



ASSUMPTION OF RISK, WAIVER OF LIABILITY, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT FOR ATHLETIC PARTICIPATION WITHIN THE LOS ANGELES COMMUNITY COLLEGE DISTRICT FOR NON-REGISTERED STUDENTS
Los Angeles Southwest College

For and in consideration of permitting the undersigned, (*Participant's Name*) _____, to participate in athletic activities sponsored by LOS ANGELES SOUTHWEST COLLEGE (the "COLLEGE"), one of the colleges of the LOS ANGELES COMMUNITY COLLEGE DISTRICT (the "DISTRICT"), the undersigned agrees as follows:

1. ASSUMPTION OF RISK

1.1 The undersigned has been fully and completely advised of the potential dangers incidental to engaging in the activity and instructing of (*Type of Activity*) _____. The undersigned has also read and understands the attached document, "Risks of Athletic Participation" (on reverse). The undersigned fully understands that there is the risk of serious injury or death while participating in athletic activities at the COLLEGE.

1.2 Because of the dangers of participating in athletic activities at the COLLEGE, the undersigned acknowledges the importance of following instructions from the coaching staff regarding playing techniques, training, equipment, and team rules.

1.3 The undersigned hereby asserts his/her participation in athletic activities is voluntary and he/she knowingly assumes any and all such risks of athletic participation.

2. WAIVER OF LIABILITY

2.1 The undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, property damage, death, or loss of any kind whatsoever occurring to him/herself arising as a result of engaging or receiving instructions in said activity or activities incidental thereto wherever or however the same may occur and for whatever period said activities or instructions may continue.

2.2 The undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, discharge, waive and relinquish any action or cause of action, aforesaid, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute, present any claim for personal injury, property damage, death or loss of any kind whatsoever against the DISTRICT, the BOARD of TRUSTEES, the DISTRICT's officers, employees, agents, representatives, coaches, volunteers, athletic directors, athletic trainers, student managers, or student trainers for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise.

3. INDEMNIFICATION AND HOLD HARMLESS

3.1 The undersigned for him/herself, his/her heirs, executors, administrators, and assigns agrees that in the event any claim for personal injury, property damage, death or loss of any kind whatsoever shall be prosecuted against the DISTRICT, the BOARD of TRUSTEES, the DISTRICT's officers, employees, agents, representatives, coaches, volunteers, athletic directors, athletic trainers, student managers, or student trainers, he/she shall hold harmless and indemnify the DISTRICT, the BOARD of TRUSTEES, the DISTRICT's officers, employees, agents, representatives, coaches, volunteers, athletic directors, athletic trainers, student managers, or student trainers from any and all claims or causes of action by whomever or wherever made or presented for personal injury, property damage, death, or loss of any kind whatsoever.

4. INSURANCE

4.1 The undersigned acknowledges that he/she is not a registered student at the COLLEGE.

4.2 The undersigned understands that as a non-registered student at the COLLEGE, he/she is not covered by the DISTRICT's insurance plan.

4.3 The undersigned understands he/she is solely responsible for maintaining his/her own medical and dental insurance at his/her own expense throughout the duration of his/her participation in athletic activities and show evidence thereof. The undersigned further understands he/she is solely responsible for any and all medical costs not covered by his/her personal insurance carrier.

ACKNOWLEDGMENT

The undersigned has read the assumption of risk, waiver of liability, indemnification and hold harmless agreement, fully understands its terms, and understands that he/she is giving up substantial rights, including the right to sue. The undersigned acknowledges that he/she is signing the agreement freely and voluntarily.

Signature of Participant

Date

Signature of Parent/Guardian, if participant is under 18 years of age

Date

RISKS OF ATHLETIC PARTICIPATION

- 1.0 There is the inherent risk of injury in all sports.
- 2.0 The risk of serious injury affecting your life choices or life is relatively small.
- 3.0 In order to reduce the risks, you, the athlete, must listen to your coaches and learn the correct techniques required for your sport and position. Injuries must be reported to the coach or athletic trainer when they occur and treatment instructions followed.
- 3.1 If you elect not to follow the coach's instructions, use the correct techniques taught to you or ignore medical treatment instructions, you alone are responsible for the results of this action.
- 4.0 You are responsible for wearing the correct uniform and all required safety equipment as it is issued to you. You are responsible for seeing that the gear is inspected and turned in if need of repair or adjustment.
- 4.1 If you elect not to wear all of the equipment in a standard uniform or modify the equipment without permission, you alone accept the responsibility for any injury that may occur because of this alteration or neglect.
- 5.0 The number and types of injuries differ for all sports but fall into the following general categories:
 - 5.1 Lacerations and abrasions (e.g., cuts and scrapes): The long-term result of these is usually minor if cared for correctly. The most common risk may result in a scar, which may be a cosmetic deformity. **IF THE CUT IS DEEP ENOUGH IT MIGHT AFFECT YOUR MUSCLES, NERVES, BONES OR CIRCULATION.** The result of this might be the permanent loss of the use of that muscle, paralysis, or use of the injured area.
 - 5.2 Sprains and strains (e.g., injuries to your joints or muscles): Most of these are minor and require only therapy to recover from them. The more serious of these may require surgery and/or casting to restore the muscle or joint. There will also be the cosmetic result of a scar. **THE FORCES THAT CAUSE THESE TYPES OF INJURIES MAY ALSO INJURE OTHER BODY STRUCTURES AT THE SAME TIME SUCH AS NERVES AND BLOOD VESSELS.** The therapy is much longer. Because of this type of injury you may not be able to return to the same skill level that you had before the injury. You may also have an increased chance of later problems, such as arthritis, with the joint or muscle. In the most serious cases you may not be able to run, walk, get jobs requiring physical strength or skill (e.g., police or firefighting work) or perform fine motor functions (e.g., playing the piano). You may also have difficulty in performing day-to-day activities such as bending or walking.
 - 5.3 Fractures (e.g., broken bones): If even minor fractures are ignored the result may be the loss of some physical capabilities. The more serious of these may require surgery and/or casting to restore the broken bones. There may also be the cosmetic result of a scar. **THE FORCES THAT CAUSE THESE TYPES OF INJURIES MAY ALSO INJURE OTHER BODY STRUCTURES AT THE SAME TIME SUCH AS NERVES AND BLOOD VESSELS.** Because of this type of injury you may not be able to return to the same skill level that you had before the injury. You may also have an increased chance of later problems, such as arthritis, with the joint or muscle. In the most serious cases you may not be able to run, walk, get jobs requiring physical strength or skill (e.g., police or firefighting work) or perform fine motor functions (e.g., playing the piano). You may also have difficulty in performing day-to-day activities such as bending or walking.
 - 5.4 Catastrophic injuries: These types of injuries are rare but do happen. They are injuries to your nerves, blood vessels, heart, brain, internal organs, sexual organs, eyes, ears and nose. The long term risk of these is much more serious. You may even die from these injuries. You may lose the function of a joint or limb. You may be permanently paralyzed, not be able to move your arms or legs on your own and be confined to a wheelchair. Assistance may be required for you to perform the most basic of bodily functions, such as a bowel movement. You could be blinded or lose your hearing. Your access to the job market may be severely restricted, and your family and social life may also be very limited.