

Grayslake Community Park District
VOLUNTEER WAIVER & RELEASE

IMPORTANT INFORMATION

The Grayslake Community Park District is committed to conducting its recreation programs and activities in a safe manner and holds the safety of volunteers in high regard. The Grayslake Park District continually strives to reduce such risks and asks that all volunteers follow safety rules and instructions that are designed to protect the volunteer's safety. However, volunteers must recognize that there is an inherent risk of injury when choosing to volunteer for any activity or program.

Please recognize that the Grayslake Community Park District carries only limited medical accident coverage for volunteers; therefore, it is strongly urged that all volunteers review their own health insurance policy for coverage. Additionally, each volunteer is solely responsible for determining if he/she is physically fit and/or properly skilled for any volunteer activity. It is always advisable, especially if the volunteer is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

WARNING OF RISK

Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when providing volunteer services. Understandably, not all hazards and dangers can be foreseen. Volunteers must understand that depending upon the volunteer services, certain risks, dangers and injuries due to acts of God, inclement weather, slip and falls, inadequate or defective equipment, failure in supervision or instruction, premises defects, horseplay, carelessness, lack of skill or technique, and all other circumstances inherent to the particular volunteer services exist. In this regard, it must be recognized that it is impossible for the Grayslake Park District to guarantee absolute safety.

WAIVER AND RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK

Please read this form carefully and be aware that in consideration for providing volunteer services, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you may sustain as a result of participating in any and all activities connected with and associated with your volunteer services (including transportation services/vehicle operations, when provided).

As a volunteer, I recognize and acknowledge that there are certain risks of physical injury to volunteers in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that I may sustain as a result of my volunteer services. I further agree to waive and relinquish all claims I may have (or accrue to me) as a result of my volunteer services against the Grayslake Community Park District including its officers, officials, agents, volunteers and employees (hereinafter collectively referred as "Parties").

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages, or loss that I may have or which may accrue to me and arising out of, connected with, or in any way associated with my volunteer services.

I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering on-line or via fax, my on-line or facsimile signature shall substitute for and have the same legal effect as an original form signature.

Have you ever been convicted of, or found to be a child sex offender? YES \_\_\_\_\_ NO \_\_\_\_\_

PLEASE PRINT: Volunteer's Name \_\_\_\_\_
Volunteer's Signature \_\_\_\_\_
(Parental Signature if under 18 years of age)
Date \_\_\_\_\_

PARTICIPATION WILL BE DENIED
If the signature of the volunteer and date are not on this waiver.



# Grayslake Community Park District Youth Sports Coaches' Code of Ethics Policy

## Coaches' Code of Ethics

I hereby pledge to live up to my responsibilities as a Youth Sports Coach by following the Coaches' Code of Ethics:

I will...

- ...encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- ...place the emotional and physical well-being of my players ahead of a personal desire to win.
- ...treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- ...do my best to provide a safe playing situation for my players.
- ...promise to review and practice basic first aid principles needed to treat injuries of my players.
- ...do my best to organize practices that are fun and challenging for all my players.
- ...lead by example in demonstrating fair play and sportsmanship to all my players.
- ...be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
- ...use those coaching techniques appropriate for all of the skills that I teach.
- ...remember that I am a Youth Sports Coach, and that the game is for children and not adults.
- ...provide a sports environment for my team that is free of drugs, tobacco, and alcohol, and I will refrain from their use at all youth sports events.
- ...treat each player, coach, official, parent and administrator with respect and dignity.

**I understand that failure to comply with the Code of Ethics policy may lead to disciplinary action being taken against me - such disciplinary action may include suspensions or expulsion from the program.**

Coach: \_\_\_\_\_

Date: \_\_\_\_\_

Program \_\_\_\_\_

Level \_\_\_\_\_