

**WARNING, AGREEMENT TO OBEY INSTRUCTIONS,
RELEASE, ASSUMPTION OF RISK, AND
AGREEMENT TO HOLD HARMLESS**

(Both the applicant student and a parent or guardian must read carefully and sign.)

STUDENT

I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that the dangers and risk of playing or practicing to play/participate in all of our sports activities include, but are not limited to, death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body/general health and well-being. I understand that the dangers and risks of playing or practicing to play/participate in any of our sports activities may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating on any of our sports teams, I recognize the importance of following coaches/instructions regarding playing techniques, training and other team rules, etc., and agree to obey such instructions.

In consideration of The Donoho School permitting me to try out for any of our sports teams and to engage in all activities related to the team, including, but not limited to, trying out, practicing or playing/participating in that sport, I hereby assume all the risks associated with participation and agree to hold The Donoho School, its employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with my participation in any activities related to all of our sports teams. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

DATE: _____, 20____ _____
(Student's Signature)

PARENT OF LEGAL GUARDIAN

In consideration of The Donoho School permitting my child, _____, to try out for any of our sports teams and to engage in all activities related to the teams, including, but not limited to, trying out, practicing or playing/participating in that sport, I hereby assume all the risks associated with participation and agree to hold The Donoho School, its employees, agents, representatives, coaches, and volunteers harmless from any and all liability, actions, causes of action, debts, claims or demands of any kind and nature whatsoever which may arise by or in connection with my child's participation in any activities related to all of our sports teams. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

DATE: _____, 20____ _____
(Signature of Parent or Guardian)