**CONSENT FORM**

I, the undersigned, hereby acknowledge that certain **RISK OF INJURY** are inherent to participation in sports and recreational activities. These types of injuries may be minor or serious and may result from one’s actions, or the actions or inactions of others, or a combination of both. I understand that the RULES AND REGULATIONS are designed for the safety and protections of participants and hereby undertake to abide by these rules and regulations. I understand that certain activities require a minimum level of fitness and health (physical, mental and emotional) and that each person has a different capacity for participating in these activities. I hereby warrant being physically fit to participate and understand the CHOICE to participate brings with it the ASSUMPTION OF THOSE RISKS AND RESULTS that are part of these activities. I declare having read and understand the above CONSENT AGREEEMNT in its entirely and hereby consent to participate acknowledging all the foregoing.

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| **Name: Last, First MI**  (please print) | DOB | UNO ID#  (not SS#) | Curriculum  (Major) | Phone# | M/F | Stu/F/S | Date | Email | Signature |
| **Example: Doe, Jane L.** | 5/29/81 | 2212121 | HPHP | 280-6357 | F | Stu | 8/27/18 | jldoe@uno.edu | Jane L. Doe |
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