



# GENERAL RELEASE & LIABILITY WAIVER

Waivers Must be Completed by a Parent OR Guardian

(FOR CLASSES, OPEN GYMS, PARTIES, CLINICS, CAMPS, PRIVATES, AND ACTIVITIES)

Child's First and Last Name \_\_\_\_\_ Age \_\_\_\_\_

1<sup>st</sup> Parent/Guardian Name \_\_\_\_\_ Cell # \_\_\_\_\_

2<sup>nd</sup> Parent/Guardian Name \_\_\_\_\_ Cell # \_\_\_\_\_

Address \_\_\_\_\_

## WAIVER RELEASE FORM

In consideration of my participation in Upper Valley Tumbling classes, parties, open gyms, and activities, I agree to be bound by each of the following:

1. Eligibility: I agree to comply with the rules of Upper Valley Tumbling.
2. Medical Attention: I hereby give my consent to Upper Valley Tumbling and/or the staff of Upper Valley Tumbling to secure any medical treatment my child(ren) may need.
3. Waiver and Release: I am fully aware that gymnastics is a dangerous sport and appreciate the risks. including risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in gymnastics activities and events.

I further agree that Upper Valley Tumbling, along with the employees, agents, officers and directors of this company shall not be liable for any losses or damages occurred as a result of my participation in any event. The staff of Upper Valley Tumbling recognize their obligation to make students and parents aware of the risks and hazards associated with the sport of tumbling. With the above in mind, and being fully aware of the risks and possibility of injury involved.

I consent to have my child(ren) participate in the programs offered by Upper Valley Tumbling. I waive and release all rights and claims for damages that my child(ren) may have against Upper Valley Tumbling and or its representatives.

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| <p><b>General Rules and Conduct:</b><br/>         Only bare feet is allowed on the mats.<br/>         No touching the mirrors or safety nets.<br/>         Do not run in front of others, across mats or stations.<br/>         No jewelry allowed while in class.<br/>         One person at a time on a tumbling equipment.<br/>         Must be able to listen to the coach and follow instructions.</p> | <p><b>Lobby and Outside Rules:</b><br/>         Kids must wait in the lobby until their parent comes in to pick them up after class.<br/>         Before class, wait in the lobby until a coach comes and brings you in for class.<br/>         Arrive no earlier than 5 minutes early for class.</p> |
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| <p><b>General Learning Safety Tips:</b><br/>         Do not attempt a skill you have not been taught in class.<br/>         If the instructor's directions are unclear, ask questions.<br/>         Do not attempt a new skill by yourself without the instructor's permission.</p> |
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Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

\*Should you be providing an electronic version of the Waiver, the typed/printed version of your signature holds same legal representation as a physical signature.