

**University of Alabama at Birmingham  
Assumption of Risk/Hold Harmless Declaration**

I, \_\_\_\_\_, in consideration of being permitted to participate in the Cheerleader, Mascot or Golden Girl Clinic and tryouts at the University of Alabama at Birmingham (UAB), and my possible participation as a team member for the year \_\_\_\_\_, should I be accepted, agree to assume all the risks and responsibilities of my participation, and any activities related thereto. I am fully aware that these are physically demanding activities, designed to select the best talent as team members, and I understand that there exists the possibility that these activities could be potentially dangerous and could pose a risk of serious injury or death. I represent that I am physically fit, and that I am aware of no physical or mental condition that would in any way impede my full participation in the activities referenced in this Declaration or related thereto. I agree to follow the cheerleader/golden girl constitution, all instructions of the Spirit Coordinator and coaches, and I understand that I shall be solely responsible should I fail to do so.

Further, I do, for myself, my heirs, and personal representative(s) hereby agree to hold harmless, release, and forever discharge The Board of Trustees of the University of Alabama (the Board), UAB, every division thereof, and its officers, employees, and agents, from any and all claims, demands, actions or causes of action on account of damage to personal property, personal injury or death, which may result from my participation, and which do not result solely and directly from the gross negligence of the Board, UAB, its officers, employees or agents, during the period of my participation, as described in this Declaration.

By my signature, below, I attest that I have read and understand fully the meaning of this Assumption of Risk & Hold Harmless Declaration, and that I have signed with the intention of being bound by the terms and conditions recited herein, on this \_\_\_\_ day of \_\_\_\_\_, 200\_\_.

\_\_\_\_\_  
(signature of participant)

\_\_\_\_\_  
(print/type name of participant)

\_\_\_\_\_  
(signature of parent/legal guardian if participant is under 19 years of age)