



## **WARNING OF INHERENT RISKS AND PARTICIPATION AGREEMENT**

The JFLOCI offers tackle football, flag football, and cheerleading. These sports often involve forceful contact with the ground or another athlete. These sports are also frequently played during hot, humid weather conditions. Because of these conditions inherent to the sports, participation exposes the athlete to many risks of injury. Those include, but are not limited to, death; paralysis due to serious neck and back injuries; brain damage; damage to internal organs; serious injuries to the bones, ligaments, joints, and tendons; and general deterioration of health. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make our sports as safe as they can be, each Area's coaching staff has been certified and approved by the Junior Football League of Central Illinois. They will be instructing your child concerning the rules and correct mechanics of all fundamental skills required to participate in the sport. It is vital that athletes follow coach instruction, training rules, and team policies to decrease the possibility of serious injury.

We also understand that there is a possibility of coming in contact with an illness such as COVID-19 at one of our events and certify that we will follow all governmental guidelines with regard to such.

We have read the information above concerning the risks of participating in a JFLOCI sport. We understand and assume all risks associated with trying out, practicing, or playing. We further agree to hold the Junior Football League of Central Illinois and its representatives, coaches, volunteers, and general agents harmless in any and all liability actions, claims, or legal actions in connection with participation in any activities related to JFLOCI sports.

In signing this form, we assume the inherent risks of JFLOCI sports and waive future legal action by our heirs, estate, executor, assignees, administrator, family members, and ourselves.

---

**Athlete Name**

---

**Signature of Mother (or legal guardian)**

---

**Signature of Father (or legal guardian)**

---

**Date**