WAIVER OF LIABILITY
College of the Sequoias Athletic Department

Assumption of Risk for Participating in Intercollegiate Athletics

Printed Name    Sport(s)    Year

I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks of playing or practicing to play/participate in the above sport(s) include, but are not limited to, death, serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, injury from a body piercing or heat illness and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of playing or practicing to play/participate in the above sport may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating in the above sport, I recognize the importance of following coaches’ instructions regarding playing techniques, training, and other team rules, and agree to obey such instructions.

Helmet Waiver: I hereby agree not to file any claims or lawsuits against College of the Sequoias, Department of Athletics of the Sports Medicine Program on account of injuries to myself or others that were caused by or made more serious by the use of a helmet. By signing below I acknowledge that I have read and understand I should not use a helmet to butt, ram or spear an opposing player. This is in violation of the football rules and can result in severe head, brain, or neck injury, paralysis or death to myself and possible injury to my opponent. There is a risk these injuries may also occur as a result of accidental contact without intent to butt, ram or spear.

In consideration of College of the Sequoias permitting me to try out for ___________ team and to engage in all activities related to the team, including, but not limited to practicing or playing/participating in that sport, I hereby assume all the risks associated with participating and agree to hold College of the Sequoias, its employees, agents, representatives, coaches, and volunteers, harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to College of the Sequoias’ _________________________ team.

Signature of Student Athlete    Date

Signature of Parent/Guardian if under 18    Date