



**VALLEY-WIDE RECREATION AND PARK DISTRICT
INFORMATION TO PARTICIPANT REGARDING RISK OF INJURY**

ADULT ACTIVITY/PROGRAM: Senior Softball

Any and all recreation activities involve the risk of injury. You, as the participant, must be aware of the particular risks involved in the activity you have signed up for. For example, a softball player runs the risk of breaking an arm while diving for a ball, or being struck by a thrown ball; a calligraphy student may fall and break a bone while walking out of class or to their chair; an excursion participant may trip and fall from the bus or the bus itself may be involved in an accident. In any event, participants must understand that all activities have the potential for an injury and Valley-Wide Recreation is not liable. Participants must understand and agree that they take part in the activity at their own risk.

AGREEMENT, WAIVER AND RELEASE

In consideration for being permitted by the above district to participate in the above activity, I hereby waive, release and discharge any and all claims for damages for personal injury, death, or property damage which I may have, or which may hereafter accrue to me, as a result of participation in said activity. This release is intended to discharge in advance the above district (its officers, employees, and agents) from any and all liability arising out of, or connected in any way with, my participation in said activity, even though that liability may arise out of negligence or carelessness on the part of the persons or entities mentioned above. It is understood that this activity involves an element of risk and danger of accidents and knowing those risks, I hereby assume those risks. It is further agreed that this waiver, release and assumption of risk is to be binding on my heirs and assigns. I agree to indemnify and to hold the above persons or entities free and harmless from any loss, liability, damage, cost or expense which they may incur as the result of my death or any injury or property damage that I may sustain while participating in said activity.

I HAVE CAREFULLY READ THIS AGREEMENT, WAIVER AND RELEASE AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE ABOVE DISTRICT, AND I SIGN IT OF MY FREE WILL.

SIGNATURE

DATE

NAME PRINTED