

# Participant Release of Liability Form for Sports

**Participant Name**

**Date of Birth**

**Emergency Contact Name**

**Emergency Contact Phone**

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I, the undersigned participant (or parent/guardian if under 18), acknowledge that participation in sports and physical activities involves inherent risks of injury, including but not limited to sprains, strains, fractures, and more severe injuries. I voluntarily assume full responsibility for any risk of injury or loss, regardless of severity, that may be sustained as a result of participation in any sports activities.

I release, waive, discharge, and covenant not to sue the organizers, officials, sponsors, and agents from any and all liability for injuries, claims, demands, actions, or causes of action, arising out of participation, whether caused by negligence or otherwise.

☐ **I have read and understand the above Release of Liability and agree to its terms.**

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**Participant Signature**

**Date**

**Parent/Guardian Signature (if under 18)**

**Date**