



# ASSUMPTION OF RISK, WAIVER OF LIABILITY, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT FOR THE USE OF CAMPUS FITNESS CENTERS WITHIN THE LOS ANGELES COMMUNITY COLLEGE DISTRICT

Name: \_\_\_\_\_

For and in consideration of permitting the undersigned, (Name) \_\_\_\_\_, to participate in athletic activities at a campus fitness center or other campus facility in the LOS ANGELES COMMUNITY COLLEGE DISTRICT (the "DISTRICT"), the undersigned agrees as follows:

**1. ASSUMPTION OF RISK**

The undersigned seeks to participate in athletic activities at a campus fitness center or other campus facility ("ACTIVITY"), and has read and understands the attached document, "Risks of Athletic Participation" (on the reverse page). The undersigned fully understands that there is the risk of **SERIOUS INJURY** or **DEATH** while participating in the ACTIVITY. The undersigned hereby asserts his/her athletic participation is voluntary and he/she knowingly assumes any and all risks of athletic participation.

If the undersigned is an employee of the District, he/she acknowledges that his/her participation in the ACTIVITY is not within the course and scope of his/her employment and that the ACTIVITY may not be conducted during the employee's working hours.

**2. WAIVER OF LIABILITY**

The undersigned hereby for him/herself, his/her heirs, executors, administrators and assigns, voluntarily releases, discharges, waives and relinquishes any and all claims or causes of action for personal injury, property damage, and/or death occurring to him/herself as a result of (a) his/her participation in the ACTIVITY, (b) his/her use, misuse, or non-use of any equipment in conjunction with the ACTIVITY, and/or (c) the negligence of the DISTRICT, the DISTRICT's Board of Trustees, the DISTRICT's officers, employees, agents, representatives, coaches, volunteers, athletic directors, athletic trainers, student managers, or student trainers, with respect to the supervision or instruction of the ACTIVITY.

**3. INDEMNIFICATION AND HOLD HARMLESS**

The undersigned for him/herself, his/her heirs, executors, administrators, and assigns agrees that in the event any claim or cause of action for personal injury, property damage, and/or death occurring to him/herself shall be prosecuted against the DISTRICT, the DISTRICT's Board of Trustees, the DISTRICT's officers, employees, agents, representatives, coaches, volunteers, athletic directors, athletic trainers, student managers, or student trainers, he/she shall hold harmless and indemnify the DISTRICT, the DISTRICT's Board of Trustees, the DISTRICT's officers, employees, agents, representatives, coaches, volunteers, athletic directors, athletic trainers, student managers, or student trainers.

**ACKNOWLEDGMENT**

The undersigned has read this agreement, fully understands its terms, and understands that he/she is giving up substantial rights, including the right to sue for injury or death as result of (a) his/her participation in the ACTIVITY, (b) his/her use, misuse, or non-use of any equipment in conjunction with the ACTIVITY, and/or (c) for the negligence of the DISTRICT and DISTRICT employees with respect to the supervision or instruction of the ACTIVITY. The undersigned acknowledges that he/she is signing this agreement freely and voluntarily.

\_\_\_\_\_  
**Signature of Participant**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Signature of Parent/Guardian, if participant is under 18 years of age**

\_\_\_\_\_  
**Date**

## RISKS OF ATHLETIC PARTICIPATION

1. There is the inherent risk of injury in all sports.
2. The number and types of injuries differ for all sports but fall into the following general categories:
  - a. Lacerations and abrasions (e.g., cuts and scrapes): The long-term result of these is usually minor if cared for correctly. The most common risk may result in a scar, which may be a cosmetic deformity. IF THE CUT IS DEEP ENOUGH IT MIGHT AFFECT YOUR MUSCLES, NERVES, BONES OR CIRCULATION. The result of this might be the permanent loss of the use of that muscle, paralysis, or use of the injured area.
  - b. Sprains and strains (e.g., injuries to your joints or muscles): Most of these are minor and require only therapy to recover from them. The more serious of these may require surgery and/or casting to restore the muscle or joint. There will also be the cosmetic result of a scar. THE FORCES THAT CAUSE THESE TYPES OF INJURIES MAY ALSO INJURE OTHER BODY STRUCTURES AT THE SAME TIME SUCH AS NERVES AND BLOOD VESSELS. The therapy is much longer. Because of this type of injury you may not be able to return to the same skill level that you had before the injury. You may also have an increased chance of later problems, such as arthritis, with the joint or muscle. In the most serious cases you may not be able to run, walk, get jobs requiring physical strength or skill (e.g., police or firefighting work) or perform fine motor functions (e.g., playing the piano). You may also have difficulty in performing day-to-day activities such as bending or walking.
  - c. Fractures (e.g., broken bones): If even minor fractures are ignored the result may be the loss of some physical capabilities. The more serious of these may require surgery and/or casting to restore the broken bones. There may also be the cosmetic result of a scar. THE FORCES THAT CAUSE THESE TYPES OF INJURIES MAY ALSO INJURE OTHER BODY STRUCTURES AT THE SAME TIME SUCH AS NERVES AND BLOOD VESSELS. Because of this type of injury you may not be able to return to the same skill level that you had before the injury. You may also have an increased chance of later problems, such as arthritis, with the joint or muscle. In the most serious cases you may not be able to run, walk, get jobs requiring physical strength or skill (e.g., police or firefighting work) or perform fine motor functions (e.g., playing the piano). You may also have difficulty in performing day-to-day activities such as bending or walking.
  - d. Catastrophic injuries: These types of injuries are rare but do happen. They are injuries to your nerves, blood vessels, heart, brain, internal organs, sexual organs, eyes, ears and nose. The long term risk of these is much more serious. You may even die from these injuries. You may lose the function of a joint or limb. You may be permanently paralyzed, not be able to move your arms or legs on your own and be confined to a wheelchair. Assistance may be required for you to perform the most basic of bodily functions, such as a bowel movement. You could be blinded or lose your hearing. Your access to the job market may be severely restricted, and your family and social life may also be very limited.

I have read and understand the above.

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