

WAIVER AND RELEASE AGREEMENT

Please read carefully before signing. This is a release of liability and waiver of certain legal rights.

In consideration for my being permitted to utilize the property and facilities of the Silverton School District 1 Gymnasium, I agree to the following Waiver and Release:

I acknowledge that weightlifting has inherent risks, hazards, and dangers for anyone. I understand that this activity could cause serious illness and/or injury, and I assume all risks for any such illness and/or injury. I believe I am in good physical condition and have the degree of skill and knowledge necessary for me to engage in these activities safely. My participation in this activity is purely voluntary.

I AM VOLUNTARILY USING THE EQUIPMENT OF SILVERTON SCHOOL DISTRICT 1 WITH FULL KNOWLEDGE OF THE INHERENT RISKS, HAZARDS, AND DANGERS INVOLVED AND HEREBY ASSUME AND ACCEPT ANY AND ALL RISKS OF INJURY, PARALYSIS, OR DEATH.

I, for myself, my heirs, successors, executors, and subrogees, hereby KNOWINGLY AND INTENTIONALLY WAIVE AND RELEASE, INDEMNIFY AND HOLD HARMLESS Silverton School District 1, their directors, officers, agents, employees, and volunteers from any and all claims, actions, causes of action, liabilities, suits, expenses (including reasonable attorneys' fees) which are related to, arise out of, or are in any way connected with my participation in this activity including, but not limited to, NEGLIGENCE of any kind or nature, whether foreseen or unforeseen, arising directly or indirectly out of any damage, loss, injury, paralysis, or death to me or my property as a result of my engaging in these activities or the use of this equipment, whether such damage, loss, injury, paralysis, or death results from negligence of Silverton School District 1 or from some other cause. I, for myself, my heirs, my successors, executors, and subrogees, further agree no to sue Silverton School District 1 as a result of any injury, paralysis, or death suffered in connection with my use and participation in the activities of weightlifting.

I HAVE CAREFULLY READ, CLEARLY UNDERSTAND, AND VOLUNTARILY SIGN THIS WAIVER AND RELEASE AGEEMENT.

Date _____ Signature _____
Print Name _____

Date _____ Witness Signature _____
Witness Printed Name _____