

Class Attending: _____



Release and Waiver of Liability

I am the parent and/or legal guardian of the following child ("minor")

Participant's name (print) _____

Parent/Legal guardian's name (if under 18) _____

By signing below, I acknowledge reading, understanding, and accepting the statements herein.

AGREEMENT TO PARTICIPATE AND LIABILITY WAIVER

-I understand that gymnastics, cheerleading, related activities, and any activity involving height or motion always involve certain risks, including but not limited to, death, emotional distress, serious neck and spinal injuries, injury to virtually all bones, joints, muscles and internal organs, damage to myself, to property, or to third parties, all of which may be caused by the minor's own actions or inactions, the actions or inactions of others participating in the activity, or events conducted in connection with the activity.

-I understand that the mats, pits and other safety equipment and apparatus provided for my protection, including the active participation of a coach or teacher who will spot or assist in the performance of certain skills may be inadequate to prevent serious injury.

-I understand that it is my responsibility as an adult participant or parent not to participate or allow participation if there are any physical, emotional, and behavioral or other problems that might compromise safe involvement.

-I hereby voluntarily release, forever discharge, and agree to hold harmless and indemnify Metrowest Gymnastics from any and all liability, claims, demands, actions, or rights of action, which are related to, arise out of, or are in any way connected with my participation or my child's participation in this activity, including those allegedly attributable to the negligent acts or omissions of Metrowest Gymnastics or their staff. Should Metrowest Gymnastics, or anyone acting on their behalf, be required for any reason to incur attorney fees and costs to enforce this agreement, I agree to indemnify and reimburse Metrowest Gymnastics for such fees and costs.

-I understand that Metrowest Gymnastics does not carry medical insurance for participants. I understand that injuries can and do occur and that health insurance is a requirement. I certify that I have health, accident, and liability insurance to cover any bodily injury or property damage I or my child may cause or suffer while participating in the sport of gymnastics or any other activities in or related to Metrowest Gymnastics or else I agree to indemnify and reimburse Metrowest Gymnastics for such fees and costs as incurred.

AUTHORIZATION OF MEDICAL CARE - In case of injury or illness during participation, I authorize and desire medical care for myself or my child at the discretion of the attending physician. I accept responsibility for all associated expenses.

PARENT RESPONSIBILITY TO SUPERVISE - When I visit Metrowest Gymnastics, or am involved in any related activity involving parental presence or participation, I understand and accept the responsibility, and any associated liability, of constantly supervising, controlling, and restricting activities as necessary to assure safety of the children I bring and myself.

VALID DATES - These agreements, waivers, and authorizations will remain valid and in force as long as and whenever my child, any family member, or myself participates in any activity at or with Metrowest Gymnastics.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found, by a court of law, to have waived my right to maintain a lawsuit against Metrowest Gymnastics on the basis of any claim from which I have released them herein. I have had sufficient opportunity to read and fully understand this entire document and I agree to be legally bound by its terms.

I have read this release and waiver of liability, assumption of risk, and indemnity agreement and understand that I have given up substantial rights, including substantial rights held by or exercisable on behalf of the minor, by signing this agreement. I have signed this agreement freely and without inducement or by assurance of any nature from Metrowest Gymnastics.

Signature (parent or legal guardian's signature if under 18) _____

Date _____