



MUNDELEIN PARK & RECREATION DISTRICT

1401 North Midlothian Road, Mundelein, IL 60060
P: 847.566.0650 F. 847.566.8557

MUNDELEIN PARK DISTRICT PROGRAM WAIVER & RELEASE

IMPORTANT INFORMATION

The Mundelein Park and Recreation District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in high regard. The (District/SRA) continually strives to reduce such risks and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program/activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities/programs.

You are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Recreational activities are intended to challenge and engage the physical, mental and emotional resources of each participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any recreational activity. All hazards and dangers cannot be foreseen. Depending on the particular activity, certain risks, dangers and injuries may exist due to inclement weather, slips and falls, poor skill level or conditioning, carelessness, horseplay, unsportsmanlike conduct, premises defects, inadequate or defective equipment, inadequate supervision, instruction or officiating, and other risks inherent to the particular activity. In this regard, it is impossible for the Mundelein Park and Recreation District to guarantee absolute safety.

ADDITIONAL WARNING OF RISK FOR SPECIFIC PROGRAMS

Archery: The very nature of archery is hazardous and risky. Inherent risks include, but are not limited to, getting hit by an arrow, self-inflicted wounds, improper shooting technique, carelessness of other archers, lack of proper protection, poor range conditions, poorly selected and maintained equipment, lack of conditioning, horseplay, carelessness, poor pulling techniques, splintering of the arrow, inadequate supervision or instruction, premises defects, and other risks inherent to archery.

Basketball: Certain risks include, but not limited to, collisions between players and stationary objects, inability to stop one's momentum and encountering off court dangers/hazards, unnecessary roughness (elbowing, hip checks, undercutting other players in the air, tripping and shoving), slip and falls, attempting a maneuver beyond the player's skill level (i.e. attempting a dunk), poor officiating, improper personal protective equipment, slippery floors, inadequate or unsafe playing conditions, failure in supervision, unsportsmanlike conduct, dangerous/defective court conditions, and all other circumstances inherent to sport of basketball.

Diving: there is a risk of serious injury, including but not limited to head/brain injuries, spinal cord injuries including paralysis, and drowning. The very nature of diving is hazardous and risky, including but not limited to, striking the bottom, a slope, or an object in the water, miscalculating the angle/trajectory, diving into the shallow end of the pool, ignoring depth markers, attempting dives beyond the diver's ability, striking the diving board, horseplay, carelessness, inadequate or defective equipment, poor techniques, attempting a dive beyond the diver's skill level, failure in supervision or instruction, and all other circumstances inherent to sport of diving and water sports.

Equine activities: there is a risk of serious injury, including head/brain injury, spinal cord injury, and bone and joint injuries. Certain inherent risks include the propensity of an equine to behave in dangerous ways that may result in injury of the participant, including, but not limited to the inability to predict an equine's reaction to sound, movements, objects, persons, or animals and actions by the equine due to fright, anger stress, insect bites or natural reactions such as bucking, jumping sideways, forward or backwards, kicking, and biting. Other risks include losing balance, poor mounting, dismounting or riding techniques, horseplay, riding into fixed objects and being knocked off the horse, equipment failure, failure in instruction/supervision, and all other risks inherent in equine activities.

Flag football: Flag football is a limited-contact sport played with less personal protection equipment than tackle football. Certain risks and dangers include, but are not limited to, the acts of kicking, throwing, and receiving the ball, colliding with other players or stationary objects (both on and off the playing field), blocking or being blocked, falls, being hit by another player's elbow, running, jumping, stretching, sliding, diving, acts of God, inclement weather, poor officiating, inadequate or defective equipment, inadequate supervision, ruts/holes/depressions on playing fields, wet and muddy field conditions, incorrect footwear in poor weather conditions, unsportsmanlike conduct, illegal contact, and all other risks inherent to sport of football.



WAIVER AND RELEASE, CONTINUED

Golfing: Risks attendant to golfing include poor conditioning or technique; being struck by a golf ball or club; being struck by lightning; slipping on wet surfaces; slip and falls associated with the choice of spikes; accidents with golf carts; inconsiderate play; horseplay; defects in course design; tripping over sprinkler heads, and ruts/holes/depressions in the grass.

Gymnastics: there is a risk of serious injury, including but not limited to head/brain injuries, spinal cord injuries (including paralysis) and bone and joint injuries. The very nature of the gymnastics is hazardous and risky, including but not limited to failing to successfully complete a maneuver, falls, over-rotating, overexertion, attempting skills beyond ability, lack of conditioning, improper warm-up, lack of or poor spotting, inadequate supervision or instruction, and all other risks inherent to gymnastics.

Ice-skating: there is a risk of serious injury, including but not limited to head injury, neck or back injury, wrist and ankle fractures, and other orthopedic injuries to limbs and joints. The very nature of ice-skating is risky, including but not limited to slip and falls, colliding with other players of varying degrees of skill (including being struck from behind), tripping on irregular ice surfaces, cuts from skate blades, inadequate or defective equipment, ill-fitting skates, failure in supervision or instruction, horseplay, carelessness, poor techniques, poor conditioning, rule violations, striking a stationary object, premises defects outside the rink, and all other risks inherent to the sport of ice-skating.

Lacrosse: there is a risk of serious injury, including but not limited to head/brain injury, neck and back injury, and bone and joint injuries. Understandably, not all hazards and dangers can be foreseen. Because lacrosse is a contact sport played with little equipment and because it puts great demands on stamina, the very nature of the game of lacrosse is risky. Such risks and dangers include, but are not limited to, being hit with the ball, colliding with other players and stationary objects, illegal acts and rule violations, slip and falls, failing to wear protective equipment, inadequate footwear, unsafe or worn out-out equipment, heat exhaustion, acts of God, inclement weather, poor officiating, dangerous playing conditions, poor field conditions, ruts/holes/imperfections on the playing field and adjacent areas, inadequate supervision or officiating, and all other circumstances inherent to sport of lacrosse and outdoor recreational activities

Martial Arts: there is a risk of serious injury, including but not limited to head/brain injuries, and bone and joint injury. The very nature of martial arts is hazardous and risky, including but not limited to , acts of sparring, competing, instructor demonstration/ instruction, unsportsmanlike conduct, incorrect or lack of technique, failure to wear protective equipment, recklessness, loss of control, inadequate supervision or instruction, lack of physical conditioning, mismatch of opponent's size, strength or skill, poor warm-up, equipment failure, poor officiating, premises defects, and all other circumstances inherent to sport of martial arts.

Sailing: there is a risk of serious injury, including drowning. The very nature of sailing is hazardous and risky, including but not limited to being hit by the boom, getting fingers caught in winches or blocks, inadequate or defective equipment, striking other water craft or stationary objects, falling or being thrown overboard, capsizing, hypothermia, sunburn, sunstroke, high winds, inexperience, failing to wear a life jacket or personal flotation device, failure to monitor weather changes and to adjust the rigging appropriately, horseplay, carelessness, acts of God, inclement weather, inadequate supervision or instruction, and all other circumstances inherent to the sport of sailing and water activities.

Soccer: Because soccer is a contact sport played with little or no equipment and because it puts great demands on stamina, the very nature of the game of soccer is hazardous and risky. Such risks and dangers include, but are not limited to , acts of kicking, heading and fielding the ball, colliding with other players or stationary objects, being struck by errant balls, running, jumping, stretching, sliding, diving, acts of God, inclement weather, poor officiating, inadequate or defective equipment, failure in supervision or instruction, poor officiating, unsportsmanlike conduct, dangerous or defective playing conditions such as rocks or holes on or off the playing field, incorrect footwear in poor weather condition, horseplay, carelessness, and all other circumstances inherent to sport of soccer.

Swimming: there is a risk of serious injury, including drowning. The very nature of swimming is hazardous and risky, including but not limited to fatigue and overexertion, poor swimming skills, failing to avoid dangerous areas, horseplay, diving or cannon-balling into shallow water and striking the bottom or side of the pool, inadequate supervision or instruction, lack of conditioning, becoming disoriented, striking other swimmers, defective or inadequate equipment, striking one's head on the bottom when using a diving block, slip and falls on the deck or within the locker facility, chemical exposure and all other circumstances inherent to the sport of swimming.

Tennis: Certain risks include, but not limited to, being struck by a ball, slip and falls, running into stationary objects and court fixtures such as net supports, carelessness, poor conditioning, heatstroke, overexertion, dangerous or defective court conditions, colliding with other players and racquets when playing doubles, poor sportsmanship, horseplay and all other circumstances inherent to racquet sports.



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WAIVER AND RELEASE, CONTINUED

Volleyball: there is a risk of serious injury, including but not limited to head/brain injury, back/neck injury, and bone and joint injury. Certain risks include, but are not limited to being struck by the ball, slip and falls, running into stationary objects and court fixtures such as support posts and guide wires, poor techniques, becoming entangled in the net, collisions with other players, uncontrolled pursuit of the ball, uncontrolled jump by a blocker

or spiker, improper techniques for landing on the court surface, fatigue, moisture from sweat on the floor, surface defects and irregularities, unsafe equipment such as nets with bolts protruding from supports or exposed footings, carelessness, poor conditioning, over exertion, poor sportsmanship, inadequate supervision or officiating, horseplay and all other risks inherent to volleyball.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services and vehicle operations, when provided).

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Mundelein Park and Recreation District, including its officials, agents, volunteers and employees.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Participant's Name _____

Participant's Signature _____ Date: _____

PARTICIPATION WILL BE DENIED if the signature of adult participant or parent/guardian and date are not on this waiver. Parent/Guardian MUST sign if participant is under age 18.

Parent/Guardian Signature _____ Date: _____