# Sports Participation Waiver & Release

## Participation

I wish to participate, or permit my child to participate, in sports programs organized by , including practices, games, scrimmages, tryouts, clinics, camps, conditioning sessions, tournaments, team events and travel connected with them (the "Program").

## Risks of Sport

I understand that participating in sport involves risks that are an inherent part of the game and cannot be completely eliminated. Depending on the sport, these include:

- collisions with other players, goalposts, boards, nets, fences or the ground;
- being struck by balls, pucks, bats, sticks, rackets or other equipment;
- sprains, strains, torn ligaments (such as ACL injuries), fractures and dislocations;
- concussions and other head, neck and spinal injuries;
- eye and dental injuries;
- injuries caused by playing surfaces, such as uneven turf, wet courts, ice, holes or debris;
- heat exhaustion, heat stroke, dehydration, hypothermia and lightning; and
- overuse injuries, sudden cardiac events and, in rare cases, permanent disability or death.

I understand that these injuries can occur during normal play, even when all players follow the rules, coaches are attentive and equipment is properly used.

## Concussion Awareness

I understand the common signs and symptoms of concussion, including headache, dizziness, confusion, nausea, sensitivity to light or noise, and memory problems. I agree that:

- any player suspected of having a concussion will be removed from play immediately;
- the player will not return to practice or games on the same day; and
- the player will only return after written clearance from a qualified healthcare provider, following any return-to-play protocol required by law or the Program's governing body.

## Code of Conduct

I agree, for myself or my child, to play fairly and safely, respect officials, coaches, opponents and teammates, wear required protective equipment, and follow all Program and venue rules. Parents and spectators will support players positively and will not confront officials or coaches during games.  may suspend or remove any player, parent or spectator who violates these expectations, without refund.

## Equipment

I will ensure that personal equipment, such as shoes, shin guards, mouthguards, helmets and gloves, fits properly, meets any league requirements and is in good condition. I will tell coaches about any equipment provided by  that is damaged or does not fit.

## Travel

I understand that the Program may involve travel to away games and tournaments. Unless provides transportation, I am responsible for arranging travel, and travel risks, including vehicle accidents, are included in the risks I accept. If I drive other players, I am responsible for holding a valid license and insurance.

## Health and Medical Authorization

I confirm that the participant is physically fit to take part and has disclosed any medical condition, allergy, asthma, heart condition, previous concussion or injury that could affect participation. In an emergency, if I cannot be reached, I authorize , its coaches and staff to provide first aid and obtain emergency medical treatment and transport for the participant, at my expense.

## Release and Indemnification

I voluntarily assume all risks of the Program. To the fullest extent permitted by law, I release , its organizers, coaches, officials, volunteers, sponsors and the owners of venues used by the Program from all claims for injury, illness, death or property loss arising from participation, including claims for ordinary negligence, but not gross negligence or willful misconduct. I will indemnify them against claims arising from my or my child's conduct.

## Minors

If the participant is a minor, I am their parent or legal guardian, and I sign on their behalf and my own to the extent permitted by law.

## General

This waiver covers the current season or Program and any additional events organized by  during it. If any part is unenforceable, the rest remains in effect. It is governed by the laws of the state or country in which  operates.

## Please initial each statement

___ I am at least 18 years old or am the parent or legal guardian of the participant.

___ I understand the risks of sport, including collisions, concussion and heat illness, and voluntarily accept them.

___ I agree that any player with suspected concussion will be removed from play until cleared in writing.

___ I agree to the code of conduct for players, parents and spectators.

___ I release {{business}} from liability as described, to the extent permitted by law.

Participant full name

Date

Date of birth

Phone

Email

Emergency contact name & phone

Name(s) of minor participant(s)

Parent / guardian name

Signature