

Sports consent form

Participation in sports activities

I voluntarily choose to participate, or give permission for the participant named in this form to participate, in sports activities organised by **[Club, Team or Organisation Name]**.

Activities may include:

- Training sessions
- Practices and coaching
- Matches, games and competitions
- Fitness and conditioning exercises
- Warm-ups and cool-downs
- Sports drills and skills development
- Use of sports facilities and equipment
- Team events and related activities
- Travel to approved sports venues

I understand that participation is voluntary. The participant may stop taking part at any time, although fees, registrations and reserved places may remain subject to the organisation's cancellation and refund policies.

The organisation may modify, restrict, postpone or cancel participation where it reasonably believes that the participant, equipment, venue, weather or other conditions create an unacceptable safety risk.

Eligibility and ability to participate

I confirm that the participant meets the applicable age, eligibility and participation requirements for the sport.

I confirm that the participant is physically and mentally capable of taking part safely, except for any medical condition, injury or limitation disclosed before participation.

I understand that participation may require an appropriate medical examination, sports physical, licence, membership or approval from a qualified healthcare professional.

The organisation may request additional information or medical clearance where reasonably necessary.

Coaches and staff are not medical professionals unless expressly stated otherwise. They cannot diagnose health conditions or guarantee that participation is medically appropriate.

Health information

I agree to disclose information that may reasonably affect the participant's safety or ability to take part, including:

- Current or previous injuries
- Pain, swelling or physical limitations
- Heart, circulation or blood-pressure conditions
- Asthma or other breathing conditions
- Diabetes
- Epilepsy, seizures, fainting or loss of consciousness
- Allergies or previous serious allergic reactions
- Concussion or previous head injuries
- Joint, bone, muscle or neurological conditions
- Recent surgery or medical treatment
- Medication that may affect physical performance, coordination or alertness
- Pregnancy or possible pregnancy where relevant
- Restrictions recommended by a healthcare professional
- Any need for medication, additional support or reasonable adjustments

I agree to tell the coach or organisation if the participant's health changes or if a new injury occurs.

The organisation may limit or refuse participation if it reasonably believes that continuing would be unsafe.

Risks of sports participation

I understand that sports and physical activity involve ordinary and inherent risks that cannot be completely eliminated, even when appropriate coaching, rules and safety measures are followed.

Possible risks include:

- Slips, trips and falls
- Cuts, bruises and abrasions
- Muscle soreness and fatigue
- Strains, sprains and fractures
- Joint, ligament or tendon injuries
- Collisions with participants, equipment or objects

- Head, face, eye or dental injuries
- Concussion or other brain injury
- Heat exhaustion, dehydration or cold exposure
- Breathing difficulties or unexpected medical events
- Equipment failure or misuse
- Overuse and repetitive-strain injuries
- Emotional distress or competitive pressure
- Serious injury, permanent disability or, in rare cases, death

I understand that the nature and likelihood of injury depend on the sport, intensity, environment, participant's health, experience and conduct.

I voluntarily accept these ordinary and inherent risks.

Head injuries and concussion

I understand that a concussion or other head injury may occur following a blow, impact, fall or sudden movement involving the head or body.

Symptoms may not always appear immediately.

The participant must stop taking part and immediately inform a coach or responsible adult after a suspected head injury or when experiencing symptoms such as:

- Headache
- Dizziness or balance problems
- Confusion
- Memory difficulties
- Blurred or double vision
- Nausea or vomiting
- Unusual tiredness
- Sensitivity to light or noise
- Changes in behaviour or mood
- Loss of consciousness

I understand that the organisation may remove the participant from activity following a suspected concussion or head injury.

The participant must not return to training or competition until permitted under the organisation's concussion policy and any applicable medical or legal requirements.

I agree not to pressure a coach, official or healthcare professional to allow an unsafe return to sport.

Safety rules and participant responsibilities

The participant agrees to:

- Follow reasonable instructions from coaches, staff and officials
- Follow the rules of the sport
- Use facilities and equipment only as instructed
- Wear required clothing and protective equipment
- Report injuries, symptoms and unsafe conditions promptly
- Stop participating if feeling unwell, injured or unable to continue safely
- Avoid reckless, violent or deliberately dangerous conduct
- Respect coaches, officials, teammates, opponents and spectators
- Not participate while impaired by alcohol, drugs, unsuitable medication, illness or extreme fatigue

I understand that failing to follow safety instructions may increase the risk of injury.

The organisation may remove or suspend a participant whose behaviour presents a safety risk or seriously disrupts the activity.

Sports equipment and protective gear

I understand that protective equipment may reduce certain risks but cannot prevent every injury.

The participant agrees to use required protective equipment correctly and to tell a coach or responsible person if any equipment is damaged, missing or does not fit properly.

Personal equipment remains the participant's responsibility unless the organisation has expressly agreed otherwise.

The participant must not alter, misuse or deliberately damage equipment or facilities.

I accept responsibility for damage caused by intentional misconduct, reckless behaviour or misuse by the participant.

Training conditions and physical exertion

I understand that sports activities may involve strenuous physical effort, repeated movement, physical contact and exposure to changing environmental conditions.

The participant is responsible for:

- Attending appropriately dressed and equipped
- Bringing suitable water and nutrition where required
- Taking reasonable rest and recovery
- Following hydration and heat-safety instructions
- Informing the coach about pain, illness or excessive fatigue
- Avoiding additional participation where recovery is incomplete

I understand that poor conditioning, insufficient recovery, dehydration or participation while injured may increase the risk of harm.

Facilities, travel and events

Sports activities may take place at facilities not owned or directly controlled by the organisation.

I understand that participation may involve changing rooms, fields, courts, gyms, public spaces, shared facilities and third-party venues.

Where travel is arranged, separate transportation permission or travel terms may apply.

The participant agrees to follow the rules of each venue and the instructions of authorised staff.

Personal belongings

I understand that personal belongings may be lost, stolen or damaged during sports activities.

The participant is responsible for protecting clothing, equipment, electronic devices, jewellery and other personal property.

Valuable or unnecessary items should not be brought to training or events.

To the fullest extent permitted by applicable law, the organisation is not responsible for ordinary loss or damage to personal belongings unless caused by liability that cannot legally be excluded.

Emergency care

If the participant becomes ill or injured, I authorise the organisation and its staff to:

- Provide reasonable first aid
- Stop the participant from continuing the activity
- Contact the participant's emergency contact

- Contact emergency medical services
- Arrange transportation to an appropriate healthcare facility
- Share relevant health information with emergency responders
- Take reasonable action to protect the participant's immediate safety

I understand that the organisation cannot guarantee that an emergency contact will be reached before assistance is provided.

I accept responsibility for medical, ambulance and treatment expenses unless applicable law or legally established liability requires otherwise.

Assumption of risk and liability release

I knowingly and voluntarily accept the ordinary and inherent risks associated with sports participation.

To the fullest extent permitted by applicable law, I release **[Club, Team or Organisation Name]** and its owners, directors, coaches, staff members, instructors, volunteers, contractors and representatives from claims arising solely from:

- Ordinary and inherent risks knowingly accepted in this form
- Relevant health information concealed or provided inaccurately
- Failure to follow reasonable safety instructions or sport rules
- Misuse of equipment or facilities
- Participation while injured, impaired or medically unfit
- Reckless, violent, unlawful or prohibited conduct
- Events outside the organisation's reasonable control

This release does not exclude or limit liability that cannot legally be excluded or limited.

It does not apply to fraud, intentional misconduct, gross negligence, reckless conduct, breaches of legally required safeguarding duties, violations of mandatory consumer rights or any other liability that applicable law prohibits the organisation from waiving.

Consent for minors

Where this form is signed for a participant who cannot legally provide their own consent, I confirm that:

- I am the participant's parent, legal guardian or otherwise legally authorised to provide consent.
- I have provided complete and accurate health information.
- I understand the nature and risks of the sport.

- I give permission for the participant to take part.
- I agree to help ensure that the participant follows safety instructions.
- I authorise reasonable emergency assistance where necessary.

The organisation remains responsible for complying with applicable supervision, safeguarding and child-protection requirements.

Privacy and recordkeeping

I understand that the organisation may collect and retain information where reasonably necessary to:

- Register and identify the participant
- Manage training, competitions and membership
- Understand relevant health and support needs
- Maintain attendance, consent and safety records
- Respond to injuries, incidents or safeguarding concerns
- Communicate with participants, parents or guardians
- Meet insurance, sporting-body and legal obligations

Information will be handled according to the organisation's privacy notice and applicable data-protection laws.

Health information should only be accessed by people who reasonably require it.

Final declaration

By completing and signing this form, I confirm that:

- I have read and understood the entire form.
- The information provided is complete and accurate.
- The participant meets the applicable eligibility requirements.
- Relevant health conditions, injuries and limitations have been disclosed.
- I understand the nature and risks of sports participation.
- I agree that the participant must follow all safety rules and instructions.
- I understand the organisation's approach to suspected concussion and injury.
- I authorise reasonable emergency care where necessary.
- I had an opportunity to ask questions before signing.
- Participation is voluntary.

- I understand that this form does not remove rights or protections that cannot legally be waived.

Participant completion

Contact details

First name *

Last name *

Phone

Email *

- ☐ I have read, understood and agree to the Sports Participation Consent Form and Liability Waiver above. I confirm that the information provided is accurate and voluntarily consent to participation. *

Signature *