

Athlete Name: _____



Waiver, Release, Indemnification and Hold Harmless Agreement

In consideration of participation in the Mercy Crew Training Program programs with the YMCA of Greater Rochester and Mercy, **I agree to release, indemnify and hold harmless the YMCA and Mercy**, and there officers, employees, and volunteers, with respect to any and all accidents, injuries, losses or damages to person or property that result from my/my child's participation in the program, whether arising from the negligence of the YMCA, Mercy or otherwise, to the fullest extent permitted by law. I do further agree on behalf of myself, and my heirs, executors and administrators, to waive, release and forever discharge any and all rights and claims for damages which may have accrued, or which may hereafter accrue, to me/my child arising out of or connected with participation in the Mercy Crew Training program, use of the facilities and property, or use of equipment within the facilities and property.

I understand that even when every reasonable precaution is taken, accidents can sometimes occur. I further understand that the activities of the Training Program have inherent risks of injury and I hereby assume all such risks and hazards incidental to my/my child's participation in the program, use of the facilities, or use of equipment within the facilities.

I HAVE READ AND AGREE TO THE ABOVE WAIVER, RELEASE, INDEMNIFICATION AND HOLD HARMLESS AGREEMENT

Signature of Participant or Parent if Participant is
under the age of 18

Date

Jason Letendre, ARM
Director of Risk Management
YMCA of Greater Rochester
444 East Main St.
Rochester NY 14604