



APPENDIX E: Participant Waiver and Release

Participant Name: _____ Date: _____

Parent/Guardian Name (if minor): _____ Phone: _____

Organization/Event: _____

Event Date(s): _____

Location: Palisades Lutheran Church, 15905 Sunset Boulevard, Pacific Palisades, CA 90272

1) Assumption of Risk

I understand that sports and fitness activities involve inherent risks, including but not limited to slips, falls, collisions, muscle strains, and other injuries. I voluntarily assume all such risks arising from my participation.

2) Release of Liability

To the fullest extent permitted by law, I release and hold harmless Palisades Lutheran Church and its officers, employees, volunteers, agents, and representatives from any and all claims for injury, illness, property damage, or loss that I may suffer in connection with my participation, except to the extent caused by PLC's gross negligence or willful misconduct.

3) Medical Consent

In the event of injury or illness, I authorize emergency medical care deemed necessary. I am responsible for any associated costs.

4) Fitness to Participate

I certify that I am physically able to participate and will follow all posted and communicated safety rules. I agree not to participate if ill or injured.

5) Photo/Video Consent (optional)

I grant permission for the organizer to capture and use photographs or videos of the event for non-commercial documentation and promotional purposes. I may revoke this consent in writing before the event.

6) Minors

If the participant is under 18, I am the parent/legal guardian and consent to the minor's participation under all terms in this waiver.

7) Indemnification by Organizer/Renter

The Renter/Organizer agrees to defend, indemnify, and hold harmless PLC from claims arising out of or related to the event, except to the extent caused by PLC's gross negligence or willful misconduct.

Signatures

Participant (or Parent/Guardian if minor): _____

Date: _____

Printed Name: _____

Emergency Contact Name: _____

Phone: _____

Note to Organizer: Retain signed waivers for your records and provide copies to PLC upon request.