

## MYFFA Release of Liability

I, and my heirs, in consideration of my participation in the flag football program in the Spring and Fall of 2012 at the: YMCA Youth Sports Complex, located at 24<sup>th</sup> Street and 23<sup>rd</sup> Ave. in Council Bluffs, Iowa, hereby release Metro Youth Flag Association, the Board, its officers, employees and agents, and any other people officially connected with the season, from any and all liability for damage to or loss of personal property, sickness or injury from whatever source, legal entanglements, imprisonment, death, or loss of money, which might occur while participating in this event. Specifically, I release said persons from any liability or responsibility for (my physical condition, for the condition or selection of course route and for the presence or actions of any other participants). We are aware of the risks of participation, which include, but are not limited to, (the possibility of sprained muscles and ligaments, broken bones and fatigue. I hereby state that I am in sufficient physical condition to accept a Rigorous level of physical activity). I understand that participation in this program is strictly voluntary and I freely choose to participate. I understand that MYFFA does not provide medical coverage for me. I verify that we the parents will be responsible for any medical costs our child might incur as a result of their participation.

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(Participant)

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(Parent or guardian's signature if under 18)

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(Date)