydration station
- Small chest for proper food storage
- Team stations and set-up

## Teams provide (if necessary):

- Cutlery  
(knives/forks/spoons for preparation only)
- Cutting boards
- Mixing bowls (any size)
- Measuring cups and spoons
- Prep containers or small bowls
- Vegetable peeler/Can opener
- Proper safety gloves/Kitchen towels

\* If applicable, please safely secure all utensils and materials for travel.

## Event day logistics

### Check-In:

Cooking teams select their plating times based upon arrival time and with confirmation that all team members are present.

During check-in, competition teams receive event-related material (schedules, meal tickets, designated lanyards, etc.).

### Facilities:

- Lunch included
- Restrooms accessible near main event space

### Spectators:

- Allowed in viewing zones only
- Not permitted on competition floor

## Judging & scoring rubrics

Dishes are evaluated by a panel of local culinary professionals and community representatives using the below criteria:

**Preparation (30 points)** - Safety, Cleanliness & Teamwork (20 points); Technical Skill & Execution (10 points)

**Execution (30 points)** - Safety, Cleanliness & Teamwork (20 points); Technical Skill & Execution (10 points)

**Delivery (40 points)** - Taste & Flavor Balance (20 points); Creativity & Presentation (15 points); Use of Ingredients (5 Points)

### Total Possible Score: 100 points

Teams must be at their assigned judging table during their selected plating time and ready to present.

Teams must craft 1 plate for each judge (2) to sample, of identical portions.

Late submissions may result in point deductions or disqualification.

Judges will rotate through the cooking stations to observe/minimize any bias during the Presentation and Execution stages.

# Preparation

(Max: 30 points)

**Safety, Cleanliness & Teamwork:** (Organization, sanitation and collaboration during cooking. Proper food handling and teamwork emphasized.)

Clothing & Appearance	0	1 – 2	3 – 4	5	Team Score / 5
Judges evaluate: Clean appearance Cooking-appropriate attire Kitchen-appropriate grooming	Non-professional appearance, attire and/or grooming	Somewhat neat appearance, attire and grooming, but lacks polish	Neat appearance, attire and grooming with good polish	Professional appearance, attire and grooming, can be set right into a fine-dining restaurant atmosphere	Team 3 Team 6 Team 9 Team 12 Team 15

Safety	0	1 – 2	3 – 4	5	Team Score / 5
Judges evaluate: Clean and organized workstation Equipment, knife safety and proper set-up	Station is disorganized, safety is disregarded	Station lacking neatness and organization, questionable knife and small equipment safety	Station is neat and organized, knife safety is good, most small equipment is handled safely and properly	Station is very neat and organized, all knives and small equipment are handled safely and properly	Team 3 Team 6 Team 9 Team 12 Team 15

Sanitation	0	1 – 2	3 – 4	5	Team Score / 5
Judges evaluate: Proper handwashing Safe food storage Cross-contamination prevention	Disregards safety and created unsafe conditions	Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	Inconsistency follows most safety and sanitation practices; food contact surfaces are cleaned and sanitized occasionally, occasional hand washing	Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing	Team 3 Team 6 Team 9 Team 12 Team 15

Teamwork & Communication	0	1 – 2	3 – 4	5	Team Score / 5
Judges evaluate: Clear leadership structure Defined responsibilities Professional tone Equal participation	No teamwork identified, completely disorganized and extreme lack of communication	Members lack team organization, but sense of comradery and decent morale is noticeable	Members demonstrate minimal teamwork, higher sense of comradery, good morale and decent communication	Members work effectively and efficiently as a team; very high team morale and excellent communication	Team 3 Team 6 Team 9 Team 12 Team 15

**Technical Skill & Execution** (Cooking methods, doneness, texture and precision of execution)

Mise en Place & Organization	0	1 – 2	3 – 4	5	Team Score / 5
Judges evaluate: Logical prep sequence Proper waste management	Mise en place is poorly executed and displays unacceptable organizational skills	Mise en place is fairly organized and displays marginal organizational skills	Mise en place is organized and displays sufficient organizational skills	Mise en place is well executed and displays excellent organizational skills	Team 3 Team 6 Team 9 Team 12 Team 15

Equipment, Tools & Techniques	0	1 – 2	3 – 4	5	Team Score / 5
Judges evaluate: Efficient knife skills Clean cutting boards Adherence to industry standards	Selection and usage of tools/equipment lack understanding and demonstration of skills	Selection and usage of tools/equipment demonstrate some industry techniques	Selection and usage of tools/equipment demonstrate most industry standards	Selects and uses all tools/equipment correctly and safely following industry techniques	Team 3 Team 6 Team 9 Team 12 Team 15

## Comments

**Total Score / 30**

Team 3 \_\_\_\_\_  
Team 6 \_\_\_\_\_  
Team 9 \_\_\_\_\_  
Team 12 \_\_\_\_\_  
Team 15 \_\_\_\_\_

# Execution (Max: 30 points)

**Technical Skill & Execution** (Evaluation of live cooking methods, technical skill and time management.)

Equipment, Tools & Techniques	0	1 – 2	3 – 4	5	Team Score / 5
Judges evaluate: Heat control Sauce Technique (if applicable) Knife precision Efficient burner use	Major technical flaws. Selection and usage of tools/equipment lack understanding and demonstration skills	Inconsistent technique. Selection and usage of tools/equipment demonstrate some industry techniques	Solid fundamentals. Selection and usage of tools/equipment demonstrate most industry standards	Excellent technical execution. Selects and uses all tools/equipment correctly and safely following industry techniques	Team 2 Team 5 Team 8 Team 11 Team 14

## Workflow & Time Management

Judges evaluate: Logical order of operations Time calls between teammates Coordination of components Minimal last-minute scrambling	Major timing breakdown. No time calls between teammates. Completely uncoordinated components of execution	Rushed or delayed elements. Minimal time calls between teammates. Mostly uncoordinated components of execution	Minor timing gaps. Adequate time calls between teammates and mostly coordinated components of execution	Well-paced and controlled. Consistent time calls between teammates and extremely coordinated components of execution	Team 2 Team 5 Team 9 Team 11 Team 14
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**Safety, Cleanliness & Teamwork** (Organization, sanitation and collaboration during cooking. Proper food handling and teamwork emphasized.)

## Team Professionalism Under Pressure

Judges evaluate: Composure Respectful communication Shared workload Clean-as-you-go habits	Poor conduct, composure and disrespectful communication. Workload falls on 1 person and no visible clean-as-you-go habits	Fair conduct and composure, relatively disrespectful communication. Workload and on half the team and some clean-as-you-go habits observed. noticeable disorganization	Good conduct and composure and respectful communication. Workload is mostly shared, but with minor stress lapses. Clean-as-you-go habits observed	Excellent conduct and composure and overly-respectful communication. Professional, and workload is evenly split among all teammates. Consistent clean-as-you-go habits observed	Team 2 Team 5 Team 8 Team 11 Team 14
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## Continued Safety Compliance

Judges evaluate: Clean and organized workstation Equipment and knife safety	Station is disorganized, safety is disregarded	Station lacking neatness and organization, questionable knife and small equipment safety	Station is neat and organized, knife safety is good and most small equipment is handled safely and properly	Station is very neat and organized, all knives and small equipment are handled safely and properly	Team 2 Team 5 Team 8 Team 11 Team 14
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## Continued Sanitation Compliance

Judges evaluate: Proper hand washing Ongoing food safety practices Cross-contamination prevention Proper tasting procedures	Disregards safety and created unsafe conditions	Shows minimal safety and sanitation practices, surfaces inconsistently cleaned and sanitized, inconsistent hand washing	Inconsistency follows most safety and sanitation practices; food contact surfaces are cleaned and sanitized occasionally, occasional hand washing	Follows all safety and sanitation practices, food contact surfaces are cleaned and sanitized frequently, frequent hand washing	Team 2 Team 5 Team 8 Team 11 Team 14
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## Continued Teamwork & Communication

Judges evaluate: Clear leadership structure Professional tone Equal participation	No teamwork identified, completely disorganized and extreme lack of communication	Members lack team organization, but sense of comradery and decent morale is noticeable	Members demonstrate minimal teamwork, higher sense of comradery, good morale and decent communication	Members work effectively and efficiently as a team, very high team morale and excellent communication	Team 2 Team 5 Team 9 Team 11 Team 14
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## Comments

Total Score / 30	
Team 2	_____
Team 5	_____
Team 8	_____
Team 11	_____
Team 14	_____

## Delivery (Max: 40 points)

**Taste & Flavor Balance** (Overall flavor seasoning and harmony of ingredients. A well-balanced taste profile with no element overpowering others.)

<b>Product Color / Contrast</b>	<b>0</b>	<b>1 – 2</b>	<b>3 – 4</b>	<b>5</b>	<b>Team Score / 5</b>
Judges evaluate: Dish color Dish contrast	Poor use of contrasting colors and visible texture	Fair use of contrasting colors and visible texture	Good use of contrasting color and visible texture	Excellent use of contrasting color and visible texture	Team 1 _____ Team 4 _____ Team 7 _____ Team 10 _____ Team 13 _____
<b>Product Seasoning / Flavor Balance</b>	<b>0</b>	<b>1 – 3</b>	<b>4 – 7</b>	<b>8 – 10</b>	<b>Team Score / 10</b>
Judges evaluate: Balanced seasoning Ingredient harmony	All food items are seasoned incorrectly and out of balance with one another	Most foods are seasoned incorrectly and are out of balance with one another. Basic development	Most foods are seasoned correctly and in balance with one another. Good overall flavor	Food items are all seasoned correctly and in balance with one another. Competition level flavor	Team 1 _____ Team 4 _____ Team 7 _____ Team 10 _____ Team 13 _____
<b>Product texture / Mouth Feel</b>	<b>0</b>	<b>1 – 2</b>	<b>3 – 4</b>	<b>5</b>	<b>Team Score / 5</b>
Judges evaluate: Dish texture Mouth feel	Poor texture and mouth feel.	Decent texture and mouth feel	Good to great texture and mouth feel	Excellent texture and mouth feel	Team 1 _____ Team 4 _____ Team 7 _____ Team 10 _____ Team 13 _____

**Creativity & presentation** (Originality, visual appeal and creative plating. Presentation should be appetizing and professional.)

<b>Presentation &amp; Plating Consistency</b>	<b>0</b>	<b>1 – 2</b>	<b>3 – 4</b>	<b>5</b>	<b>Team Score / 5</b>
Judges evaluate: Clean plate rim Visual balance Purposeful garnishing	Items are visually unappealing. Use of non-functional garnish	Obvious over and undersized portions. Stained plate with smudges	Slightly over or under portion size. No evidence of non-functioning garnish	Clean plate and rims, appropriate portion size. No evidence of non-functional garnishing. Visually appealing	Team 1 _____ Team 4 _____ Team 7 _____ Team 10 _____ Team 13 _____
<b>Team Delivery &amp; Verbal Presentation</b>	<b>0</b>	<b>1 – 3</b>	<b>4 – 7</b>	<b>8 – 10</b>	<b>Team Score / 10</b>
Judges evaluate: Clarity Professionalism Confidence Team participation balance	No verbal explanation provided. Refusal to present and/or inappropriate or unprofessional conduct	Basic explanation of concept and flavors. Some hesitation or lack of polish. Limited detail on techniques and/or only one team member leads majority of explanation	Clear explanation with major gaps. Professional tone and demonstrates good understanding of dish. Slight imbalance in team participation	Clear, organization explanation of concept and execution. Confident and professional delivery. Strong understanding of techniques used and flavor profile articulated accurately. Balanced participation from team members	Team 1 _____ Team 4 _____ Team 7 _____ Team 10 _____ Team 13 _____

**Use of Ingredients** (Must use a variety of the ingredients provided. Judges evaluate how well teams showcase sustainability.)

<b>Presentation &amp; Plating Consistency</b>	<b>0</b>	<b>1 – 2</b>	<b>3 – 4</b>	<b>5</b>	<b>Team Score / 5</b>
Judges evaluate: Variety of ingredients used Knowledge of proper ingredient use/mix and match	One or two ingredients used and incorporated into prepared dish with no knowledge of proper ingredient use	Small variety of ingredients used and incorporated into the prepared dish with very little knowledge of proper ingredient use	Decent variety of ingredients used and incorporated into the prepared dish in an effective and sustainably minded way, showcasing adequate knowledge of proper ingredient use	Excellent variety of ingredients used and incorporated into the prepared dish in an effective and sustainably minded way, showcasing above average knowledge of proper ingredient use	Team 1 _____ Team 4 _____ Team 7 _____ Team 10 _____ Team 13 _____

## Comments

<b>Total Score / 40</b>	
Team 1	_____
Team 4	_____
Team 7	_____
Team 10	_____
Team 13	_____

## Cooking Competition prizes

### 1st Place —

- (1) Champion's Trophy – the "AMP Champ" (AMP is an abbreviation for "ampere" or electrical current)
- (5) Individual 1st Place Medals
- (5) Individual Vollrath Mirage Cadet Series induction cooktops
- (1) Digital induction cookbook for their school
  - Opportunity to present winning dish at the California State Fair and recognition at this year's annual Asian American and Pacific Islander (AAPI) Night Market

### 2nd Place —

- (1) 2nd Place Trophy
- (5) Event branded chef coats
- (1) Digital induction cookbook for their school
  - Opportunity to present winning dish at the California State Fair.

### 3rd Place —

- (1) 3rd Place Trophy
- (5) Event branded chef coats
- (1) Digital induction cookbook for their school

## Culinary Trivia Competition prizes

### 1st Place —

- (1) Champion's Trophy
- (1) Digital induction cookbook for their school
- SMUD-branded water bottles

### 2nd Place —

- (1) 2nd Place Trophy
- (1) Digital induction cookbook for their school

### 3rd Place —

- (1) 3rd Place Trophy
- (1) Digital induction cookbook for their school

## Sample event schedule

9–9:30 a.m.	Mise En Place: Check-In
9:30–9:50 a.m.	Setting the Table: Opening Ceremony
9:50–10 a.m.	Break
10–10:45 a.m.	Community on the Menu: Partner Perspectives
10:30 a.m.-12:30 p.m.	The Main Course: Cooking Competition
10:45 a.m.-12:50 p.m.	Explore the Ingredients: Regional Farm-to-Fork & Sustainability Experience
11:45 a.m.-12:50 p.m.	Dig In: Lunch
12:50–1 p.m.	Transition
1–2 p.m.	Second Helpings: Culinary Trivia Competition
2–2:15 p.m.	Break
2:15–2:45 p.m.	Cherry on Top: Prizes & Closing
2:45 p.m.	Dismiss

## Required forms & deadlines

All students must complete waivers/forms and submit by indicated deadline (30 days prior to event):

- Team Roster with applicable details (high school, names, designated roles, etc.)
- Participant Liability & Media Release Waiver

**All attendees of Watt's Cooking, competing or not, MUST complete and SUBMIT an event waiver prior to the event day.**

DocuSign form: Click [HERE](#) to link to form.

Only school staff (Teacher or CTE Lead 18+) can register a team of high school students for SMUD's Watt's Cooking competition. Once all waivers are completed and submitted for a team participating in the cooking competition, that team will receive the competition's list of ingredients to begin practicing.

**No late paperwork accepted!**

No one may participate/compete without all completed forms submitted in advance of event.

## Checklist

- Registration form completed & submitted
- All waivers for each group member completed & submitted
- Any cooking tools you need to compete (see page 6)

# SMUD Watt's Cooking Culinary Event and Induction Cooking Competition

General release, Indemnity agreement, video/audio/photo consent

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**IMPORTANT: THIS IS A LEGAL DOCUMENT. Please read and understand this document before signing. If you have any questions, please consult an attorney.**

This General Release, Indemnity Agreement, and Video/Photo/Audio Consent ("RELEASE") is legally binding and executed by me, \_\_\_\_\_, and I am a participant and/or the parent or guardian of \_\_\_\_\_, ("MINOR(s)", if applicable) who is a minor who I am authorizing to participate (the participant, parent or guardian, and MINOR(s)—to the extent applicable—are singularly and collectively are hereafter referred to as "RELEASORS").

In consideration for RELEASORS being permitted to attend (which includes just being present up to full participation) in the **SMUD Watt's Cooking Culinary Event and Induction Cooking Competition**, related events, and activities on May 5, 2026 ("ACTIVITIES"), RELEASORS and their executors, administrators, agents, and assigns hereby release and forever discharge the Sacramento Municipal Utility District ("SMUD"), its joint powers authorities, its directors, employees, agents, heirs, executors, administrators, or legal representatives, or other successors of interest ("RELEASEES"), from any and every claim or cause of action of whatever kind or nature, either in law or equity, arising from or by reason of their attendance at the ACTIVITIES, whether caused by negligence of RELEASEES or otherwise. RELEASORS assume all risks and accepts personal responsibility for any and all loss, disability, damage or cost, including but not limited to any personal injuries, death, loss or damage to property, or incurred liabilities, occurring before, during, or after RELEASORS' attendance at the ACTIVITIES. This RELEASE extends to and includes any and all claims, liabilities, injuries, damages and causes of action arising from or related to the ACTIVITIES that the parties do not presently anticipate, know, or suspect to exist, but that may develop, accrue or be discovered in the future. RELEASOR EXPRESSLY WAIVES ALL RIGHTS UNDER CALIFORNIA CIVIL CODE SECTION 1542, WHICH PROVIDES:

*"A general release does not extend to claims that the creditor or releasing party does not know or suspect to exist in his or her favor at the time of executing the release and that, if known by him or her, would have materially affected his or her settlement with the debtor or released party."*

RELEASORS acknowledge that attending ACTIVITIES, may involve risk of serious injury, including disability and death, and severe social and economic losses to person or property, which may result not only from RELEASORS' own actions, inactions or negligence, but also the actions, inactions or negligence of others, or the condition of premises or anything used at the PREMISES (**Cosumnes River College, 8401 Center Parkway, Sacramento, CA 95823**, including its parking lot). RELEASOR understands that there may be other unknown risks to them, and they agree to indemnify and hold harmless the RELEASEES from any loss, liability, damage, or cost including attorney's fees, RELEASEES may incur arising from their attendance at the ACTIVITIES, and the journey to and from the event.

RELEASORS understand that RELEASORS are at all times responsible for RELEASORS' own safety when RELEASORS participates in ACTIVITIES. RELEASORS expressly agree and promise to assume all of the risks existing in the ACTIVITIES. RELEASORS' participation in ACTIVITIES is purely voluntary, and RELEASORS elect to participate in spite of the risks. RELEASORS are aware of and understand all safety regulations and rules applicable to their attendance and participation in the ACTIVITIES. RELEASORS, prior to participating, will inspect the facilities and equipment to be used, and if they believe anything is unsafe, they will immediately advise RELEASEES of such conditions and refuse to participate unless and until the unsafe condition has been remedied to RELEASORS' satisfaction.

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# SMUD Watt's Cooking Culinary Event and Induction Cooking Competition

General release, Indemnity agreement, video/audio/photo consent — *continued*

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RELEASORS understand medical services are not available at the PREMISES. RELEASORS hereby grant RELEASEES permission to authorize emergency medical treatment, if necessary, and that such action by RELEASEES shall be subject to the terms of this RELEASE. RELEASORS understand and agree that RELEASEES assume no responsibility for any injury or damage which might arise out of or in connection with such medical treatment. RELEASORS further release all RELEASEES, officials, other participants, or any professional persons of any claim whatsoever on account of first aid, treatment of services rendered, during RELEASORS' attendance at the **SMUD Watt's Cooking Culinary Event and Induction Cooking Competition**, including ACTIVITIES before, on, or after the above-mentioned date. RELEASORS confirm they have adequate health insurance necessary to pay for any of RELEASORS' medical costs arising from attending the ACTIVITIES.

RELEASORS understand drugs (illegal or recreational) and alcohol are prohibited at the PREMISES.

RELEASEES retain the right, in their sole judgment, to cancel ACTIVITIES or prevent anyone from attending.

RELEASORS agree any lawsuit arising from the ACTIVITIES will be venued in Sacramento County, California, and governed by California law, without regard to conflict of laws principles. The term of this RELEASE shall continue and be in effect after ACTIVITIES have ended. This RELEASE is intended to be as broad and inclusive as is permitted by law and may not be modified in any way. If any provision or any part of any provision of this RELEASE is held to be invalid or legally enforceable for any reason, the remainder of this RELEASE shall not be affected and shall remain valid and fully enforceable. No oral representations, statements, or inducements apart from this RELEASE have been made. The parties agree a copy of this RELEASE can be used as if it were an original.

RELEASORS consent and give SMUD permission to the use of their name and/or likeness, to record their image and/or voice and grant SMUD all rights to their name, likeness, these sound, still or moving images in any media whatsoever for promotional, advertising, or other purposes of SMUD. RELEASORS agree that all rights to the sound, words, still or moving images, and any and all plates, negatives, recording tape, memory and/or digital files belong to SMUD. RELEASORS waive all claims to compensation or damages based on the use of any or all of their likeness, name, words, image or voice by SMUD. RELEASORS acknowledge they are participating on a voluntary basis and have not been promised and do not expect any compensation for their participation. RELEASORS also waive the right to inspect or approve any finished document, photograph or video or audio recording. RELEASORS understand that this consent is perpetual, that they may not revoke it, and that it is binding on them, their heirs and their assigns.

**THIS IS A RELEASE OF LEGAL RIGHTS. READ BEFORE SIGNING.** In signing this RELEASE, RELEASORS acknowledge that they have read this document in its entirety and they knowingly and voluntarily assume all risks of any injuries and damages. Notwithstanding such risks, RELEASORS agree to participate in this event.

## RELEASORS:

Participant or Parent/Guardian (print legal name): \_\_\_\_\_

Signature: \_\_\_\_\_

Relationships to MINOR(s) (if any are participating): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Minor(s), if any (print legal name): \_\_\_\_\_

Executed this day: \_\_\_\_\_ .  
(date)



