

**Exhibit F**

**Release, Indemnification, and Hold Harmless Agreement**

In consideration for the Attendee being permitted to participate in the FJM camp from July 22 to July 26 (the "Activity"), the undersigned hereby waives and releases forever any and all rights for claims and damages the Attendee may have against Northwood University, its governing board, officers, agents, employees and \_\_\_\_\_ ("Coach"), from and against any and all liability for any harm, injury, damage, claims, demands, actions, costs and expenses of any nature which the Attendee may have or which may hereafter accrue to the Attendee, arising out of or related to any loss, damage, or personal injury that may be sustained by the Attendee or by any property belonging to the Attendee, whether caused by negligence or carelessness on the part of Northwood University, its officers, employees, agents and Coach, or otherwise, while the Attendee is in, on, upon or in transit to or from the premises where the Activity, or any adjunct to the Activity, occurs or is being conducted, or is otherwise related to the Activity in any way.

The undersigned accepts, understands and assumes that there is a risk of injury in the Activity, due to the physical nature of the Activity, including, but not limited to falls and contact with other participants. The Attendee agrees to follow all instructions and to wear all necessary, recommended and appropriate protective gear and equipment.

The undersigned understands that the Activity is neither administered nor sponsored by Northwood University, and that Coach is providing this instruction or camp outside the scope of his/her employment with the University, if applicable, agrees to release, hold harmless and indemnify Northwood University, its governing board, its officers, its employees, its agents and Coach from any and all claims and liability arising out of the Activity.

Printed Name of the Attendee:

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Signature of the Attendee:

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If the Attendee is a minor under the age of eighteen, signature of the Attendee's parent or legal guardian is required.

Printed Name of Parent or Guardian:

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Address and Phone Number of Parent or Guardian:

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Signature of Parent or Guardian:

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