

Athlete's Name \_\_\_\_\_ Age \_\_\_\_\_

## Participation and Assumption of Risk Agreement

\_\_\_\_\_ "Athlete", in consideration of being permitted to participate in the athletic, running and conditioning training program with Coach Rico Estrada, acknowledge that participation in such a training program can be hazardous to my health and that I have an increased risk of injury by participating in this program.

I agree and understand that I am solely responsible for my health and medical condition, and that it is my sole responsibility to determine my physical and medical fitness to undertake a strenuous training program. I acknowledge that the Coach is not a medical doctor and that advice and recommendations of the Coach are based upon the Coach's training and experience as a runner.

I know that running is a potentially hazardous activity and I certify that I am in good health and physically fit to enter into a training program. I acknowledge that I am aware of the many risks involved in athletic training in general and running training specifically, which risks include by way of example and not limitation: 1) Minor injuries such as scrapes, bruises, sprains and strains, 2) more serious injuries such as joint, muscles and bone injuries, concussions and other head injuries, heat related injuries such as heat stroke and heat exhaustion, dehydration and over hydration conditions as hyponatremia, and catastrophic injuries and conditions such as heart attacks and other conditions or injuries which could be fatal.

**Waiver:** I accept all the inherent risks of participating in the running and conditioning training programs. I understand and agree that Coach Rico Estrada shall assume no responsibility or liability for me and I hereby release and waive Coach Rico Estrada for accident, illness, or loss of, or damage to, personal property, but not limited to, resulting from participation in this training program.

The forgoing is submitted in consideration of Coach Rico Estrada allowing my participation in this training program. I confirm that I am of adult age and or the guardian of a minor and I execute this document with full knowledge of the contents and consequences stated in this agreement.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date