

Sports waiver form

Sports Participation Waiver & Assumption of Risk

Please read this agreement carefully before participating in practices, training sessions, games, matches, competitions, tournaments, conditioning, camps, clinics, or other sports-related activities organized by the club, team, league, facility, coach, or organization.

Sports participation

I understand that sports and athletic activities involve physical exertion and may include running, jumping, rapid changes of direction, throwing, catching, striking, kicking, lifting, stretching, conditioning, drills, competition, and other movements appropriate to the sport.

Depending on the sport, participation may also involve physical contact, collisions, falls, interaction with other athletes, balls or other projectiles, goals, nets, bats, racquets, sticks, protective equipment, training equipment, playing surfaces, or other sport-specific equipment.

Assumption of risk

I understand that participation in sports involves inherent risks that cannot be completely eliminated even when reasonable rules, coaching, supervision, protective equipment, and safety precautions are used.

Risks may include overexertion, muscle soreness, strains, sprains, bruises, cuts, falls, collisions, joint injuries, dislocations, fractures, dental or facial injuries, eye injuries, heat- or cold-related illness, dehydration, and aggravation of existing injuries or medical conditions.

Sports participation may also involve less common but serious risks, including concussion or other head injury, spinal injury, cardiovascular events, permanent disability, or death.

I voluntarily choose to participate and accept the inherent risks associated with the sport and related activities.

Contact, competition & other participants

I understand that athletes may come into contact with other participants during practices or competition. Contact may be permitted by the rules of the sport or may occur accidentally.

I understand that injuries may result from the actions, mistakes, judgment, skill level, or conduct of other participants even when everyone is attempting to follow the rules.

Equipment, facilities & environment

Sports may take place on courts, fields, tracks, gyms, training areas, trails, or other indoor or outdoor surfaces. Conditions may vary and may include uneven, wet, slippery, hard, artificial, or natural surfaces.

Outdoor activities may also involve changing weather, heat, cold, sun exposure, rain, wind, or other environmental conditions.

I agree to use required protective and sports equipment appropriately, follow reasonable safety instructions, and report damaged equipment or unsafe conditions to a coach, instructor, official, or staff member.

Health & physical condition

I am responsible for providing accurate information about injuries, medical conditions, physical limitations, medications, or other circumstances that may reasonably affect safe participation.

If a healthcare professional has advised the participant to restrict or avoid athletic activity, I understand that appropriate medical advice or clearance should be obtained before participation.

The participant agrees to stop participating and notify a coach, instructor, official, athletic trainer, or staff member if they experience significant pain, chest pain, unusual shortness of breath, dizziness, fainting, or another concerning symptom.

Concussion & head injury

I understand that a concussion or other head injury can occur from a bump, blow, or jolt to the head or body and that symptoms may not always appear immediately.

The participant agrees to report a suspected head injury or concussion symptoms immediately and not hide symptoms in order to continue playing.

If a concussion is suspected, the participant should stop sports participation and should not return that day. Return to sports should occur only after appropriate healthcare evaluation and clearance and in accordance with applicable concussion policies and laws.

Rules & conduct

I agree that the participant will follow the rules of the sport, reasonable directions from coaches, instructors, officials, and staff, and safety requirements established by the organization or facility.

The organization may restrict or stop participation if a participant's conduct, equipment, injury, physical condition, or failure to follow safety instructions creates an unreasonable safety risk.

Emergency medical care

If an injury or medical emergency occurs and the participant or parent or guardian cannot provide timely instructions, I authorize coaches, staff, volunteers, athletic trainers, or other authorized repre-

sentatives to provide reasonable first aid and contact emergency medical services when they believe it is appropriate.

I understand that the organization does not guarantee the availability or outcome of medical care and that responsibility for medical expenses remains with the participant or responsible party to the extent permitted by law.

Personal property

The participant is responsible for reasonable care of their personal belongings and sports equipment. The organization does not guarantee protection against loss, theft, or damage to personal property.

Release of liability

In consideration for being permitted to participate, I voluntarily assume the inherent risks associated with sports, training, competition, equipment, and use of the relevant facilities.

To the fullest extent permitted by applicable law, I release and waive claims against the sports organization, club, team, league, facility, event organizer, owners, coaches, instructors, officials, employees, contractors, volunteers, representatives, and facility owners or operators arising from injury, illness, death, loss, or property damage connected with participation, including claims arising from ordinary negligence where such claims may legally be waived.

This agreement does not release liability or waive rights or claims that cannot legally be released or waived under applicable law.

Participants under the age of majority

If the participant is under the legal age of majority, a parent or legal guardian must complete and sign this agreement. The parent or legal guardian confirms that they have authority to consent to the minor's participation and agrees to these terms on their own behalf and on behalf of the minor to the extent permitted by applicable law.

Participant information

Participant full name *

Participant date of birth *

Sport, team, league, program, or activity *

Who is completing and signing this waiver? *

- ☐ Participant — I am of legal age
- ☐ Parent or legal guardian of a minor participant

Participant or parent/guardian contact details *

First name *

Last name *

Phone *

Email *

Parent or legal guardian name, if applicable

Relationship to participant, if applicable**Participation details****Which activities may the participant take part in? Select all that apply.**

- ☐ Practices or training
- ☐ Games, matches, or meets
- ☐ Competitions or tournaments
- ☐ Strength and conditioning
- ☐ Warm-ups and fitness training
- ☐ Contact or partner drills
- ☐ Camps or clinics
- ☐ Team events or demonstrations

Participant experience level

- ☐ Beginner or first-time participant
- ☐ Recreational experience
- ☐ Competitive experience
- ☐ Advanced or experienced athlete

Emergency contact**Emergency contact name ***

Emergency contact phone number *

Emergency contact relationship to participant *

Health & medical information

List any injuries, medical conditions, allergies, medications, physical limitations, or other health information that may affect safe sports participation.

Has a healthcare professional advised the participant to restrict or avoid sports or strenuous physical activity? *

- ☐ No
- ☐ Yes
- ☐ Unsure

If yes or unsure, describe any restrictions, recommendations, or medical guidance.

Has the participant previously had a concussion or other significant head injury? *

- ☐ No
- ☐ Yes
- ☐ Unsure

If yes, provide any relevant concussion history, current restrictions, or return-to-play guidance.

Acknowledgment & signature

- ☐ I have read and understand that sports participation involves risks including physical exertion, falls, contact or collisions, equipment-related injuries, and the possibility of serious injury. *

- ☐ I voluntarily accept the inherent risks associated with participation in the sport and related training, competition, and activities. *

- ☐ I confirm that I have disclosed known injuries, medical conditions, restrictions, and other relevant health information to the best of my knowledge. *

- ☐ I agree that the participant will follow reasonable coaching instructions, sport rules, facility rules, safety requirements, and protective-equipment requirements. *

☐ I understand that a suspected concussion or significant head injury should be reported immediately and that the participant should not return to sports the same day or before appropriate healthcare clearance. *

☐ I authorize reasonable first aid and emergency medical assistance if needed and understand that I am responsible for resulting medical expenses to the extent permitted by law. *

☐ I agree to the release of liability described above to the fullest extent permitted by applicable law. *

☐ If I am signing for a minor, I confirm that I am the participant's parent or legal guardian, have authority to provide consent, and consent to the minor's participation. If I am signing for myself, this statement does not apply. *

☐ I confirm that I have read this waiver, understand its terms, had the opportunity to ask questions, and am signing voluntarily. *

Participant (legal age) or parent/legal guardian signature *