



ACKNOWLEDGEMENT OF RISK / HOLD HARMLESS AGREEMENT / HELMET WAIVER

Acknowledgement of Risk _____ Parent/Guardian Initial

We give _____ permission to participate in Cole Valley Christian School athletics, realizing that such activities involve the potential for injury which is inherent in all sports. We acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observance of rules; injuries are still a possibility. Injuries can include, but are not limited to, head trauma, damage to joints, muscles, bones, connective tissue, and on rare occasions, brain damage, paralysis, or death.

We the undersigned understand the dangers of practicing, playing and participating in sports. We also recognize the importance of the following instructions given by the coaching staff regarding playing techniques, training and obeying team rules.

Agreement to Hold Harmless _____ Parent/Guardian Initial

In consideration of Cole Valley Christian School permitting my child to participated in school sponsored athletics, I hereby agree to hold Cole Valley Christian School, 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 participation of my child in any activities related to Cole Valley Christian School athletic 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.

Helmet Waiver (Football only) _____ Parent/Guardian Initial

Not at any time does a member of the CVCS Football coaching staff teach or encourage our student-athletes to use their helmet to make contact or deliver a blow. We do teach our student-athletes to keep their heads up and eyes open in order to see the target they intend to tackle or block. When contact is expected, we instruct our student-athletes to slide the helmet to the side of the opponent. Under no circumstances should any CVCS Football player ever drive his helmet into an opponent. A warning appears on each of the player's helmets as a further reminder of the risks of using the helmet in such a manner.

Keep your head up. Do no butt, ram, spear or strike an opponent with any part of this helmet. This is violation of football rules and may cause you to suffer severe brain or neck injuries, including paralysis or death and possible injury to your opponent.

Athlete's Signature _____

Parent/Guardian's Signature _____ Date _____