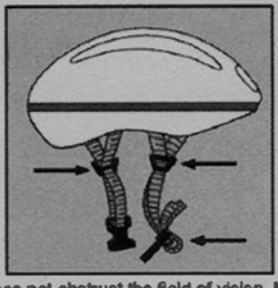
Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

## Waiver and release

I recognize that the activity for which I am registering my child (participant) involves a risk of injury as does any athletic activity.

I waive and release any and all rights and claims for injury or damages resulting from this event and agree to hold harmless sponsors of this event for any and all injuries suffered by me or my child while participating in this activity unless such injury is caused by gross negligence of the sponsoring agencies.

**Participant's name: (Please print clearly)**

_____

**Parent/guardian's signature:**

_____

**Boy or Girl:**

_____

**Child's grade:**

_____

**Child's date of birth:**

_____