



AGREEMENT TO PARTICIPATE AND WAIVER FORM

This form must be completed in its entirety prior to participation.

AGREEMENT TO PARTICIPATE: Participants in the Quincy Multisport Training Event(s) should be aware of the possible risks inherent in the nature of some of the activities involved and the Quincy Multisport Club strongly recommends that each participant have an **annual physical examination and have both personal health and accident insurance**. The Quincy Multisport Club does not provide insurance for participants of its events. It is possible for individuals participating in the Multisport club to suffer common injuries including, but not limited to:

- *Rolled or sprained ankles* • *Dehydration* • *Shin splints* • *Knee injuries* • *Shoulder injuries* • *"Road rash"*

Also more serious, but less frequent injuries such as broken bones, concussions, heart attacks, strokes, paralysis, and death may also occur. These injuries, and others, may result from such incidents as, but not limited to:

- *Chronic / repetitive overuse* • *Drowning* • *Improper stretching or warm up* • *Improper technique or mechanics* • *Overestimating fitness level* • *Trauma from collisions or falls*

As a member of the Quincy Multisport Club, I affirm that I am aware of my physical condition, and that I am **voluntarily** participating as a member of the Multisport Club, and that **I am aware that such participation may result in possible injury, sickness, or death as a result of the nature of this sport, and that I am assuming any risk that may be involved in this sport from my participation.**

Signature of Participant

Date

Name of Participant (Please Print)

WAIVER OF LIABILITY AND CLAIMS: In consideration of being allowed to participate in this Club and all of its activities, I **hereby forever release** the Quincy Multisport Club (including its officers and agents) from any and all claims, liabilities, demands and responsibility relating to injuries, death, or damages to myself or my property which arise from, or are caused by, the use of facilities, equipment, or from my participation in the activities of the Multisport club, including claims, losses, or demands caused or alleged to be caused in whole or in part by the negligence of the Multisport Club or any of the above entities, except to the extent that such injury, death or damages is caused solely by any of their gross negligence or willful misconduct. I understand and agree that the Quincy Multisport Club and its agents/officers makes no express or implied representation to me regarding the adequacy or safety of any activity undertaken or provided by the Multisport club. I understand that before signing this document below I have the right to discuss it with any person of my choice, including my parents, legal guardians, or attorney.

Signature of Participant

Date

Name of Participant (Please Print)

Emergency Contact- Provide the name of an individual we may contact in the case of an emergency.

Name(s): _____

Relationship: _____

Address: _____

City: _____ State _____ Zip _____

Phone (Daytime) (_____) _____

Phone (Evening) (_____) _____