



UNIVERSITY OF
CANBERRA

Waiver & Release Form

Course name: Fundamentals of Youth Athletic Development

Course provider: University of Canberra

Background

You have expressed interest in participating in the course known as the Fundamentals of Youth Athletic Development course (the **Course**) being offered at the University of Canberra.

Before you decide whether or not you wish to participate in the Course, it is important for you to understand what it will involve. Please take the time to read the following information carefully and discuss it with others if you wish.

Details of Course and risks

The Course deals with the fundamental aspects of youth athletic development, emphasising developing an understanding of biological growth and maturation, and implementing warmups (movement preparation), speed, power, resistance training, and conditioning sessions within the context of young athletic development. The Course will emphasise 'purposeful play' model that can help young athletes in being creative and expose them to physical development beyond the traditional adult strength and conditioning model. The Course will not deal with specific skill related factors associated with sports, but rather general movement skills and capacity that are required to help young athletes have a greater movement vocabulary in order to be more resilient and creative.

The Course will involve six (6) modules of two (2) hours each, covering different topics in Youth Athletic Development, over a period of 6 weeks.

The Modules will involve a range of physical activities which you will participate in directly, under the supervision of staff. These activities include exercises utilising a range of equipment such as dumbbells, kettlebells, resistance bands, tennis balls, cones, mini-hurdles, plyo-boxes, sled, foam roller, dowel, barbell, cable column, jump mats, force plates and speed gates.

The University of Canberra staff will use their best endeavours to ensure your safety during your participation in the Course, but there is still the risk that in performing these physical activities, you or other participants could be injured.

By agreeing to this form, you acknowledge and understand:

- the inherent risks of participation in the Course, including the potential for injury or death, and confirm you have carefully considered this risk prior to agreeing to this **Waiver & Release**; and



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- that your participation in the Course is voluntary and you may choose not to participate in the Course at any time, even after agreeing this form, and without giving reasons.

Waiver & Release

By agreeing to this Waiver & Release Form, you the Participant hereby irrevocably release and discharge the **University of Canberra** (ABN 81 633 873 422) (including its officers, employees, contractors, agents and affiliates) (**UC**) from all costs, claims and liability that result from any personal injury or death arising out of or in connection with your participation in the Course.

As a condition of your participation in the Course, you agree:

- to voluntarily accept all risks associated with the Course;
- to irrevocably waive all rights (including rights of your heirs and assigns) to commence legal proceedings against any person in relation to loss or damage sustained by me during the Course, including as a consequence of negligence or the breach of a legal obligation;
- to fully and frankly inform UC of any medical issues that could affect your safe participation in the course;
- to follow all instructions of any UC representatives, including any UC health and safety protocols of which I am informed of when participating in the Course; and
- that my participation in the Course may be suspended or cancelled, in the absolute discretion of UC, including where I fail to follow the instructions of UC.

You represent and warrant that you are in good health and free from any adverse medical conditions that would impact your ability to safely participate in the Course, and that you will notify UC if your health or medical condition changes.

UC holds on trust the rights of its personnel for the purposes of them enforcing this Waiver & Release. This Waiver & Release is governed by the laws of the Australia Capital Territory, the Courts of which shall have exclusive jurisdiction. If any part of this Waiver & Release is invalid, unlawful or unenforceable, then that part will be removed to that extent and the remainder of the terms will remain in force.

By agreeing, I indicate my understanding and acceptance the terms of this Waiver and Release.