

RELEASE and INDEMNIFICATION FORM

Participant: (Name)

I am the Parent/Guardian of the above-named Participant who is under eighteen years of age and I am fully competent to sign this Agreement. I give permission for Participant to participate in the Cass County Seals swim team and all of its activities, including but not limited to practices, meets, travel trips, and other team activities, or while the Participant is using facilities owned, leased, or used by the Cass County Seals (hereinafter referred to as the "Activity"). I acknowledge that the nature of the Activity may expose Participant to hazards or risks that may result in Participant's illness, personal injury or death and I understand and appreciate that nature of such hazards and risks.

In consideration of Participant being permitted to participate in the Activity, I hereby accept all risk to Participant's health and of his/her injury or death that may result from such participation and I hereby release the Cass County Seals swim team, its governing board, officers, employees, volunteers and representatives from any and all liability to Participant, Participant's personal representatives, estate, heirs, next of kin, and assigns for any and all claims and causes of action for loss of or damage to Participant's property and for any and all illness or injury to Participant's person, including his/her death, that may result from or occur during Participant's participation in the Activity, whether caused by negligence of the Cass County Seals, its governing board, officers, employees, or representatives, or otherwise. I further agree to indemnify and hold harmless the Cass County Seals and its governing board, officers, employees, or representatives, from liability for injury or death of any person(s) and damage to property that may result from Participants' negligent or intentional act or omission while participating in the described activity.

I further hereby appoint the Entry Chair of the Cass County Seals as my Attorney in Fact for the limited purposes of: 1) submitting my child's entry into any swim meet(s) I may select for my child's participation; and 2) executing on behalf of my child and myself, any hold harmless and/or indemnity agreements which may be required by the meet host club as a condition of my swimmer's participation in said meet.

I HAVE CAREFULLY READ THIS AGREEMENT AND UNDERSTAND IT TO BE A RELEASE OF ALL CLAIMS AND CAUSES OF ACTION FOR PARTICIPANT'S INJURY OR DEATH OR DAMAGE TO PARTICIPANT'S PROPERTY THAT OCCURS WHILE PARTICIPATING IN THE DESCRIBED ACTIVITY AND IT OBLIGATES ME TO INDEMNIFY THE PARTIES NAMED FOR ANY LIABILITY FOR INJURY OR DEATH OF ANY PERSON AND DAMAGE TO PROPERTY CAUSED BY PARTICIPANT'S NEGLIGENT OR INTENTIONAL ACT OR OMISSION.

Signature of Parent/Guardian

Date

Witness:

Date