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## Upper Valley Connection 2025 Participation Form

Name of Participant: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Birth Date: \_\_\_\_\_ Age: \_\_\_\_\_ T-Shirt Size: \_\_\_\_\_

Parent(s)/Guardian(s) Name(s): \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Guardian email: \_\_\_\_\_

Primary Doctor: \_\_\_\_\_ Phone: \_\_\_\_\_

Physical conditions, restrictions, and allergies of participant: \_\_\_\_\_

The participant and/or parent or legal guardian of the above individual is signing up to participate in Upper Valley Connection ("UVC") activities for the year of 2025. Participation is encouraged, and we look forward to a great year. Due to the overall mission and goals of UVC, participation in UVC activities is subject to UVC rules and program objectives.

The participant and/or parent/guardian recognizes that participation in UVC activities and programs involves risk of physical injury and illness including injury caused by the negligence of himself or herself, other participants, or by volunteers, coaches, or employees of UVC. As a condition of participating in UVC activities, the participant hereby agrees to assume this risk of injury or illness while participating in UVC activities and programs.

In consideration for participation, the participant and/or parent or legal guardian hereby releases and waives any claim, cause or action which may accrue against UVC, or any employee, volunteer, or agent thereof, arising from negligence of himself or others related to his/her participation in UVC activities.

If an accident occurs during any UVC activity, I give permission to UVC employees and volunteers to seek initial medical treatment for me/my participant.

I consent to be photographed and/or videotaped for publicity purposes.

\_\_\_\_\_  
Signature of Participant (if over 18 and no legal guardian)

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date