



I hereby voluntarily permit my child, _____, to participate in the 2026 MaineHealth Sports Performance Center High School Training Program (the "Training Program") at _____ (the "School"). I affirm the following:

1. My child has participated in a high school athletic program in the most recent academic year. For that program, we have provided answers to a health questionnaire about my child's health and a form showing the results of a physician's physical examination of my child. I affirm that the information provided in these forms has not changed in any significant way. (If there are such changes, please indicate them in the space below.)

Changes: _____

(attach a separate statement, if additional space is needed)

2. I understand and accept that there are risks involved in performance training, including those related to extended exposure to occasional summer outdoor temperatures. I also understand and accept that accidents and injuries are common and are ordinary occurrences when exercising.
3. I hereby agree to accept on behalf of my child any and all risks of injury and illness relating to this Training Program. On behalf of my child, and also a parent or guardian, I agree to release from any liability, and to hold harmless, any and all Training Program staff and volunteers, the School and MaineHealth, for any such injury to my child or my child's contracting any illness as a result of my child's participation in this Training Program.
4. In the event of injury or illness to my child, I give my permission as a parent or guardian for first aid responders and/or medical personnel to provide any emergency medical attention believed by them to be appropriate under the circumstances.
5. I verify this statement by my signature below.

Parent/Guardian Signature: _____

Date: _____