



RELEASE AND WAIVER

PLEASE READ CAREFULLY BEFORE SIGNING

I, the undersigned, wish to participate in the Referee Training Seminar scheduled for (add the dates of the fitness test), (the "scheduled activity") organized by U.S. Soccer Federation at (add the city and state). I acknowledge that there are certain dangers inherent in any activity of this type, and that it is possible that accident, property damage or loss, or personal injury could occur while one is participating in such an activity.

In consideration of the opportunity to voluntarily participate in the scheduled activity, I, acting on behalf of myself, my heirs, successors and assigns, hereby expressly release, waive, hold harmless, defend, indemnify, agree not to sue and discharge U.S. Soccer Federation, Inc., its owners, directors, officers, employees, agents, instructors, subsidiary corporations, independent contractors, insurers and consultants (collectively the "Released Parties") from any liability whatsoever for any claims or causes of action (whether for civil liability or workers' compensation) I may now or in the future have for damages for personal or bodily injury, including death, and/or loss or damage to property belonging to me or others, arising out of or in any way connected with my involvement in the scheduled activity. This release includes a release of any claims for injury or damage which occurs during transportation to and from the location of the activity and I acknowledge that such transportation is solely my responsibility to arrange or obtain.

I have full knowledge of the risks involved in the scheduled activity and verify that I am physically fit and sufficiently able to participate in this activity.

I acknowledge that I am 18 years of age or older or have my parent's consent as indicated below. The signature(s) below indicates acknowledgment and agreement with the foregoing.

Print Name

Street Address

Signature

City, State, Zip Code

Parent's Signature (if minor)