
Athlete Name

WAIVER AND RELEASE OF LIABILITY

DISCLAIMER: DYNAMIC FLIGHTS GYMNASTICS IS NOT RESPONSIBLE FOR ANY INJURY (OR LOSS OF PROPERTY) TO ANY PERSON WHILE PRACTICING, TRAINING, TAKING CLASS, COMPETING, PARTICIPATING IN OPEN GYM, SPECIAL EVENTS, DEMONSTRATIONS OR SHOWS, OR ANY REASON WHATSOEVER, INCLUDING ORDINARY NEGLIGENCE ON THE PART OF DYNAMIC FLIGHTS GYMNASTICS, ITS OWNERS, OFFICERS, AGENTS, OR EMPLOYEES.

In consideration of my participation, **I hereby release and covenant not-to sue** Dynamic Flights Gymnastics and any other employees, teachers, coaches, or agents, from **any and all present and future claims resulting from ordinary negligence on the part of Dynamic Flights Gymnastics or others listed** for property damage, personal injury, or wrongful deaths, arising as a result of my engaging in or receiving instruction in gymnastics, cheerleading, or any other activities or any thereto, wherever, whenever, or however the same may occur. **I hereby voluntarily waive any and all claims resulting from ordinary negligence**, both present and future, that may be made by me, my family, estate, heirs, or assigns.

Further, I am aware that gymnastics and cheerleading are vigorous sporting activities involving height and rotation in a unique environment and such they pose a risk of injury. I understand that gymnastics, cheerleading, and related activities always involve certain risks, including but limited to, death, serious neck and spinal injuries resulting in complete or partial paralysis, brain damage, and serious injury to virtually all bones, joints, muscles, and internal organs, and that the mats, pits, and other safety equipment and apparatus provided for my protection, including the active participation in gymnastics including moving from event to event, conditioning, stretching and other activities which may leave me vulnerable to reckless actions of other participants who may not have complete control over their actions or who may not see other students in the gym. I am voluntarily participating in this activity with knowledge of the risks involved and hereby agree to accept any and all inherent risks of property damage, personal injury, or death.

I further agree to indemnify and hold harmless Dynamic Flights Gymnastics and all others for any and all claims arising as a result of my engaging in or receiving instruction in Dynamic Flights Gymnastics activities or any activities incidental thereto, whenever, wherever, or however the same may occur.

I understand this waiver is intended to be as broad and inclusive as permitted by the laws of Minnesota and agree that if any portion is held invalid the remainder of the waiver may continue in full legal force and effect. I further agree that the venue for any legal proceedings shall be within the state of Minnesota.

I affirm that I am of legal age and am freely signing this agreement. **I have read this form and fully understand that by signing this form, I am giving up legal rights** and or remedies, which may be available to me for ordinary negligence of Dynamic Flights Gymnastics or any person listed above.

Parent/Legal Guardian Signature

Date

Parent/Legal Guardian Signature

Date

Athlete's Signature (if over 18 years of age)

Date