

**AGREEMENT TO OBEY INSTRUCTIONS, ASSUMPTION OF RISK,  
AND AGREEMENT TO HOLD HARMLESS**

I am aware that playing or practicing to play/participate in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**, I understand that the dangers and risks of playing and practicing to play/participation in athletics include, but are not limited to death, serious neck and spinal injuries which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. Understand that the dangers of playing or practicing to play/participate in athletics 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 athletics I recognize the Importance of following coach's instructions regarding playing techniques, training and other team rules, etc., and I agree to obey such instructions.

In consideration of Kanawha County Schools permitting me to try out for athletics and to engage in all activities related to athletics, Including, but not limited to trying out, practicing or playing/participating In sport(s), I hereby assume all the risks associated with participation and agree to hold Kanawha County Schools, West Virginia, collectively and individually, its employees, agents, representatives, medical personnel, coaches, and volunteers, including managers and trainers, harmless from any and all liability, actions, causes of actions, debts, claims or demands of any kind and nature whatsoever which may arise by or in connection with my participation In any activities related to the Kanawha athletic team(s). The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

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Parent/Guardian Signature

DATE