

Hammer Throw Waiver

WAIVER

The Greater Spokane Track Club, Central Valley School District & USATF is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Greater Spokane Track Club, Central Valley School District & USATF continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participant's

safety. However, participants and parents/guardians of minors registering for this program must recognize that there is an inherent risk of injury when choosing to participate in recreational activities. You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment to consult a physician before undertaking any physical activity.

WARNING OF RISK

Track & Field is a sport which challenges and engages the physical, mental and emotional resources of each participant. However, despite careful and proper preparation, instruction, medical advice, conditioning, and equipment, there is still a risk of serious injury. Understandably, not all hazards and dangers can be foreseen. Because track & Field is a sport played with little or no equipment and because it puts great demands on stamina, the very nature of the game of Track & Field is hazardous and risky. Such risks and dangers include but are not limited to the acts of falling, contact with other participants, inadequate or defective equipment, failure in supervision or instruction, unsportsmanlike conduct of players and spectators, dangerous or defective playing conditions such as slippery substances on or off the track surface, incorrect footwear, horseplay, carelessness, and all other circumstances inherent to the sport of Track & Field. In this regard, it must be recognized that it is impossible for the Greater Spokane Track Club, Central Valley School District & USATF to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program/ activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that my minor child/ward or I sustain as a result of participating in any and all activities connected with or associated with this program/

activity. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Greater Spokane Track Club, Central Valley School District & USATF, including its officials, agents, volunteers and employees (herein collectively referred to as "Parties"). I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or loss that my minor child/ward or I have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims.

PLEASE PRINT Participants Name _____

Date _____

Participants Signature _____

(18 years or older or Parent/Guardian)