



Student Athlete Release
"Out of Season" School Sponsored Workouts

I, (Athlete's Name) _____, desire to participate in the
_____ Sports Program during the "out of season" workouts.

I understand participation in the _____ Sports Program involves rigorous physical activity and inherent risks of physical injury. I acknowledge that I attended a meeting held on (date and place of meeting) _____ where these risks were explained. I understand that the risks include a full range of injuries, from minor to severe, including death. Although protective equipment may be used, safety rules employed, coaching instructions provided, medical care provided, and other efforts taken, there is no guarantee that I will not be injured. I agree to assume and accept these risks.

Participant Signature (Student-Athlete)

Date

Parent/Legal Guardian does hereby covenant and agree to release and hold harmless the District from and against any and all liability, loss, damages, claims, or actions (including costs and attorney's fees) for bodily injury and/or property damage, to the extent permissible by law, arising out participation in the (Name of sport out of season school sponsored workout) _____.

I understand participation in the (Name of sport out of season school sponsored workout) _____ involves rigorous physical activity and inherent risks of physical injury, and we assume these risks. I hereby give consent for emergency transportation and treatment in the event of illness or injury. I hereby accept responsibility for the payment of any emergency transportation or treatment on behalf of the participant.

I further certify the participant has a physical on file with the school district for the 2025-2026 school year, is in good physical condition, and has no medical or physical conditions that would restrict his/her participation in this
_____ (Name of sport out of season school sponsored workout).

Parent/Guardian Signature

Date