Release of liability form

A starting point, not legal advice. Have a lawyer check the wording for your state or country before you use it.

Assumption of risk

I am choosing to take part in activities run by [Business name]. I understand that these activities involve risks that cannot be fully removed, even when everyone is careful. These include:

- slips, trips and falls
- sprains, broken bones, cuts and bruises
- injuries caused by equipment, other participants, animals or the weather
- heart problems, exhaustion or dehydration from physical effort
- in rare cases, serious injury, permanent disability or death

I take part **voluntarily**. I accept these risks, including risks that are not listed here.

Release and waiver of liability

To the fullest extent permitted by law, I release [Business name], its owners, employees, instructors, volunteers and agents (the "Released Parties") from any claim I may have for injury, illness, death, or loss of or damage to property arising from my participation, **including claims caused by the negligence of any Released Party**.

This release does not cover injury or loss caused by gross negligence, recklessness or intentional misconduct.

I agree not to sue the Released Parties for any claim I have released in this agreement.

Indemnification

If someone else makes a claim against a Released Party because of something I did, or because I broke the rules of [Business name], I agree to cover the reasonable costs of that claim, including legal fees, to the extent permitted by law. This does not apply to claims caused by a Released Party's gross negligence, recklessness or intentional misconduct.

Health and emergency treatment

I confirm that I am healthy enough to take part, and that I have told [Business name] staff about any medical condition, injury, pregnancy or medication that could affect my safety. I will stop and tell staff if I feel unwell.

If I am injured or fall ill, I authorize [Business name] staff to give first aid and to call for emergency medical treatment or transport on my behalf. I am responsible for the cost of any treatment I receive.

Rules and conduct

I will follow the safety briefing, the posted rules and the instructions of [Business name] staff, and I will use equipment only as shown. I will not take part under the influence of alcohol or drugs. Staff may stop me from taking part if I act unsafely or put other people at risk.

Parent or guardian agreement

If I am signing for a child under 18, I confirm that I am their parent or legal guardian. I give permission for the child to take part. I agree to this document for myself and on the child's behalf, to the extent the law allows, including the assumption of risk, the release and the authorization for emergency treatment. I will make sure the child understands and follows the rules.

General terms

- If any part of this agreement is found invalid, the rest stays in effect.
- This agreement is governed by the laws of the state where [Business name] runs the activity.
- This is the entire agreement between me and [Business name] about my participation. It replaces anything said or written before.
- My electronic signature on this agreement has the same effect as a handwritten signature.
- This agreement covers today and my later visits, until I am asked to sign again.

Acknowledgment

I have read this document, I understand that I am giving up legal rights, including the right to sue for injuries caused by negligence, and I am signing it freely. I am at least 18 years old, or I am signing as the parent or legal guardian of each child named.

Up to 5 children, signed for by a parent or guardian

Full name

Date of birth

Email

Emergency contact

I agree that [Business name] may take photos or video during the activity and use them on its website and social media.

I have read this release of liability, I understand that I am giving up legal rights, and I agree to it.

Signature and date

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