

# North Florida Gymnastics and Cheerleading

## Liability Waiver and Release Form

**Parents MUST sign if student is under 18 years of age.**

We, the staff of North Florida Gymnastics and Cheerleading recognize our obligations to make our students and their parents aware of the risks and hazards associated with the sport of gymnastics, tumbling, cheerleading, and dance. Students may suffer injuries, possibly minor, serious, or catastrophic in nature. Gymnastics, Tumbling, Cheerleading, and Dance can be dangerous and lead to injury. Parents should make their children aware of the possibility of injury and encourage their children to follow all of the safety rules and the coaches' instructions.

North Florida Gymnastics, its coaches and other staff members will not accept responsibility for injuries sustained by any student during the course of gymnastics, tumbling, cheerleading, or dance instruction, or open workouts, or in the course of any exhibition, competition, or clinic in which he or she may participate or while traveling to or from the event.

With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in programs offered by North Florida Gymnastics. I, my executors or other representatives, waive and release all rights and claims for damages that I or my child may have against North Florida Gymnastics and or its representatives whether paid or volunteer.

I also affirm that I now have and will continue to provide proper hospitalization, health, and accident insurance coverage, which I consider adequate for both my child's protection and my own protection.

I also understand that it is the parents' responsibility to warn the child about the dangers and possibilities of injury while participating in gymnastics, tumbling, cheerleading, and dance. The parent should warn the child according to what the parent feels appropriate. North Florida Gymnastics will only warn the child through "Safety Messages" and our teaching style and progressions.

Eligibility: I agree to comply with the rules of **North Florida Gymnastics and Cheerleading**.

1. Readiness to participate: I will only participate in those **North Florida Gymnastics and Cheerleading** classes, events, and activities for which I believe I am physically and psychologically prepared. Prior to participate, I will have practiced my exercises and will perform only those exercises, which I have accomplished to the degree of confidence necessary to assure that I can perform them by myself, and without injury.
2. Medical attention: I hereby give my consent to **North Florida Gymnastics and Cheerleading** to provide, through the medical staff of its choice, customary medical / athletic training attention, transportation, and emergency medical services as warranted in the course of my participation.
3. Waiver and release: I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in gymnastics, tumbling, cheerleading, and dance activities and events.
4. On many occasions newspapers, TV stations, etc., will visit **North Florida Gymnastics and Cheerleading**. They often take pictures or videos of our classes or teams. Signing this release will include giving permission for us to possibly use you or your child's picture in promotion and advertising for the gym. It is understood that no compensation will be given by the gym or by the user of such pictures or videos.

I further agree that **North Florida Gymnastics and Cheerleading**, and the sponsor of any **North Florida Gymnastics and Cheerleading** event along with the employees, agents, officers, directors and owners of these organizations, shall not be liable for any losses or damages occurring as a result of my participation in the event. I assume all risks associated with participation in the sport of gymnastics and / or cheerleading, including any accidental injury that may be sustained as a result of, or incidental to gymnastics, tumbling, cheerleading, or dance instruction, now or any time in the future, seen or unforeseen. I hereby release **North Florida Gymnastics and Cheerleading**, its owners and employees, jointly and separately, from any and all personal injury claims arising through or from participation in activities as a student of **North Florida Gymnastics and Cheerleading** in or upon the premises of **North Florida Gymnastics and Cheerleading**. **North Florida Gymnastics and Cheerleading** recommends a Doctor's physical for participation in gymnastics, tumbling, cheerleading, and dance for your child's benefit.

**For any athlete that is not yet 18 years old:** As legal parent or guardian of this athlete, I hereby verify by my signature below that I fully understand and accept each of the above conditions for permitting my child to participate in classes, events, competitions, and activities conducted by **North Florida Gymnastics and Cheerleading**.

Participant Name	Age	Phone	E-mail	Parent / Guardian Signature	Today's Date
1	_____	_____	_____	_____	_____
2	_____	_____	_____	_____	_____
3	_____	_____	_____	_____	_____
4	_____	_____	_____	_____	_____
5	_____	_____	_____	_____	_____
6	_____	_____	_____	_____	_____
7	_____	_____	_____	_____	_____