

Assumption of Risk and Waiver Liability

The undersigned understands that participation in intercollegiate sports and/or any physical activity including recreational, club, or class taken at Contra Costa Community College, by its nature poses inherent dangers of serious personal injury in that no amount of care, caution, training, coaching, instruction, conditioning, supervision, condition of the property or expertise can eliminate. These injuries could include but are not limited to the following:

- | | | |
|-------------------------|--------------------------|--------------------------------------|
| 1. Sprains/Strains | 2. Disfigurement | 3. Cuts/Abrasion |
| 4. Head/Brain Injuries | 5. Unconsciousness | 6. Loss of Eyesight / Hearing |
| 7. Paralysis/Disability | 8. Fractured Bones/ | 9. Communicable Diseases |
| | Dental Damages | |
| 10. Dehydration | 11. Back & Neck Injuries | 12. Death / Death to Unborn Children |

ALL PARTICIPANTS IN SPORT, EVENT, CLASS, OR ACTIVITY SHOULD UNDERSTAND THAT THEIR PARTICIPATION IS VOLUNTARY AND IS NOT REQUIRED BY THE COLLEGE DISTRICT

Based upon the foregoing, the undersigned hereby forever releases, discharges, agrees not to sue, and hold harmless the Contra Costa Community College District, its employees, governing board members, officers, agents, representatives, coaches, instructors, volunteers, referees, sponsors, and any other persons affiliated with Contra Costa Community College sport, class, club, recreational sport, event, or activity (all hereinafter "releases") from any and all liabilities, claims, demands, suits, actions, causes of action or losses of any kind or nature, past, present, or future, direct or consequential, the undersigned my hereafter have for PERSONAL INJURY, DISABILITY, DISFIGUREMENT, PARALYSIS, AND ANY OTHER LOSSES OR DAMAGES TO PERSON OR PROPERTY, INCLUDING DEATH, arising out of participation in ANY and ALL intercollegiate sports/classes/activities, HOWEVER CAUSED, EVEN IF CAUSED, IN WHOLE OR IN PART BY THE ACTION, INACTION OR THE PASSIVE OR ACTIVE NEGLIGENCE OF THE RELEASEES or the CONDITION OF THE PROPERTY OR PREMISES BEING USED, TO THE FULLEST EXTENT OF THE LAW, and also including, but not limited to losses caused by hidden, latent or obvious defects in the facilities, property or equipment used. Further, releaser acknowledges and fully understands that there may be other associated risks with such activities which are not known or not reasonably foreseeable at this time and this waiver expressly applies to these activities and injuries. I further recognize that I am voluntarily participating in intercollegiate sports/class/activities with full and complete knowledge of the risks associated with such participation, and hereby agree to accept any and all risks of personal injury and damage. I hereby waive all claims, actions or causes of action against Contra Costa Community College District for any care and treatment that I receive or for the decision to provide care or treatment or the decision not to do so.

I ACKNOWLEDGE THAT I HAVE HAD SUFFICIENT OPPORTUNITY TO REVIEW THE PROVISIONS OF THE WAIVER AND RELEASE, INCLUDING POSSIBLE REVIEW BY AN ATTORNEY, AND UNDERSTAND ITS PURPOSE, MEANING AND INTENT AND THAT IT CONSTITUTES A WAIVER OF RIGHTS AND LIABILITIES.

Student Signature

Date

Printed Name

Signature Parent or Guardian (if under 18 years of age)

Date