

**WAIVER & RELEASE OF LIABILITY**

In consideration of being allowed participating in any way with North Carolina Diving, Amateur Athletic Union (AAU) or U.S.A. Diving, Inc. (USD) athletics/sports programs and related events and activities, the undersigned:

- 1. Agree that prior to participating, or in the case of a minor participant, the parent(s) or legal guardian(s) will instruct the minor participant that prior to participating, he or she should inspect the facilities and equipment being used, and if the participant believes anything to be unsafe, he or she should immediately advise his or her coach or supervisor of such condition(s) and refuse to participate.
- 2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk or serious injury, including permanent disability and death, and severe social and economic losses that might result not only from their own actions, inactions or negligence but the actions, inactions or negligence of others, the rules of play, or the condition of the premises or of any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.
- 3. Assume all foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
- 4. Release, waive, discharge and covenant not to sue North Carolina Diving its coaches, Amateur Athletic Union (AAU), U.S.A. Diving, Inc., The University of North Carolina or its affiliated clubs, their respective administrators, directors, agents, coaches, and other employees of the organization, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releases," from any and all liability to each of the undersigned, his or her heirs the next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part be the negligence of the releasee or otherwise.

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

\_\_\_\_\_  
*ATHLETE SIGNATURE*

\_\_\_\_\_  
*DATE*

\_\_\_\_\_  
*PARENT OR LEGAL GUARDIAN (Signature/Relationship)*

\_\_\_\_\_  
*DATE*

\_\_\_\_\_  
*PARENT OR LEGAL GUARDIAN (Printed Name)*

\_\_\_\_\_  
*DATE*

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_