

## **WAIVER & RELEASE:**

### *Agreement to Participate in Claddagh Coach Consulting Training*

Participation in all sports can be inherently dangerous and it is impossible to ensure the safety of all participating individuals. Soccer demands cardiovascular fitness, coordination, and agility. Although many risks can be avoided, I understand that not all risks can be and release Claddagh Coach Consulting from responsibility for any injury that my child might incur during the course of normal play. I further understand that in the event of a medical emergency, Sinead McSharry will call EMS to render assistance and that I will be financially responsible for any expenses involved.

While playing soccer, accidents do happen. Some of these accidents may be minor like collisions with other players, collisions with the ground, and being struck by the ball. Other accidents may be more significant like collisions with the goalposts. Other injuries may also include:

- minor injuries like scrapes, bruises, strains, blisters, and sprains;
- more serious injuries like broken bones, concussions, muscle tears, and ligament tears;
- catastrophic injuries like heat stroke, cardiac arrest, and death

To reduce the risk of injury, participants are expected to abide by the following rules:

-All participants are expected to be physically fit before Claddagh Coach Consulting Training begins

-All players must adhere to the rules of soccer, thus creating a safe playing environment

-The above-mentioned participant agrees to follow the preceding safety rules, all posted safety rules, and all rules common to the sport of soccer. Further, the above-mentioned participant agrees to report any unsafe practices, conditions, or equipment to Sinead McSharry.

I certify that the above-mentioned participant 1) possesses a sufficient degree of physical fitness to safely participate in soccer, 2) understands that she is to discontinue activity at any time she feels undue discomfort or stress, and 3)

has indicated any health-related conditions that might affect her ability to play soccer and she will verbally inform Sinead McSharry immediately.

I have read the preceding information and it has been explained to me. I know, understand, and appreciate the risks associated with participation in soccer and I am voluntarily participating in the above-mentioned participant in the activity. In doing so, the above-mentioned participant is assuming all of the inherent risks of the sport. I further understand that in the event of a medical emergency, Sinead McSharry will call EMS to render assistance and that I will be financially responsible for any expenses involved.

I do hereby consent and agree that Claddagh Coach Consulting has the right to take photographs and video of my child during sessions. These photos and videos may be used on the company website ([www.claddaghcoachconsulting.com/](http://www.claddaghcoachconsulting.com/)), company Instagram pages, and promotional material without compensation. I understand that my child's name and identity will not be revealed. If you would prefer we not take photographs or video your child, please notify us via email.

**Waiver of Liability:** In consideration of being permitted to play soccer, on behalf of myself, my family, my heirs, and my assigns, I hereby release Claddagh Coach Consulting, its agents, and its employees from liability for injury, loss, or death to the above-mentioned participant while using any facility or equipment or in any way associated with participating in the activity of soccer now or in the future, resulting from the ordinary negligence of Claddagh Coach Consulting, its agents and employees.

Name of Participant:\_\_\_\_\_

Signature of Participant:\_\_\_\_\_

Name of Parent/Guardian:\_\_\_\_\_

Signature of Parent/Guardian:\_\_\_\_\_