

# HOLD HARMLESS AGREEMENT AND RELEASE FROM LIABILITY CERTIFICATE

NAME: \_\_\_\_\_ SSN (LAST 4): \_\_\_\_\_ DATE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_

Naval Special Warfare Center will be holding a Naval Special Warfare (NSW) fitness event for your group. While measures have been taken to ensure your well-being, such as your disclosure of injuries or medical conditions, and our determination that environmental factors are satisfactory for this activity, physical activity is not risk-free. The same elements that contribute to the unique character and fun of physical exercise, such as physical exertion or the outdoors, can cause loss or damage to equipment and injury, illness, or—in extreme cases—permanent trauma or death.

- You may be performing the NSW “O-Course.” The obstacle course involves running on sand, logs, and ropes; jumping from, on, and/or over logs, bars, and tires; crawling through sand; climbing and swinging on ropes and on and over walls, logs, and bars; and generally twisting your body in directions that may not be common—often at heights that increase risk of injury from falling. You may incur injuries from falling, slipping, running or jumping or swinging into an object, muscle cramping, and other such injuries commonly associated with physical exercise. The NSW O-Course is an outdoor activity. Exposure to the natural elements can be uncomfortable or harmful. Heat-sunburn, dehydration, heat exhaustion, heat stroke, heat cramps, hypothermia, wind, rain, sand and outdoor activities in general can be uncomfortable or cause injury.
- You may be performing water activities in the ocean or in the Naval Special Warfare Combat Training Tank (CTT). You may have the opportunity to use Small Inflatable Boats (IBSs) and conduct “Surf Passage.” You may also be carrying the IBS on or you’re your head in a group. Being in the water carries the inherent risk of drowning. Surf Passage involves landing and beaching an IBS on rocky shores. During Surf Passage, you may incur injuries from falling or slipping on the rocks. There is also a chance of injury incurred when boats collide or flip over. All of these activities are physically and mentally stressful. Failure to remain calm in a water environment may result in serious injury and in, extreme cases, permanent trauma or death. Furthermore, in the ocean, there is the inherent risk of exposure to marine wildlife that may result in bites, stings, or other injury.

The list of possible accidents stated above may inflict bodily injury, disease, strains, fractures, partial and/or total paralysis, other ailments that could cause serious injury, or death. It is also possible that some participants would suffer mental anguish or trauma from the experience or their injuries. This list is not an exclusive or exhaustive list of possible injuries, traumas, or accidents that may occur. Most of these injuries are rare and you are not likely to encounter them. However, they have occurred, and you need to know about them and other possible injuries not mentioned above.

These injuries occur more often when the participants are not physically able to undertake the activity. Decisions are made by the instructors and participants, based on a variety of perceptions and evaluations that, by their nature, are imprecise and subject to errors in judgment. Participants may have free and unsupervised time. Throughout the program, participants are responsible for their own safety.

I certify that I am, or my minor child is, fully capable of participating in NSW fitness activities. I state that I have read the above statement on some of the possible risks associated with this activity. Therefore, I assume full responsibility for myself or my minor child for bodily injury, death, loss of personal property, and any expenses as a result of my negligence, negligence of my family, negligence of another participant in the event, or the negligence of NSW Center. I agree to indemnify and hold harmless the U.S. Navy and its members, agents, and employees from all claims, damages, losses, injuries, and expenses arising out of or resulting from my or my child’s participation in this activity.

I have adequate health, disability, and life insurance for myself or my minor child. I hereby authorize any guide or medical personnel to render necessary emergency medical care for myself or my minor child and give permission for transportation to any medical facility.

I hereby grant permission to NSW Center to film or photograph me during this event and use my image, likeness, or voice in U.S. Navy publications, online content, video, or any other medium for its purposes.

Should any paragraph or part of this agreement be declared unenforceable by a court of competent jurisdiction, the remaining parts of paragraphs shall remain in full force and effect. A copy of this release can be used as if it was an original.

I, \_\_\_\_\_, of my own free will, or for my minor child, my heirs and executors, have read, understand, and knowingly acknowledge the risks and liability for myself, and my family, this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

## I HAVE READ AND UNDERSTAND THIS AGREEMENT.

I would like additional information about NSW career opportunities emailed to me.

\_\_\_\_\_  
PARTICIPANT (OR PARENT’S) SIGNATURE                      DATE

\_\_\_\_\_  
PARTICIPANT (OR PARENT’S) PRINTED NAME

I carry medical insurance: [  ] Yes      [  ] No

Insurance Carrier: \_\_\_\_\_

Policy Number: \_\_\_\_\_

## IN CASE OF EMERGENCY, CONTACT:

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_