DICKINSON COLLEGE
OFFICE OF INTRAMURALS AND RECREATION
SPORT CLUBS

RELEASE, HOLD HARMLESS AND INDEMNITY AGREEMENT

Name of Participant (Please print): _____

Name of sport club: Cheerleading Academic year: _____

Participants in sport clubs at Dickinson College should be aware of the possible risks inherent in the nature of the activities available to them. It is possible for individuals participating in the sport club named above to suffer common injuries including but not limited to:

- Sprained joints
- Muscle strains
- Facial injuries
- Bruises and lacerations

More serious, but less frequent injuries, such as broken bones, concussions, heart attacks, strokes, paralysis, and death may also occur. These injuries, and others, may result from, but are not limited to:

- Contact with other participants
- Impact with flooring or natural surfaces
- Falls due to stunts and routines
- Travel to club events and activities
- Improper equipment
- Chronic/ repetitive overuse

As a member of the sport club identified above, a student run organization recognized by the Office of Intramurals and Recreation and Dickinson College, I affirm that I am aware of my physical condition. I also affirm that I am aware of the potential of injury, including death, from participating in the club sport activities. I understand and agree that participation in this sport club is entirely voluntary, and that in exchange for the College providing this opportunity to me, I agree as follows:

ASSUMPTION OF RISK: I hereby acknowledge that I have personal knowledge of or have been informed of the various aspects of the sport club. I understand that as a Participant in the sport club, I will engage in physical activities, including but not limited to practicing, training, observing, traveling to and from, and competing in sport club games or matches, and the risks attendant to participation in the sport club, including but not limited to the risk of injury to my person, , as set forth above, as well as all other risks to my health, safety, and well-being or damage to property of myself and others. I understand that it is not possible to list specifically each and every risk associated with participation in sports club activities but acknowledge that the materials and information provided has given me sufficient information to make an informed decision about my participation. I hereby expressly ASSUME ALL OF THE RISKS OF INJURY OR DEATH or damage to my property which could occur by reason of my participation in the sport and activities set forth above.

RELEASE and HOLD HARMLESS: I agree that, in exchange for and in consideration of the College's permitting me to participate in the sport club, I hereby agree for myself, my heirs, executors, administrators and assigns **to release and hold harmless** Dickinson College, its trustees, officers, agents, students, and employees, from any and all liability, actions, causes of action, negligence, debts, claims, or demands of any kind and nature whatsoever including, but not limited to, claims for negligence, recklessness or any other form of action for which a release may be legally given (including attorneys' fees and costs) which may arise by or in connection with my participation in any activities related to the sport set forth above.

INDEMNITY: In exchange for and in consideration of the College's permitting me to participate in the sport club, I agree further to **hold harmless and indemnify** the College, its trustees, officers, agents. students and employees from any and all liability, actions, causes of action, negligence, debts, claims or demands of any kind and nature whatsoever (including attorneys' fees and costs) by any person or the College which may arise by or in connection with my conduct while participating in the sport/activity.

I hereby certify that I voluntarily sign this release, indemnity and hold harmless agreement, and intend to be legally bound by the terms of this document. I have read all of its provisions, and fully understand its significance.

_____ _____

Signature Date