

**Seattle Sounders FC**  
**WAIVER AND RELEASE FORM FOR LIABILITY**  
**(PLAYERS AND COACHES)**

I acknowledge that soccer or any sporting event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, or property loss. I recognize that I may be asked to practice for, participate in, and travel to and from soccer events on behalf of the team and I hereby assume the risk of participation in the soccer event.

I agree that prior to participating, I will inspect the facilities and equipment to be used and if I believe anything is unsafe, I will immediately advise the coach or supervisor of such condition(s) and refuse to participate.

I hereby take the following action for myself, my executors, administrator, heirs, next of kin, successors and assigns:

- a) I waive, release, and discharge from any and all claims or liabilities for death or personal injury or damages of any kind, which arise out of or relate to my participation in, or my traveling to and from the soccer event, with the following persons, or entities: Seattle Sounders FC; Seattle Soccer LLC; Seattle Seahawks; and any sponsors obtained by the club, any players or coaches, any officers, directors, employees, representatives and agents of the above.
- b) I agree not to sue nor bring any type of lawsuit against any persons or entities mentioned above for any of the claims or liabilities that I have waived, released or discharged herein; and
- c) I indemnify and hold harmless the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions.

I hereby affirm that I am eighteen (18) years of age or older and I have read this document and I understand its contents. I understand that I have given up substantial rights by signing this document and sign it voluntarily. If I am not eighteen years of age or older, my parent or guardian must sign this waiver.

Read and Agreed:

\_\_\_\_\_  
Parent/Guardian Signature (If Under 18)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent or Guardian Name (PRINT)

\_\_\_\_\_  
Player Phone Number

\_\_\_\_\_  
Player Signature

\_\_\_\_\_  
Player E-mail

\_\_\_\_\_  
Player Name (PRINT)

\_\_\_\_\_  
Date