

**MOUNTAIN LAKES SWIMMING AND DIVING TEAMS**  
**PARENTAL CONSENT AND WAIVER OF LIABILITY**

LAST  
NAME \_\_\_\_\_

FIRST NAMES/DATE OF  
BIRTH \_\_\_\_\_

ADDRESS \_\_\_\_\_ TELEPHONE \_\_\_\_\_  
\_\_\_\_\_

PARENTS'  
NAMES \_\_\_\_\_ AND \_\_\_\_\_

The undersigned parents or guardians (hereinafter the Parents) of the above-named child (hereinafter the Child) hereby consent to the Child's participation in the swimming activities authorized and conducted by the Mountain Lakes Swimming Association (hereinafter the Association), including, but not limited to, practice sessions, competitive events and related recreation, training and travel (hereinafter the Program). Knowing that the Association will rely thereon, the Parents hereby represent that the Child is physically able to participate in the Program and that the Child does not suffer from any condition, sickness, or disease which would impair the Child's ability to participate in the Program or which presents any danger to the well-being of the Child as the result of such participation.

We understand that the Child's participation in the Program is at the Child's own risk and that the Child assumes the hazards of participation in the Program and of any voluntary transportation to and from any activities which are part of the Program.

We hereby waive any and all rights of action against the Association which shall be deemed to include any and all of its members, officers, trustees, agents and employees, for all injuries and other actionable events, arising out of the Child's participation in the Program or arising out of any condition, sickness or disease presently affecting the Child; and agree to release, discharge, indemnify and hold harmless the Association from any liability arising therefrom, to defend any action of proceeding against the Association as a result thereof and to indemnify the Association against any liability or expense incurred by it as a result thereof.

WE CERTIFY THAT WE HAVE READ AND FULLY UNDERSTAND THE  
FOREGOING PARENTAL CONSENT AND WAIVER OF LIABILITY.

Dated at Mountain Lakes, NJ this \_\_\_\_\_ day of \_\_\_\_\_, 200\_\_

WITNESS: \_\_\_\_\_

PARENT OR GUARDIAN: \_\_\_\_\_