



Total Skills Baseball, LLC

Waiver and Release Form

Participation in all sports and physical activities involves certain inherent risks and, regardless of the care taken, it is impossible to ensure the safety of the participant. Baseball/Softball requires agility, coordination, strength, balance, and a high level of cardiovascular fitness. It involves moderate activity levels for 1 or more hours, with many quick bursts of speed. Players also participate in repetitive throwing that requires adequate arm strength. Baseball/Softball involves fast moving objects, such as swinging bats, thrown balls, and occasionally body-to-body contact. Therefore, baseball workouts also require quick mental abilities and reactions. While the workouts are reasonably safe, as long as the safety guidelines are followed, there are some elements of risk that cannot be eliminated from the activity.

A variety of injuries may occur to a baseball/softball participant. Some examples of those injuries are:

- Minor injuries such as scrapes, bruises, sprains and strains.
- More serious injuries such as broken bones, cuts, concussions, eye injuries (including loss of vision), internal elbow and shoulder injuries, and head/neck/spine injuries.
- Catastrophic injuries such as heart attacks, paralysis, and death.

These, and other injuries, sometime occur in baseball/softball as a result of hazards or accidents such as being struck by a ball, being struck by a bat, colliding with another player, sliding, slipping, or excessive stress placed on the cardiovascular system. To help reduce the likelihood of injury to you and to other participants, players are expected to adhere to the following rules:

- All participants are expected to wear proper footwear and clothing.
- All participants are expected to wear the proper protective equipment.
- All participants are expected to follow all rules and regulations set forth by the coaches/instructors.
- All participants are expected to avoid swinging or throwing when it might endanger another player.
- All participants are expected to notify the coach/instructor of any injury as soon as it occurs.

I agree to follow the preceding safety rules, all posted safety instructions, and all rules common to the sport of baseball/softball and the workouts. Further, I agree to report any unsafe practices, conditions, or equipment to the coach/instructor.

I read the preceding information and it has been explained to me if necessary. I know, understand, and appreciate the risks associated with participation in baseball/softball and I am voluntarily participating in the activity. In doing so, I am assuming all of the inherent risks of the sport. I further understand that in the event of a medical emergency, management will call EMS to render assistance and that I will be financially responsible for any expenses involved.

In consideration of being permitted to participate, on behalf of myself, my family, my heirs, and my assigns, I hereby release Total Skills Baseball, LLC, its coaches/instructors, and associates from liability for injury, loss, or death to myself, while in any way associated with participating in any facility rental, individual/group lesson, camp or program both indoor and outdoor now or in the future regardless of negligence of Total Skills Baseball, LLC, its coaches/instructors and associates. This includes sudden and foreseen malfunctioning of any equipment and your slipping/falling while in Total Skills Baseball, LLC or on their premise including adjacent sidewalks and parking areas.

Parent/Guardian(s) Signature or Participant if they are over 18 year's old _____ Date _____

