

**SOUTHLAND SWIM ASSOCIATION & WILSHIRE FARMS SWIM TEAM  
WAIVER AND RELEASE OF LIABILITY**

**Note: This form must be read and signed before the undersigned is allowed to take part in any practices or events held by the Southland Swim Association and/or Wilshire Farms Swim Team.**

In consideration of and as inducement for being accepted into the Southland Swim Association and the Wilshire Farms Swim Team and/or being permitted to participate in its practices or events, I, the undersigned, hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns:

- (a) I agree to hold harmless and make no claim of any kind or character and hereby waive, discharge and release any and all claims, if any, which might arise hereafter against the Southland Swim Association and its affiliated teams, members, officers, coaches, agents, contractors, and employees;
  
- (b) I agree not to sue any of the persons or entities listed in part (a) for any of the claims or liabilities that I have waived, released or discharged herein; and
  
- (c) I agree to indemnify and hold harmless the Southland Swim Association and participating homes associations and/or private clubs providing pools or other facilities from all claims.

**THIS WAIVER AND RELEASE IS HEREBY SIGNED ON BEHALF OF THE UNDERSIGNED PARTICIPANT(S) BY HIS OR HER PARENT OR LEGAL GUARDIAN WITH FULL KNOWLEDGE OF ITS CONTENTS AND MEANING.**

Dated: \_\_\_\_\_

Participants:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Print Name