



LIABILITY RELEASE AND AGREEMENT TO PARTICIPATE 2010-2011

NOTE: THIS AGREEMENT APPLIES TO ALL CURRICULAR AND EXTRACURRICULAR SPORTS AND ACTIVITIES AND INCLUDES THOSE LISTED IN THE CENTER OF THIS FORM.

I am aware that playing or practicing to play/participate in any sport or activity can be a dangerous endeavor involving many risks of injury. I understand that the dangers and risks of playing or practicing to play/participate in the listed sports or activities include, but are not limited to: death, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular/skeletal systems, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of playing or practicing to play/participate in sports or activities listed in the center of this sheet 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 listed sports or activities, I recognize the importance of following coaches' or leaders' instructions regarding safety, playing techniques, training and other team rules, etc., and do agree to obey such instructions.

I, the undersigned, understand and expressly assume all the dangers of the sports or activities. I agree to hold harmless and waive all claims arising out of the participation/practice and play of these sports or activities, whether caused by negligence or otherwise, and whether for bodily injury, property damage, loss or otherwise, which I may ever have against The Colorado Springs School, its successors and assigns, and its officers, directors, investors, employees and agents, and their heirs, executors and administrators.

CSS SPORTS AND ACTIVITIES: All activities are co-ed unless otherwise noted (**B, G**). A • denotes so-called high-risk activities. A **V** denotes varsity sport.

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| Alternate sports (frisbee, hacky sack) | Golf | Rock Climbing |
| Archery | Gymnastics | Roller Skating |
| Backpacking | Handball | Ropes Course (high and low) |
| Badminton | Hiking | Running |
| Basketball V | Horseback Riding • | Self Defense |
| Bicycling • (road and mountain) | Ice Climbing • | Skiing • Downhill, X-Country & |
| Bowling | Ice Skating | Backcountry w/ related avalanche danger |
| Canoeing • (white water) | Jazzercise | Soccer V |
| Caving • | Jogging | Softball |
| Cross Country Running V | Kayaking • (white water) | Swimming |
| Dance | Lacrosse V | Team Handball |
| Field Hockey | Mountaineering • | Tennis V |
| Flag Football | Racquetball | Track and Field |
| Floor Hockey | Rafting • | Volleyball V |
| Go-Karting | Repelling • | Watersliding |
| | | Weight Training |

I **DO NOT** consent to the following sports and activities:

I have read the above and agree to allow my child/children to participate/practice/play all sports or activities with the exception of those I have listed above. I acknowledge my understanding of this document by my signature.

STUDENT NAME (PRINT) _____

Mother's Signature _____

Date _____

Father's Signature _____

Date _____

Student Signature _____

Date _____