



HOOPS AND HANDLES

Basketball Coaching/Training Waiver

In consideration of being permitted to participate in the training program of **HOOPS AND HANDLES** I, for myself, my heirs, personal representatives and assigns, do hereby release, waive, covenant not to sue and discharge **HOOPS AND HANDLES** from liability from any all claims including negligence, personal injury, accidents or illnesses (including death), and property loss arising from, but not limited to, participation in athletic training program.

Assumption of Risks: Participation in sports, running, triathlon, and conditioning programs carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I understand that these sports are potentially hazardous activities and certify that I am in good health and physically fit to enter into a training program. I acknowledge that I am aware of the many risks involved in athletic training, which include by way of example and not limitation: 1) minor injuries such as scrapes, bruises, sprains, and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries such as heat stroke and heat exhaustion, dehydration and conditions such as hyponatremia, and 3) catastrophic injuries and conditions such as heart attacks and other injuries or conditions which could be fatal.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in training for and participating in these sports/activities. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

I also agree to INDEMNIFY AND HOLD HARMLESS **HOOPS AND HANDLES** from any and all claims, actions, suits, procedures, costs, expenses, damages, or liabilities, including attorney's fees brought as a result of my involvement in the program.

Acknowledgement of Understanding: I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and I understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Participants Name: _____

Participants Signature: _____

Date: _____

Signature of Parent/Guardian: _____
(if athlete under the age of 18)

Date: _____