- 1. I understand that I am participating in a Sports Program and am doing such voluntarily, knowingly and freely given the nature of the program and understand that participation in this Sports Program, and the activities associated with it, is a potentially hazardous activity. I understand that this program involves a risk of serious injury and that I am voluntarily participating in this Sports Program that may involve the use of equipment and machinery, interactions with other players or participants and customary game practices with knowledge of the risks involved. I hereby agree to expressly assume and accept any and all risks, whether known or unknown, minor or serious, that may arise out of my participation.
- 2. I do hereby further declare that I am physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent participation in this program and associated activities or the use of equipment or machinery associated with such. I also acknowledge that it has been recommended that I consult with a physician prior to partaking in a Sports Program, physical activity and use of sports equipment. I acknowledge I have either had a physical examination and been given a physician's permission to participate, or that I have decided to participate without the approval of a physician and do hereby assume all responsibility and risks for my involvement in the Sports Program.
- 3. Medical Emergencies: In the event of a medical emergency during participation, reasonable efforts will be made to call any emergency contact number known. However, such effort shall not prevent the rendering of emergency care deemed to be in the best interest of the health, safety and welfare of the participant. I grant permission to the program representative or their designee to furnish and arrange any emergency hospital or medical care that I might require in the event of a sickness, injury or accident.
- 4. Personal Property: I understand Mt. Rainier FC, any of its departments and its officers, employees, agents, representatives, volunteers, staff, coaches, officials, supervisors, sponsors, other participants and assigns will not be liable for damage, theft, loss or other issues with personal belongings, valuables or electronic devices brought to the Program or at locations being utilized I understand that if I bring any personal belongings, electronic devices, money or other items of value, I do so at my own risk.
- 5. Conduct and Regulations: I agree to abide by and observe all customary rules, regulations and terms of play for participation in this sporting activity and program, demonstrate good sportsmanlike conduct at all times and agree to abide by any posted rules and regulations in any facility or location of the program.
- 6. I understand that if I am involved in a Mt. Rainier FC sport or program that involves the use of Mt. Rainier FC equipment and/or uniforms, any club owned equipment and/or uniforms borrowed and/or utilized during the season or program remains the property of Mt. Rainier FC and must be returned at the end of the season or program. I further understand that if all equipment and uniform pieces are not returned, the cost of the replacement of such is my responsibility and registration for future programs will be suspended until return is complete.
- 7. RELEASE OF LIABILITY: I hereby release, indemnify and hold harmless Mt. Rainier FC, any of its departments and its officers, employees, agents, representatives, volunteers, staff, coaches, officials, supervisors, sponsors, other participants and assigns harmless and indemnify them from and against any liability, claims, judgments or expenses that may arise out of or from participation in the Program, including but not limited to, injury, accidents, loss of property, death, disability, paralysis, sickness or exposure to other illnesses, whether or not such is caused by negligence of Mt. Rainier FC, any of its departments and its officers, employees, agents, representatives, volunteers, staff, coaches, officials, supervisors, sponsors, other participants and assigns.
- 8. I understand that I may be photographed during participation and that the photos may be used for promotional purposes, newspaper releases or placed on Mt. Rainier FC's public website or social media platforms.
- 9. This Agreement and Release of Liability shall remain in effect from initial sign-up for programming and for all participation in any activities and programs of Mt. Rainier FC in the current year, or the use of its facilities or equipment as part of its programming, without the need for the entry into a new Agreement and Release of Liability. I acknowledge that I have reviewed the above fully and completely, and I am agreeing to be bound by this release freely and voluntarily.

Player Name:	Date:
Primary Contact Name:	Relationship:
Signature:	Phone Number: