



Inherent Risk of Injury⁰⁸ An Agreement to Participate

I am aware that playing in any sport can be a dangerous activity involving risks, including injury. I understand that the dangers and risks of playing or practicing in any sport include, but are not limited to: death, serious neck and spinal cord injuries which may result in complete or partial paralysis or brain damage, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system and serious injury or impairment to other aspects of my body, general health and well being. I especially acknowledge that contact sports can involve even a greater risk of injury than some other sports.

Because of the dangers of participating in the named sport(s), I recognize the importance of following the coach's instructions regarding playing techniques, training, rules of sport, and other team rules and obeying such instructions.

In consideration of the College permitting me to practice, play or try out for the College's team(s) and to engage in all activities related to the team, including practicing, playing, and traveling, I hereby voluntarily assume all risks associated with participation and agree to exonerate and save the harmless College, their agents, servants and employees, the athletic staff of the College, the physicians and other practitioners of the healing arts treating me from any and all liability, claims, causes of action or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to the College sports team(s).

The terms hereof shall serve as a release and as an assumption of risk for my heirs, estates, executor, administrator, assignees, and all members of my family.

I hereby agree to submit any disputes that may arise between myself and the College, its agents, its servants and employees, the athletic staff of the College, the physicians and other practitioners of the healing arts treating me, in connection with my activities at the College, to binding arbitration before three arbitrators, in accordance with the Rules of the American Arbitration Association.

- I will not knowingly attempt to harm or injure an opponent through the use of proper or improper techniques.
- I will properly maintain any equipment in good working order issued to me and report any defects to the coaches, athletic trainer, or equipment coordinator.
- I understand that the administrators, coaches and medical staff hold my health and safety first and foremost in their minds.

Print Name: _____

Athlete Signature: _____ **Date:** _____