

GYMNASTICS, CHEER, SUMMER CAMP, KIDZ NITE OUT & OPEN GYM
DISCLOSURE, WAIVER AND RELEASE OF LIABILITY

Child's Name: _____ Age: _____ Sex: _____ Birth date: _____

Parent Name: _____ Phone 1: _____ Phone 2: _____

Address: _____ City: _____ Zip: _____

The staff at Galaxy Gymnastics Academy LLC (herein "Galaxy" or "Galaxy Gymnastics") recognizes our obligation to advise our students and their parents of the risks and hazards associated with sports and specifically gymnastics, tumbling, cheerleading, dance, parties, Kidz Nite Out and Gym Jam/Open Gym (collectively, gymnastics). Gymnastics is a physically challenging activity. Like many sports or activities that require strenuous effort, injuries from gymnastics activities are possible. Such injuries can occasionally be severe, sometimes resulting in permanent disability, paralysis or death. Physical activities at Galaxy will include, but are not limited to:

Running
Jumping
Stretching
Twisting
Hanging

Pulling
Pushing
Forward & Backward rolls
Headstands
Handstands

Push-ups & Pull-ups
Falling & Sliding
Sit-ups
Cheerleading throws
Climbing

Students may hang upside down for extended periods, flip, spin, twist and land (or fall) on feet, hands or other body parts, sometimes in awkward positions. Cheerleaders may be thrown high into the air during stunting drills. Conditioning can be strenuous and demanding. Such activities often result in joint, bone and muscle stress and fatigue, shortness of breath, sweating and accelerated heart rate. Advanced gymnasts will execute skills requiring high releases and increasingly more difficult dismounts. As evidenced by gymnast's voluntary participation, Parent/Guardian authorizes these supervised activities.

Off-site Activities: Often, Galaxy members will participate in off-site field trips, exhibitions, meets, fund-raisers or other activities ("off-site events"). Off-site events will involve the same or similar activities as referenced above and may include among other things, swimming, hiking, horseback riding, bowling, skating, etc. Condition of off-site facilities and/or equipment is not known by Galaxy staff. Though Galaxy staff will exercise due caution, we do not guaranty the safety of the off-site location and will not accept responsibility for injuries sustained during off-site events. Parent/Guardian is advised to exercise its own discretion in permitting child to take part in off-site activities, including arranging his/her own transportation and supervision if Parent/Guardian deems these services provided by Galaxy to be insufficient. Parent/Guardian agrees to hold Galaxy and its employees harmless from accidents or injuries that occur at off-site locations.

Medical Conditions: Parent/Guardian is advised that Galaxy Gymnastics staff members are not medically trained and are not capable of providing diagnosis or medical advice. Nevertheless, Parent/Guardian hereby releases Galaxy Gymnastics staff to render temporary first aid to the child/children in the event of illness/injury and to seek additional medical care as may be deemed necessary by Galaxy staff, including transportation to a medical facility. Parent/Guardian agrees to pay all costs associated with treatment and transport. Parent/Guardian represents that child has no afflictions, illnesses or conditions, either physical, mental or emotional that would impair child from participating safely and fully in the activities described above except as listed below:

If none, please state "none": _____

If any conditions are listed above, Parent/Guardian is required to obtain a written release from a licensed physician before child may take part in any activities associated with Galaxy Gymnastics Academy.

Parent/Guardian represents that he/she does now and will continue to provide health/accident insurance that Parent/Guardian deems adequate for protection of child and family. Parent/Guardian will make their child aware of the possibility of injury and will encourage child to obey the safety rules and supervisor's instructions. Galaxy Gymnastics Academy will provide warnings only via posted safety messages and gym rules. Parent/Guardian shall be responsible to warn its child about the dangers of gymnastics according to what the Parent/Guardian deems appropriate.

Parent/Guardian, its executors and heirs waive and release all rights and claims for damages or loss that Parent/Guardian or child may have against Galaxy Gymnastics and/or its representatives, whether paid or volunteer, except where such damage or loss is the direct result of the intentional or reckless misconduct of Galaxy Gymnastics Academy.

Parent/Guardian of _____ has read and understands the above and acknowledges the risks involved in gymnastics. By signing below, Parent/Guardian is providing his/her informed and voluntary consent for his/her child to participate in all activities stated above in accordance with the policies and procedures established by Galaxy Gymnastics Academy.

Agreed and Accepted:

Parent/Guardian

Date