

ANCHOR LUTHERAN SCHOOL

PARENT APPROVAL AND RELEASE FORM

I, _____ am the parent / legal guardian of _____.

I have read and I understand the above warning of the inherit dangers involved in my child's participation in _____ (sport). I understand this is a high risk sport involving many risks of injury including but not limited to those risks outlined above. I am aware of the following conditions of the student which may increase the chance of injury to him / her:

I hereby give my consent for the above student in grades 5, 6, 7 & 8 to engage in Anchor Lutheran School's athletic activities as a representative of his / her school. I also give my consent for my student to participate (including travel) in out of town athletic events. I understand he / she is to follow school rules.

Insurance coverage on my child is as follows:

School Family Military Employer Native Service None

I shall assume financial responsibility for any and all injuries to the above named student.

I release and waive, and further agree to indemnify, hold harmless or reimburse the Anchor Lutheran School / Lutheran School Association, the individual members, agents, employees and representatives thereof, as well as trip supervisors, from and against any claim which I, or another parent, or guardian, any sibling, the student, or any other person, firm or corporation may have claim to have, known or unknown, directly or indirectly, for any losses, damages, or injuries occurring out of, during, or in connection with the student's participation or the rendering of emergency medical procedures or treatment, if any.

Signature of Parent / Guardian

Date

Address

Phone

ANCHOR LUTHERAN SCHOOL

STUDENT PARTICIPATION FORM

Anchor Lutheran School has adopted the guidelines and / or practices identified below for this activity and to prevent injury or illness in the students and others. Participants and their parents should recognize that good nutrition, proper techniques, safety procedures, and well-fitting equipment are important aspects of this training. Each participant is expected to follow the directions / standards of the coach. Travel to and from off – campus facilities shall be in accordance with the directions of the activities coordinator. Guidelines are as follows:

1. Make certain that you wear all equipment that is issued by the coach. Advise the coach of ill-fitting or defective equipment.
2. Advise the coach if you are ill or have any prolonged symptoms of illness.
3. Advise the coach if you have been injured.
4. Engage in warm-up activities prior to strenuous participation.
5. Be alert for any physical hazards in the locker room or in or around the participation area. Advise the coach of any hazard.
6. Wear approved proper fitting apparel when participating in _____(sport), either in practice or during games.

The above information has been explained to me and I understand the list of rules and procedures. I understand the necessity of using the proper techniques while participating in this sport.

I am aware that _____ is a high risk sport and that practicing or competing in any sport is a dangerous activity involving MANY INHERENT RISKS OF INJURY. I understand that the dangers and risks with practicing and competing in _____ include but are not limited to: death, serious neck and spinal injury 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 muscular skeletal system or to serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of practicing or competing in athletics may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally be productive.

Because of the dangers of _____ (sport), I recognize the importance of following coach's instructions regarding techniques, training, and other team rules, and agree to obey such instructions.

I voluntarily choose to participate in the Anchor Lutheran School Athletics Program. I have not violated any of the eligibility rules of the association or school.

(Student's signature)

(Date)