

NORTHLAND CATHEDRAL FAMILY LIFE CENTER

**PERMISSION, HOLD HARMLESS, AND
RELEASE OF LIABILITY FORM
(Adult)**

In exchange for the opportunity to participate in activities at Northland Cathedral Assembly of God, Inc.'s ("Northland Cathedral") Family Life Center, I agree to the following from and after the date below:

- **Rules:** I understand that I must follow the Family Life Center rules, and if I do not follow the rules, I may be asked to leave the Family Life Center.

- **Assumption of Risk:** I understand that the Family Life Center offers opportunities to play basketball, volleyball, and other gymnasium-appropriate sports activities. I am familiar with such sports and represent to Northland Cathedral that I am physically and mentally able to participate in these activities. I also understand that basketball, volleyball, and other gymnasium-appropriate sports activities do present risks of damage, loss, injury, illness, or even death to the participants. I represent to Northland Cathedral that I voluntarily assume the risk of any such damage, loss, injury, illness or death to me arising from basketball, volleyball, or other gymnasium-appropriate sports activities.

- **Release:** I release and forever discharge Northland Cathedral and its directors, officers, employees, volunteers and agents (collectively the "Church") from liability for the Church's negligent acts or omissions causing damage, loss, injury or death to me arising in connection with my participation in basketball, volleyball, or other gymnasium-appropriate sports activities at Northland Cathedral's Family Life Center or being on the premises of Northland Cathedral for such activities.

- **Hold Harmless:** I also agree to indemnify and hold the Church harmless from any and all liability or loss, including liability for the Church's negligence, arising in conjunction with or resulting from my participation in basketball, volleyball, or other gymnasium-appropriate sports activities at the Family Life Center or being on the premises of Northland Cathedral for such activities. This indemnity also includes all attorney's fees and expenses incurred by the Church.

- **Insurance:** I acknowledge that my own insurance carrier is responsible for any medical attention may require.

- **Headings; Survival:** I agree that paragraph headings are included for ease of reference only, and that if any part hereof is held invalid, the remainder shall continue in full legal force and effect.

I have carefully read the foregoing provisions, know their contents, and sign this form as my own free act.

Participant _____ Date: _____
Signature Name Printed

Address: _____

Phone No.: _____