

**NORTHLAND CATHEDRAL**

**PERMISSION, HOLD HARMLESS, AND  
RELEASE OF LIABILITY FORM  
(Adult)**

In exchange for the opportunity to participate in the following activities: \_\_\_\_\_  
("Activities") at or through Northland Cathedral Assembly of God, Inc. ("Northland Cathedral"), I agree to the following from and after the date below:

- **Rules:** I understand that I must follow Northland Cathedral's rules, and if I do not follow the rules, I may be asked to leave Northland Cathedral or its Activities.

- **Assumption of Risk:** I am familiar with the Activities and represent to Northland Cathedral that I am physically and mentally able to participate in the Activities. I also understand that the Activities do present risks of damage, loss, injury, illness, or even death to the participants. I represent to Northland Cathedral that I voluntarily assume the risk of any such damage, loss, injury, illness or death to me arising from the Activities.

- **Release:** I release and forever discharge Northland Cathedral and its directors, officers, employees, volunteers and agents (collectively the "Church") from liability for the Church's negligent acts or omissions causing damage, loss, injury or death to me arising in connection with my participation in the Activities at Northland or being on the premises of Northland Cathedral for the Activities.

- **Hold Harmless:** I also agree to indemnify and hold the Church harmless from any and all liability or loss, including liability for the Church's negligence, arising in conjunction with or resulting from my participation in the Activities or being on the premises of Northland Cathedral for the Activities. This indemnity also includes all attorney's fees and expenses incurred by the Church.

- **Insurance:** I acknowledge that my own insurance carrier is responsible for any medical attention I may require.

- **Headings; Survival:** I agree that paragraph headings are included for ease of reference only, and that if any part hereof is held invalid, the remainder shall continue in full legal force and effect.

I have carefully read the foregoing provisions, know their contents, and sign this form as my own free act.

Participant \_\_\_\_\_ Date: \_\_\_\_\_  
Signature Name Printed

Address: \_\_\_\_\_

Phone No.: \_\_\_\_\_ Email address: \_\_\_\_\_