



MTA Football LLC Training Liability Waiver

Participant Name: _____

Date of Birth: _____

Address: _____

Emergency Contact Name & Phone: _____

1. Acknowledgment of Risk

I, the undersigned participant (or parent/guardian if under 18), understand that participation in football activities, including contact drills, strength and conditioning, travel to off-site locations, and related events, involves inherent risks of serious injury, permanent disability, or death. I voluntarily assume all risks associated with my participation.

2. Concussion & Head Injury Awareness

I acknowledge that football carries a risk of concussion and other head injuries. I have been informed of the symptoms of concussions and agree to report any signs of injury to MTA Football LLC staff immediately. I understand that continuing to participate after a head injury may result in serious long-term consequences.

3. Release of Liability

I release, waive, and discharge MTA Football LLC, its owners, directors, coaches, trainers, employees, agents, and volunteers (collectively, the "Released Parties") from any and all liability, claims, demands, or causes of action arising out of or relating to my participation, including claims caused by the negligence of the Released Parties.

4. Indemnification

I agree to indemnify and hold harmless the Released Parties from any claims, actions, damages, or losses, including attorney fees, resulting from my actions or injuries during participation.

5. Medical Treatment Authorization

I authorize MTA Football LLC and its staff to seek emergency medical treatment if necessary. I acknowledge that I am responsible for all medical expenses incurred as a result of participation, including ambulance and hospital fees.

6. Equipment Use & Safety

I understand that protective equipment (helmets, pads, etc.) will be provided, but that proper use and adherence to safety instructions are my responsibility. I agree to follow all safety guidelines, and I understand that failure to comply may result in removal from activities without refund.

7. Travel Consent

I consent to travel with MTA Football LLC staff for off-site activities, games, or competitions, and I assume all risks associated with transportation.

8. Media Release (Optional)

I grant MTA Football LLC permission to photograph or record my participation and use such images or recordings for promotional or educational purposes.

9. Governing Law

This waiver and release shall be governed by and construed in accordance with the laws of the State of New York.

Participant Signature: _____

Date: _____

Parent/Guardian Signature (if under 18): _____

Date: _____