Atlantic Coast Diving Jax, LLC General Release and Waiver of Liability

In consideration for being allowed to participate in practices, training sessions, meets, competitions, and/or any activities associated with Atlantic Coast Diving Jax, LLC, between September 1, 2023 and August 31, 2024 the undersigned:

- 1. Agree(s) to release, waive, indemnify, hold harmless and release from any and all liability to Atlantic Coast Diving Jax its administrators, directors, officers, shareholders, coaches, and representatives(hereinafter referred to as the releases) from any and all present or future claims, rights, demands, damages, causes of action and/or liability of every nature and kind whatsoever which the undersigned may have against the releases of claims caused or alleged to be cause in whole or in part of the actions, inactions or negligent of the releases.
- 2. It is understood by the undersigned that participation in the sports programs as well as related events, practices, competitions, and activities including travel to and from related events, competitions, and activities with Atlantic Coast Diving Jax could cause serious injury, including permanent impairment and/or disability, spinal cord injury, head injuries, fractures, sprains, paralysis, emotional and psychological injuries, social and economic losses and death which may result not only from the participant's own actions, inactions or negligence but also the actions, inactions or negligence of others, including the negligence of the releases, the rules of play or the conditions of the premises or any of the equipment used. The events, practices, competitions, activities and travel include, but are not limited to, warm-up activities, mat drills, somersaulting drills, trampoline exercises, dry-land exercises, springboard and platform diving, automobile travel to and from events, competitions, practices, and/or activities.
- 3. The undersigned expressly agree(s) to release, waive, indemnify, hold harmless and discharge the releases from any and all liability to each of the undersigned for any and all claims, demands, costs, attorney's fees, losses or damages on account of injuries or death including, but not limited to those injuries as set forth above whether caused in whole or in part by the negligence of the releases or others while the undersigned is engaging, participating or present during any event, competition, practice, training session, activity or travel. The undersigned expressly release(s) and waive(s) any claim for injuries, death, damages or loss against the releases caused in whole or part by the negligence of any release or negligence of a combination of releases or others.
- 4. In entering into this release, the parties declare that they fully understand the terms of this release and voluntarily enter into this release and voluntarily accept its provisions. Further, the undersigned represent that they have completely read all the terms and conditions hereof and that such terms are fully understood and voluntarily accepted by all parties.
- 5. The undersigned acknowledge that they are waiving and releasing substantial rights and claims and potential future claims and have voluntarily decided to assume the inherent risks involved and that all terms of this Agreement have legal effect all times that I am on or at a Atlantic Coast Diving Jax, LLC premises, today or anytime in the future, whether I am participating in an Activity or not.

Athlete Signature	Athlete Printed Name	Date	
If the age of the athlete i	is less than eighteen (18) years of age, a p	arent/legal guardian must also sigr	n below.
Parent or Legal Guardia	n Signature Parent or Legal Guardian Pri	nted Name Date	

NOTICE TO THE MINOR CHILD'S NATURAL GUARDIAN READ THIS FORM COMPLETELY AND CAREFULLY. YOU ARE AGREEING TO LET YOUR MINOR CHILD ENGAGE IN A POTENTIALLY DANGEROUS ACTIVITY. YOU ARE AGREEING THAT, EVEN IF ATLANTIC COAST DIVING JAX, LLC, THEIR ADMINISTRATORS, COACHES, AGENTS, OFFICERS, MEMBERS, AND VOLUNTEERS USE REASONABLE CARE IN PROVIDING THIS ACTIVITY, THERE IS A CHANCE YOUR CHILD MAY BE SERIOUSLY INJURED OR KILLED BY PARTICIPATING IN THIS ACTIVITY BECAUSE THERE ARE CERTAIN DANGERS INHERENT IN THE ACTIVITY WHICH CANNOT BE AVOIDED OR ELIMINATED. BY SIGNING THIS FORM YOU ARE GIVING UP YOUR CHILD'S RIGHT AND YOUR RIGHT TO RECOVER FROM ATLANTIC COAST DIVING JAX, LLC, THEIR ADMINISTRATORS, COACHES, AGENTS, OFFICERS, MEMBERS, AND VOLUNTEERS IN A LAWSUIT FOR ANY PERSONAL INJURY. INCLUDING DEATH, TO YOUR CHILD OR ANY PROPERTY DAMAGE THAT RESULTS FROM THE RISKS THAT ARE A NATURAL PART OF THE ACTIVITY. YOU HAVE THE RIGHT TO REFUSE TO SIGN THIS FORM, AND ATLANTIC COAST DIVING JAX, LLC HAS THE RIGHT TO REFUSE TO LET YOUR CHILD PARTICIPATE IF YOU DO NOT SIGN THIS FORM.

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Parent or Legal Guardian	Signature Parent or Legal Guardian Pri	 nted Name Date