



**ASSUMPTION OF RISK AND INSURANCE CERTIFICATION
(Athletic Programs & Recreational Activities)**

Many recreational activities and athletic programs involve substantial risks of bodily injury, property damage, and other damages associated with participating in such activities. Dangers related to such activities include, but are not limited to hypothermia, broken bones, strains, sprains, bruises, drowning, concussion, heart attack, and heat exhaustion.

Each participant in such activities should realize that there are risks, hazards, and dangers inherent in such activities and in the training, preparation for, and travel to and from such activities. It is the sole responsibility of each participant to participate only in those activities for which he/she has the prerequisite skills, qualification, preparations, and training.

The undersigned acknowledges that the college/university does not warrant or guarantee in any respect the competency of the mental or physical condition of any trip leader, vehicle driver, or individual participant in any athletic or recreational activity.

I understand and acknowledge that all participants in voluntary recreational activities and athletic programs will also be required to sign the Hold Harmless, Release, Waiver of Liability and Covenant Not to Sue - Athletic Programs & Recreational Activities form.

I acknowledge that I am solely responsible for any hospital or other costs arising out of any bodily injury or property damage sustained through my participation in such voluntary athletic or recreational activities. In this regard, I certify that I am covered by a 24-hour health and accident insurance policy.

I have received a copy of this Notice, which I have read and understand. I accept and assume all risks, hazards, and dangers involved in any such activities in which I may elect to participate, including the training, preparation for and travel to and from the site of such activities.

In signing this release, I acknowledge and represent that I have read the foregoing waiver, release, and covenant not to sue, that I understand it, and that I sign it **voluntarily** as my own free act and deed. I further acknowledge that no oral representation, statements or inducements, apart from the foregoing written agreement, have been made and that I am at least eighteen (18) years



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of age and fully competent. If less than eighteen (18) years of age, a parent or legal guardian has signed, fully accepting each and every term. I (or my parent) execute(s) this Release for full, adequate and complete consideration, fully intending to be bound by same.

So agreed this _____ day of _____, 20_____.

IN WITNESS WHEREOF, I set my hand hereto as of the date set forth below:

Initial one of the following statements to affirm acceptance of the aforementioned terms:

_____ I certify that I am the parent or legal guardian of the above-named minor. I have read, understood and accept the terms of this entire document and consent to the provisions contained herein. (Signature is required.)

_____ I certify that I am at least 18 years of age and suffering under no legal disability and that I have received a copy of this document and have read the above carefully before signing.

Name of Participant (print)

Signature of Participant
(If 18 years or older)

Name of Parent/Legal Guardian (print)

Signature of Parent/Legal Guardian
(For participant under age 18)

Signature witnessed by:

Name of Witness (print)

Signature of Witness