

**WAIVER, RELEASE, AND**  
**HOLD HARMLESS AGREEMENT**

**Please read this form carefully. Be aware that in participating in any programs conducted or sponsored by the Downers Grove Swim and Racquet Club (DGSRC), you will be waiving and releasing all claims for injuries or losses you might sustain arising out of or relating to the programs.**

I am a participant, or a parent or guardian acting on behalf of a participant who is under the age of 18, in one or more programs conducted or sponsored by the **DGSRC** (the Programs). (The terms “I” and “my” refer to both the participant and the person, if any, who signs this document on the participant’s behalf.) I recognize and acknowledge that there are certain inherent risks of physical injury associated with the programs. I agree to assume the full risk of any injuries (including death), damages, or losses, regardless of severity or amount, which I may sustain arising out of or in connection with the programs.

I agree to waive and relinquish all claims I may have, arising out of or in connection with the programs, against the **DGSRC**, any employees or independent contractors hired to direct, manage, supervise, or teach the programs (collectively, “the program personnel”), and any of the foregoing persons’ agents employees, officers, board members, and attorneys.

I do hereby fully discharge and release the **DGSRC**, the program personnel, and any of their agents, employees, officers, board members, and attorneys, from any and all claims, causes of action, and liabilities of any nature for injuries (including death, damages, or losses which may be asserted against them arising out of or in connection with my participation in the programs.

I further agree to hold harmless and indemnify the **DGSRC**, the program personnel, and any of their agents, employees, officers, board members, and attorneys from any and all claims, causes of action, and liabilities of any nature for injuries (including death), damages, or losses which may be asserted against them arising out of or in connection with my participation in the programs.

**I hereby certify that I have read and fully understand the foregoing Waiver, Release, and Hold Harmless Agreement.**

\_\_\_\_\_  
Participant’s Name  
(Please Print)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant’s Signature

\_\_\_\_\_  
Parent or Guardian’s Name  
(If participant is under age 18)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian’s Signature