Waiver, Release and Hold Harmless Agreement

	sideration of permission granted by International Surf Lifesaving Association (ISLA) allowing me cipate in (the "Activity"), which will
represe	on, which is sponsored by, I ent, covenant and agree, on behalf of myself and my heirs, assigns, and any other person claiming der or through me, as follows:
1.	I acknowledge that participating in the Activity/Project involves certain risks (some of which I may not fully appreciate) and that injuries, death, property damage, or other harm could occur to me or others. I accept and voluntarily incur all risks of any injuries, damages, or harm which arise during or result from my participation in the Activity/Project, regardless of whether or not caused in whole or in part by the negligence or other fault of ISLA, The Directors/Managers of ISLA, and/or its or their departments, trustees, affiliates, employees, officers, agents or insurers ("Released Parties").
2.	I waive all claims against any of the Released Parties for any injuries, damages, losses or claims, whether known and unknown, which arise during or result from my participation in the Activity/Project, regardless of whether or not caused in whole or part by the negligence or other fault of any of the Released Parties. I release and forever discharge the Released Parties from all such claims.
3.	I agree to indemnify and hold the Released Parties harmless from all losses, liabilities, damages, costs or expenses (including but not limited to reasonable attorneys' fees and other litigation costs and expenses) incurred by any of the Released Parties as a result of any claims or suits that I (or anyone claiming by, under or through me) may bring against any of the Released Parties to recover any losses, liabilities, costs, damages, or expenses which arise during or result from my participation in the Activity/Project, regardless of whether or not caused in whole or part by the negligence or other fault of any of the Released Parties.
4.	I have carefully read and reviewed this Waiver, Release and Hold Harmless Agreement. I understand it fully and I execute it voluntarily.
EXEC	UTED on Date
Volunt	eer's Printed Name Volunteer Signature