



Norridge Park District Hold Harmless Waiver

Please read this form carefully and be aware that, in signing up and participating in Norridge Park District programs, you will be waiving and releasing all claims for injuries, arising out of these programs, that you or other named participants might sustain, the terms "I", "me", and "my" also refer to parents or guardians as well as participants in the programs. In registering for these programs, you are agreeing as follows.

As a participant in these programs, I recognize and acknowledge that there are certain risks of physical injury, and I agree to assume the full risk of any injuries, damages, or loss which I may sustain as a result of participating, in any manner, in any and all activities connected with or associated with such programs. I further recognize and acknowledge that all athletic activities involving strenuous exertion or potential body contact are hazardous recreational activities and involve substantial risk of injury.

I agree to waive and relinquish any and all claims I may have as a result of participating in these programs against the Norridge Park district, any and all other persons and entities, of whatever nature, that might be directly or indirectly liable for any injuries that I might sustain while participating in these programs. (The parties described in the proceeding sentence are referred to as "released parties" in the remainder of the Agreement.)

I do hereby fully release and discharge the Norridge Park District and the other released parties from any and all claims for injuries, damages or loss which may have or which may accrue to me on account of my participation in these programs.

I further agree to indemnify, hold harmless and defend the Norridge Park District and any and all other released parties, from any and all claims resulting from injuries, damages and losses sustained by anyone, and arising out of, connected with, or in any way associated with my conduct and the activities of these programs.

I further understand and agree that the terms such as "participation," "programs," and "activities," referred to in this Agreement, include all exercises and physical movements of any nature while I am participating in these programs and further include the provision of or failure to provide proper instructions or supervision, the use and adjustment of any and all machinery, equipment, and apparatus, and anything related to my use of the services, facilities or promises involved in these programs and transportation to and from any events.

I understand the nature of these programs for which I am registering, and have read and fully understand this Waiver, Release and Hold Harmless Agreement. I further understand that any advisements or warnings of the particular risks of these programs that I subsequently receive will be incorporated by reference into and become part of this Agreement.

Parent or Guardian Must Sign if participant is under the age of 18.

Date

Participant Must Sign if 18 years or older

PARTICIPANT'S NAME: _____

PARENT/GUARDIAN NAME (Please Print): _____

PROGRAM TITLE: _____