

ADULT/CHEER DROP-IN CLASS

By the very nature, gymnastics carries a risk of physical injury. No matter how careful the gymnast and coach are, no matter how many spotters are used, no matter what height is used or what landing surface exists, the risk cannot be eliminated. Reduced, yes, but never eliminated. The risk of injury includes minor injuries such as bruises, and more serious injuries such as broken bones, dislocations, and muscle pulls. Although it is very unlikely, the risk also includes catastrophic injuries such as permanent paralysis or even death from landings or falls on back, neck or head.

BASIC FIRST AID will be administered for all minor injuries. Parents, paramedics, an ambulance, or doctors may be called when necessary.

It is agreed that I, my spouse (if any), child(ren), my heir(s), and executors, forever waive and release any and all claims for damages that I, my spouse (if any), child(ren), my heir(s) may have at any time against the OGC representatives, whether paid or volunteer, for an injuries or damages in connection with the instructional programs or other activities related to the Olympic Gymnastics Center. The risk involved with such activity are fully understood.

PARTICIPANTS NAME: _____ Age: _____ DOB: _____

ADDRESS: _____ PHONE: _____

CITY: _____ ZIP: _____ MEDICAL INSURANCE: _____

EMERGENCY CONTACT & PHONE#: _____

PARTICIPANT'S SIGNATURE

DATE

PARENT'S SIGNATURE (NEEDED IF UNDER 18)

DATE