



## 2019-2020 MIDDLE AND HIGH SCHOOL RACE FORM & WAIVER

### TO BE COMPLETED BY COACH (Do Not fill in)

NAME OF RACE \_\_\_\_\_

BIB # \_\_\_\_\_ GENDER (CIRCLE) M F AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_

### TO BE COMPLETED BY ATHLETE

NAME \_\_\_\_\_  
LAST FIRST MIDDLE IN.

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

TEAM NAME: **BAY NORDIC** (CIRCLE) HIGH SCHOOL MIDDLE SCHOOL

AGE CLASS (CIRCLE) 9-11 12-13 14-15 16-18

### **Amateur Athletic Waiver and Release of Liability** - You must sign the waiver or have a parent sign it if you are under 18.

In consideration of being allowed to participate in any way an athletic/sports program, and related events and activities:

- 1) I agree that prior to such participation, I will, or if I am the parent or guardian of a minor participant will instruct such participant that he or she should, inspect the facilities and equipment to be used, and if I believe that anything is unsafe I will immediately advise my coach or a supervisor of such conditions and refuse to participate.
- 2) I acknowledge and fully understand that I may be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result not only from my own actions, inactions or negligence but the actions, inactions, and negligence of others, the rules of play, or the conditions of the premises or of any equipment used. Further, that there may be other risks not known to me or not reasonably foreseeable at this time.
- 3) I assume all the foregoing risks and accept personal responsibility for my personal damages following my injury, permanent disability or death.
- 4) Intending to be legally bound, I do hereby release, waive, discharge and covenant not to sue the sponsoring organization, its affiliated clubs, their respective administrators, officers, directors, agents and other employees or volunteers of the organization, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as "releases," from any and all liability to me, my heirs, and next of kin, for any claims, demands, or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of any releases or in connection with association of participation in and/or arising out of my travel to, participation in, and returning from the participation in the event.
- 5) In the event that I sustain an injury or illness while participating, I hereby authorize any emergency first aid, medication, medical treatment, or surgery deemed necessary by licensed medical personnel. I also give my permission for attending medical personnel to execute on my behalf my permission forms or other necessary medical documents and to act in my behalf if I am not immediately available to do so.
- 6) In the event you are not able to make a race we ask that you notify the coach and/or one of the team managers within 2 weeks of the race day so as to avoid any penalty. If you give a notice less than 2 weeks you will be charged \$20 to cover the race fees.

The undersigned has read the above waiver and release, understands that he/she has given up substantial rights by signing it and signs it voluntarily. I have read the release and will comply with its provisions.

Signature of participant \_\_\_\_\_

Signature of consenting parent if participant is a minor \_\_\_\_\_

Printed Name \_\_\_\_\_ Date \_\_\_\_\_