



Waiver and Release of Liability/Assumption of Risk

I request and hereby consent for my Child/Athlete, _____, DOB _____ to use the
(First & Last Name)

Team OC Gymnastics, Cheer and Dance (“Team OC”) facilities and equipment, and participate in Team OC events, competitions, programs, and/or classes for training in gymnastics, trampoline, tumbling, dance, cheerleading, rock climbing, rope climbing, riding zip lines, and/or other activities, events, and associated skills and physical activities. I recognize that potentially severe injuries, including but not limited to broken bones, dislocations, torn tendons, torn ligaments, brain damage, spinal and back injury, PERMANENT PARALYSIS or DEATH, and other risks and danger, can occur in any or all of these activities. I also recognize that similarly SEVERE INJURIES can result from participating, helping, or spotting teammates as well as from folding, unfolding, transporting, and setting up apparatus and equipment. Furthermore, I recognize that because of increased movement, height, flipping, twisting and inversion, and increasingly complex routines, the competitive pursuit of these sports and activities may carry an increased degree of risk of injury and catastrophic injury than do the recreational versions. I also recognize that the mats, pits, and other safety equipment and apparatus provided for my Child/Athlete’s protection, including the participation of a coach or staff member who will spot or assist in the performance of certain skills, may be inadequate to prevent certain injuries. I understand and willingly accept the inherent risks involved in these recreational and/or competitive activities, and that the above named Child/Athlete may be injured in any or all of these activities.

Neither my Child/Athlete nor I are under any obligation by Team OC or its agents or representatives to participate in any of these activities or programs, nor am I or my Child/Athlete being paid to do so. My Child/Athlete’s interest is solely in the sport and/or activities and for his/her own self improvement and enjoyment, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS INHERENT IN THESE PURSUITS AND ASSUME ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES on my own behalf and on behalf of my Child/Athlete. I also represent that my Child/Athlete is in good and sufficient physical condition to participate in Team OC activities or programs.

In consideration for allowing my Child/Athlete to use Team OC facilities and equipment, and/or participate in Team OC events, programs, classes and/or competitions, on my own behalf and on behalf of my Child/Athlete and each of our respective heirs, administrators, next of kin, executors and successors, hereby COVENANT NOT TO SUE and FOREVER RELEASE, discharge, and hold harmless and agree to indemnify Team OC, its officers, directors, shareholders, owners, employees, volunteers, agents, successors and assigns (collectively in this Waiver and Release “Team OC” or “Releasees”), from any and all liability, claims, medical, legal and/or other costs, demands, losses, damages or causes of action (known or unknown) whether existing now or in the future, including any loss of personal property due to theft or otherwise, arising out of my Child/Athlete’s use of Team OC facilities, equipment, and/or participation in Team OC events, and/or while under the instruction, supervision or control of Team OC and/or any of the Releasees wherever caused, and whether caused or alleged to be caused in whole or in part by the negligence of any of the Releasees; and I further agree that if, despite this Waiver and Release of Liability, I or anyone on my own or my Child/Athlete’s behalf make a claim against any Releasees, I will INDEMNIFY, SAVE AND HOLD HARMLESS Team OC and the Releasees from any litigation expense, attorneys’ fees, loss, liability, damage or cost which may occur as a result of such claim, to the fullest extent permitted by law.

This WAIVER OF LIABILITY and COVENANT NOT TO SUE, having been read thoroughly and understood completely, is signed VOLUNTARILY as to its content and intent, and I VOLUNTARILY CONSENT to my Child/Athlete’s participation.

Print Parent Name _____

Relationship to Child _____

Parent/Legal Guardian Signature _____ Phone Number () _____

Parent Email _____ Date _____