



**How You Train  
Makes The Difference!**

[www.milehighmultisport.com](http://www.milehighmultisport.com)

## **Mile High MultiSport, LLC**

### **Grant Ranch Pool/Open Water Swimming**

#### **Waiver of Claims/Assumptions of Risk/Covenant Not to Sue/Consent to Medical Treatment**

1. I understand that swimming/running and the related activities provided by the Mile High MultiSport, LLC organization are physically strenuous and may not be medically appropriate for everyone. I understand that it is my responsibility and not that of Mile High MultiSport, Inc to determine whether such programs are medically appropriate for those individuals who will participate.
2. I understand that athletics, running, swimming, related training programs, and travel to and from the sites for training and competition, involve inherent risks but are not limited to risks of physical injury or accident arising out of the athletic and training programs, the competition, the premises being used and travel.
3. In consideration of me and/or members of my family being allowed to participate in its programs, I, for myself and family members, assume all such risks and danger and I release and discharge Mile High MultiSport, LLC with its programs, from any and all liability, claims, negligence, costs or expenses, which I or any family member may have, against such individual or entity. For myself and family members, I covenant not to sue Mile High MultiSport, LLC or such individuals or organizations for any such claim, negligence, liability, cost or expense.
4. I understand that, in the event of illness, injury or accident to myself or a family member during or related to Mile High MultiSport, LLC activities, emergency or other medical care or treatment, possibly surgery, might be required. I understand that an effort will be made to contact those parties designated on the Contact/Emergency Information sheet in case of an emergency. If unsuccessful in reaching such persons at the telephone numbers listed on the sheet, for me and any family member, I hereby consent to any licensed physician or surgeon or any licensed medical facility providing such medical care of treatment, including surgery. In the event that specified authorization is required at the time for such medical care or treatment, I consent to the Mile High MultiSport, LLC, or any employee, member or other person assisting the Mile High MultiSport, LLC programs, to sign such authorization. I agree to indemnify and hold harmless the Mile High MultiSport, LLC and any employee, member or other assisting person for any claim or liability arising out of such medical care or treatment.
5. This document is binding on me, my heirs and assigns, including minor children. The benefits of this document shall run to those named as well as to heirs, successors and assigns.
6. In the event of any legal action brought by or on behalf of myself or any family member contrary to the terms of this document, I agree to hold harmless and reimburse the Mile High MultiSport, LLC, its officers, directors, members, employees, and other assisting in its programs for all damages, costs, and expenses of such action, including attorney fees.

#### **ACKNOWLEDGED AND AGREED TO:**

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Date

