

**Boise Y Swim Team/Treasure Valley Family YMCA  
Waiver and Release of Liability**

***This form must be read and signed before the participant is permitted to take part in any travel, training, competition and/or meeting sessions. By signing this agreement, the participant affirms having read it.***

1. In consideration of my involvement in the sport and activities under the auspices of the Boise Y Swim Team and the Treasure Valley Family YMCA, and on the behalf of my heirs, executors, administrators, assigns, and myself, I hereby release and waive, and forever discharge the Boise Y Swim Team and the Treasure Valley Family YMCA sponsors, and their assigned representatives and successors from any and all claims, liabilities, actions, demands, damages, costs and expenses which I may now or in the future have against them or of them, arising out of or in any way connected with my participation in \_\_\_\_\_ (enter name of activity or meet).
2. I understand that the Release and Waiver includes, but is not limited to any claims that are used on any alleged negligence or other action or inaction on the above named parties.
3. I attest and verify that my physical condition and fitness permit me to safely participate in the above mentioned activity, and that no physicians or other qualified individual has advised me against participating.
4. I hereby acknowledge that participation in the said event carries with it the potential hazards of illness, injury, or death, and I hereby assume these and any and all risks by participation in the said event.
5. I hereby consent to receive medical treatment that may be deemed advisable in the event of injury and/or other illness during the event.
6. I hereby agree to comply with all the rules, regulations and event instructions of the Boise Y Swim Team and the Treasure Valley Family YMCA. If, however, I observe any unusual or unnecessary hazard during my presence or participation, I will bring such to the attention of the nearest official immediately.
7. I assume all of the above risks and assume and will pay my own medical and emergency expenses in the event of accident, illness, and/or other incapacity, regardless of whether I have authorized such expenses.
8. I hereby acknowledge that I have sole responsibility for and assume complete risk of loss and damage to my personal possessions and athletic equipment during the above said activity.

***I have read this Release of Liability and Waiver Agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.***

**Participant's Signature:** \_\_\_\_\_ **Date** \_\_\_\_\_

**Participant's Name (Printed):** \_\_\_\_\_

**For Participants of Minority Age**

This is to certify that we as parent(s)/guardian(s) with legal responsibility for this participant, do consent and agree not only to his/her release, but also for myself/ourselves, and my/our heirs, assigns and next of kin to release and indemnify the Releasee from any and all liability incident to my/our minor child's involvement stated above, even if arising from the negligence of the releasees, to the fullest extent permitted by law.

**Parent/Legal Guardian Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Parent/Legal Guardian Name (Printed)** \_\_\_\_\_