

**BOB FOOTE AND KAREN KNIGHT  
WAIVER AND RELEASE OF LIABILITY  
(IMPORTANT - READ BEFORE SIGNING!)**

In **exchange** of being allowed to participate in any way in this event and activities, I the undersigned, agree to **GIVE UP SUBSTANTIAL RIGHTS** and **agree not to sue and release liability** of Bob Foote and Karen Knight and those connected with them and to the following:

1. Prior to participating, **I will inspect** the facilities and equipment to be used, and if I believe anything is unsafe, I will immediately advise a coach, instructor, supervisor, or other event organizer of such condition(s) and **refuse to participate**.
  
2. **I acknowledge and fully understand** that I will be engaging in activities that involve risk of damage to personal property or serious injury, including minor injuries such as strains, scratches, shoulder dislocations, back injuries; to permanent disability and death, and severe social and economic losses. These may result not only from my own actions, inactions or negligence, but the actions, inactions or negligence of others, the condition of the premises, or of any equipment used. Further, there may be other risks not known or not reasonably foreseeable at this time.
  
3. **I assume all the above risks and accept personal responsibility** for all expenses, medical or otherwise, following any such damages, injury, permanent disability or death.
  
4. **I release, waive, discharge and agree not to sue** Bob Foote or Karen Knight, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and leasers of premises used to conduct the event, from any and all liability to me, my heirs and next of kin for any and all claims, demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of those mentioned above or otherwise.
  
5. This waiver may not be modified in any way. If any part of this waiver is determined to be invalid by law, all other parts of this waiver shall remain valid and enforceable.

**I HAVE READ THE ABOVE WAIVER AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGNED IT VOLUNTARILY.**

**Name of Course:** \_\_\_\_\_ **Location:** \_\_\_\_\_ **Date(s):** \_\_\_\_\_

**Please Print Neatly**

Participant's Name, Address and Email	Signature

**Please Print**

**Date:**

Participant's Name, Address and Email	Signature