



WARNING, AGREEMENT TO OBEY INSTRUCTIONS, RELEASE, ASSUMPTION OF RISK AND AGREEMENT TO HOLD HARMLESS
Both the student and parent or guardian must read carefully and sign.

SPORT(S): Check applicable spaces

_____ Basketball _____ Golf _____ Soccer _____ Track _____ Ice Hockey _____ Lacrosse _____ Softball
_____ Swimming _____ Tennis _____ Volleyball _____ Field Hockey _____ Ski Team _____ Dance Team

STUDENT/ATHLETE

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 risks of playing or practicing to play/participate in the above-checked sport(s) 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 skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers of playing or practicing to play/participate in the above-checked sport(s) may result not only in serious injury, but in 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 in the above-checked sport(s), I recognize the importance of following coaches' instructions regarding playing techniques, training and other team rules, etc. and agree to obey such instruction. In consideration of Ursuline Academy permitting me to try out for the above- checked sport(s) and to engage in all activities related to the team(s), including, but not limited to, trying out, practicing or playing/participating in that sport(s), I hereby assume all the risks associated with participation and agree to hold Ursuline Academy of Dedham, Massachusetts collectively and individually, its employees, agents, representatives, medical personnel, coaches, and volunteers, including managers and trainers, harmless from any and all liability, actions, causes of actions, 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 the Ursuline Academy athletic team(s) checked above. 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.

STUDENT SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN

I, _____ parent/legal guardian of _____, have read the above warning and release and understand its terms. I understand that all sports can involve **MANY RISKS OF INJURY** including but not limited to those risks outlined above. In consideration of Ursuline Academy permitting my child to try out for the above-checked sport(s) and to engage in all activities related to the team(s), including but not limited to trying out, practicing or playing-participating in that sport(s). I hereby agree to hold Ursuline Academy of Dedham, Massachusetts collectively and individually, its employees, agents, representative, medical personnel, coaches and volunteers including managers and trainers, harmless from any and all liability, actions, causes of actions, debts, claims or demands of any kind and nature whatsoever which may arise by or in connection with participation of my child/ward in any activities related to the Ursuline Academy athletic team(s) checked above. 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.

PARENT/ GUARDIAN SIGNATURE _____ DATE: _____