

**IOWA DIVING CLUB
GENERAL RELEASE AND WAIVER OF LIABILITY**

In consideration of being allowed to participate in the amateur diving program conducted by the Iowa Diving Club, including related events, activities and coaching instruction, the undersigned:

1. Agrees that prior to participation (or in the case of a minor participant, the parent(s) or legal guardian(s) will instruct the minor participant that prior to participating) the participant should inspect the facility and equipment to be used, and if the participant believes anything is unsafe, the participant shall immediately advise his or her coach or supervisor of such conditions, and the participant shall refuse to participate until such unsafe conditions are corrected.
2. Acknowledges and fully understands that each participant will be engaging in activities that involve risk of serious injury, including physical disfigurement, mental anguish, permanent disability (partial or total) and death, severe social and economic losses which may result not only from their own actions, inactions or negligence, but the actions, inactions and negligence of others, the rules of play or the conditions of the premises or of any equipment used. Further, acknowledge and fully understand that there may be other risks not known or reasonably foreseeable to the Iowa Diving Club, its coaches or staff.
3. Assumes all risks associated with participation in the Iowa Diving Club amateur diving program, including those set forth in the foregoing paragraph 2, whether such risks are foreseeable or unforeseeable, and accepts personal responsibility for any damages resulting from an injury, disability or death resulting in whole or part from participation in the Iowa Diving Club.
4. Releases, waives discharge and covenant not to sue Iowa Diving, its administrators, directors, agents, officers, shareholders, coaches, other employees, participants, sponsoring agencies, sponsors, advertisers and owners, and/or leaser of the premises used to conduct the event or instruction (collectively "Releases") from any and all present or future claims, right, demands, controversies, damages, actions, causes of action and/or liability of every nature and kind whatsoever, either in law or equity ("Claims") which the undersigned may have against the releases for claims caused or alleged to be caused in whole or part of the actions, inactions or negligence of releases.
5. Undersigned fully understands that they may suffer injuries or damages that are currently unknown and that unknown complications may arise, develop or be discovered in the future. The undersigned hereby waive any rights to assert in the future and such claims not now known or suspected even though, if such claims were known, such knowledge would materially affect the terms of this release. In entering into the release, the parties declare that they fully understand the terms of this release and voluntarily enter in the release and voluntary accept its provisions. Further, the undersigned represents that they have completely read all terms and conditions hereof, and that all such terms are fully understood and voluntarily accepted by the parties. Further, the undersigned warrants, represents and agrees that they are not relying on the advice of the Iowa Diving Club administrators, directors, agents, shareholders, officers, coaches, or other employees as to the legal or other consequences arising out of this release.
6. This release shall be construed in accordance with and governed by the laws of the State of Iowa and shall be binding upon and inured to the benefit of the respective parties, their successors and assigns.

I/WE HAVE READ THE ABOVE WAIVER AND RELEASE AND UNDERSTAND THAT I/WE GIVE UP SUBSTANTIAL RIGHTS BY SIGNING IT AND SIGN IT VOLUNTARILY.

Athlete Signature

Date

Athlete Printed Name

If the athlete is under 18 years of age, the parent or legal guardian must ALSO sign.

Parent/Guardian

Date

Parent/Guardian Printed Name

Relationship