

Island Cheer & Tumbling
3245 business park ct, Green Cove springs Fl, 32043
Waiver and Release of Liability

Participants Name: _____

Parents Name: _____ Cell#: _____

Email Address: _____

Address: _____ City: _____ St: _____ Zip: _____

Emergency Contact: _____ Phone: _____

Waiver and Release of Liability

Participation in all sports and physical activities involves certain inherent risks and regardless of the care taken, it is impossible to ensure the safety of the participant. Cheerleading/gymnastics are activities that require considerable coordination, agility, and a high level of cardiovascular and muscular fitness. It involves vigorous activity for as long as an hour or more, many quick bursts of exertion, inversion and rotation of the body on the ground and in the air, and being alert to fast moving individuals in confined space. While it is a reasonably safe sport as long as safety guidelines are followed, some elements of risks cannot be eliminated from the activity. A variety of injuries may occur to a cheerleading/gymnastics participant.

Some examples of those injuries are:

1. Minor injuries such as scrapes, bruises, strains and sprains.
2. More serious injuries such as broken bones, cuts, concussions, and eye injuries (including loss of vision)
3. Catastrophic injuries such as heart attacks, paralysis, and death.

These, and other injuries, sometimes occur in cheerleading/gymnastics as a result of hazards or accidents such as slips, being struck by another individual, colliding with another individual, colliding with the wall or another object, falling from a piece of equipment or from a stunt, falling to the floor, or excessive stress placed on the cardiovascular system. To help reduce the likelihood of injury to yourself or your son/daughter and to other participants, all participants are expected to follow all rules and regulations pertaining to conduct, behavior, safety, and activities established by Island Cheer & Tumbling.

I, and my son/daughter, agree to follow all rules common to the sport of cheerleading/gymnastics. I, and my son/daughter, understand that I am responsible for his/her failure to abide by those rules and regulations. I have read the preceding information and it has been explained to me. I know, understand and appreciate the risks associated with participation in cheerleading/gymnastics and I am voluntarily participating in the activity. In doing so, I am assuming all of the inherent risks and illnesses of the sport. I further understand that in the event of a medical emergency, the acting coach will call EMS to render assistance or obtain the needed medical treatment for myself or for my son/daughter for such injury or illness sustained during the activity. I understand I will be financially responsible for any expenses involved. ***In consideration of being permitted to participate in cheerleading/gymnastics, on behalf of myself, my family, my heirs, and my assigns, I hereby release Island Cheer & Tumbling, its coaches, and volunteers, from liability for injury, loss, or death to myself, while using the facility or in any way associated with participating in the activity of cheerleading/gymnastics.***

Participant Signature: _____ Date: _____

(If participant is under 18 please sign for your child and parent sign below as well)

Parent Signature: _____ Date: _____