

# Waiver & Release



The Rockford Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The Rockford Park District continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program/activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

## WARNING OF RISK

Recreational activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and other risks inherent to the particular activity. In this regard, it is impossible for the Rockford Park District to guarantee absolute safety.

### *If participating in ARCHERY –*

The very nature of archery is hazardous and risky. Inherent risks include, but are not limited to, getting hit by an arrow; self-inflicted wounds; improper shooting technique; carelessness of other archers; lack of proper protection; poor range conditions; poorly selected and maintained equipment; lack of conditioning; horseplay; carelessness; poor pulling technique; splintering of the arrow; inadequate supervision or instruction; premises defects; and other risks inherent to archery.

### *If participating in CROSS COUNTRY SKIING or SNOW TUBING –*

The very nature of skiing and/or snow tubing is hazardous and risky. Inherent risks include, but are not limited to, inexperience; losing control; snow blindness; overexertion; horseplay; carelessness; falling; collisions with other participants and with stationary objects and obstacles; lack of skill or technique; attempting a run beyond one's abilities; poor or defective equipment; icy and dangerous ski conditions; failure in supervision or instruction; dangerous surface conditions; and all other risks inherent to skiing, snow tubing, and outdoor winter activities.

### *If participating in RIVER STUDY –*

River study activities may be hazardous and risky. Depending on the time of year and/or terrain, certain inherent risks include, but are not limited to, exceeding your level of ability; sprains and strains; slipping on rocks, logs, or trees; striking your head on submerged rocks; hypothermia; dangerous weather and water conditions such as rapids, deep or cold water; surface and subsurface rocks and obstacles; hydraulics, strainers, and ledges; heatstroke, dehydration, frostbite or sunburn; insect/animal bites; poisonous plants; inadequate supervision or instruction; recklessness, carelessness, or horseplay; poorly maintained equipment; improperly worn equipment; and all other risks inherent to river study.

### *If participating in TEAMS COURSE –*

The very nature of a teams course is hazardous and risky. Inherent risks include, but are not limited to, slip and falls; sprains and strains; insect/animal bites; poisonous plants; inadequate or defective equipment; inadequate supervision or instruction; recklessness, carelessness, or horseplay; poorly maintained equipment; improperly worn equipment; spinal cord, head/brain, and bone and joint injury; premises defects; and all other risks inherent to teams course participation.

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## WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in these programs/activities against the Rockford Park District, including its officials, agents, volunteers and employees.

**I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.**

Participant's Name				
Address		City	State	Zip
Parent/Guardian Signature			Date	



# ROCKFORD PARK DISTRICT