



Athlete's Name: _____

Waiver of Liability, Assumption of Risk, and Video Consent

Waiver: In consideration of being permitted to participate in all training opportunities of 913Athletics, I, for myself, my heirs, personal representatives and assigns, do hereby release, waive, covenant not to sue and discharge 913Athletics from liability from any all claims including negligence of 913Athletics resulting in personal injury, accidents, or illnesses (including death), and property loss arising from, but not limited to, participation in athletic training program.

Signature (of Parent/Guardian if athlete is under 18)

Date

Print name (of Parent/Guardian if athlete is under 18)

Assumptions of Risk: Participation in running, jumping, and conditioning comes with its certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I understand that running, jumping, and athletic training are potentially hazardous activities and verify 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 floor burns, bruises, sprains, and strains, 2) more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries, dehydration and overhydration conditions such as hyponatremia and 3) catastrophic injuries and conditions such as heart attacks and other injuries or conditions with 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 road, trail, and track running and racing, cycling, swimming, and any other conditioning and cross training activities associated with that training. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

(Initial)

Video and photography Consent: I acknowledge that since I am participating in 913Athletics events, photographs and video may be taken of me, at any time, strictly for content purposes to be used for our website and social media.

(Initial)