



(Participant Name) _____

I fully understand the following:

(Activity) K-4 Track meet (@ Arcata High School), by its very nature, poses some inherent risk of a participant being seriously injured. These injuries could include, but are not limited to, the following:

- | | |
|--------------------|--------------------------------|
| 1. Sprains/strains | 6. Disfigurement |
| 2. Fractured bones | 7. Head injuries |
| 3. Cuts/abrasions | 8. Loss of eyesight |
| 4. Unconsciousness | 9. Death |
| 5. Paralysis | 10. Cardiac/Respiratory Issues |

All participants in this activity should understand that the participation is voluntary and is not required by the school district.

The undersigned has read and hereby agrees to hold the Northern Humboldt Union High School District School District, its employees, agents, volunteers and/or sponsors, and any other person, firm or corporation charged or chargeable with responsibility or liability, free and harmless from any and all claims, demands, damages, costs, expenses, loss of services, action and causes of action resulting from the use of the facilities, equipment and participation by (Participant Name) _____ in the above named activity.

In the event of illness or injury, I do hereby consent to medical/hospital treatments that are determined necessary in the best judgement of the attending physicians or dentists. I acknowledge that I have carefully read this Voluntary Activity Form and that I understand and agree to its terms.

Parent/Legal Guardian Signature (if under 18)

Date

Participant Signature

Date