**Waiver Form**

Acknowledgement, Assumption of Risks, and Release of Claims

Pinelands Regional High School - Cats & Dogs 5K/1 Mile Run

**Name of Participant**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

There are significant elements of risk in any adventure, sports or activity associated with the indoor or outdoor use of games and

activities incidental thereto including walking and/or running. Certain risks cannot be eliminated without destroying the unique

character of the activity or sport. For your safety, and that of the other participants, we think it is important for you to know in advance what is to be expected and to be informed of the inherent risks. I further understand and agree to comply with the following **rules:**

I acknowledge that the following describes some BUT NOT ALL of those risks: risks of personal **injury, accidents and/or illness including sprains, torn muscles and/or ligaments, fractured or broken bones, cuts, wounds, scrapes, abrasions and/or contusions, dehydration, oxygen shortage (anoxia), and/or exposure, head, neck, and/or spine injuries, allergic reaction, shock, paralysis or death**. I understand the description of these risks is not complete and the unknown or unanticipated may occur in this activity. I elect to participate in spite of the risks.

My participation in this activity is purely voluntary. No one is forcing me to participate. I verify that I am physically fit, and will not be under the influence of alcohol or drugs at this time, and are sufficiently qualified and trained to participate in this activity. I elect to participate in spite of the risks.

In consideration for any entry being accepted, I, intending to be legally bound, for myself, my heirs, executors, and administrators, waive, release and discharge of any and all rights, claims and damages, which I have, or which may occur to me against the Pinelands Regional School District and the TAILS program or their respective officers, agents, representatively successors, or assigns, for all damages which may be sustained and/or suffered by me in connection with entry in, and out of my travel to, participation in, and travel from this outdoor benefit run.  I further certify that I have the level of physical fitness necessary to compete and will withdraw entry if that level becomes inadequate.

I understand that this release is a contract. I expressly state that I have read, understand and am familiar with all its provisions and that I sign it of my own free will. \_\_\_\_\_\_\_(Initial)

Participant Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature of Parent/Guardian (under 18): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_