

Maryland Food Bank volunteers work at our distribution center sorting and packing food and product to feed hungry Marylanders. This activity may require lifting of up to 25 lbs.

WAIVER AND RELEASE OF LIABILITY

I,	
I understand that this Waiver and Release of Liability extends to and applies to any personal injuries, injurious results, damages or losses I may experience or sustain while engaged in training for volunteer service or while engaged in serving as a volunteer for the Maryland Food Bank.	
I covenant not to file suit or initiate any claim procedure with respect to any personal injuries, property damages or losses I may experience or sustain arising directly or indirectly out of my activities.	
Name of Volunteer (please print)	Date
Signature of Volunteer	
PARENT/GUARDIAN WAIVER FOR MINORS (under 18 years old)	
The undersigned parent/guardian does hereby represent that he/she is, in fact, acting in such capacity, has consented to his/her child or ward's participation in the activity or event and has agreed individually and on behalf of the child or ward, to the terms of the Waiver and Release of Liability set forth above. The undersigned parent/guardian further agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim, or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parent/guardian.	
Name of Minor (please print)	Signature of Parent/Guardian