



As a responsible sports organization M&K Gymnastics (dba as Gym-Nation), believe it is our duty to inform you, the parents of the students participating in activities of our club, of the potential risks involved in the sport of gymnastics, dance, martial arts or ninja. As with any sport, there is the real possibility of injury, even death. We take every precaution possible to prevent injuries of any kind. We have a very safe program and continue to look for new ways to teach our activities with even more safety. We emphasize safety with each of our instructors and coaches. Safety is their number one consideration while teaching. However, accidents can still happen.

I understand that Gym-Nation staff members are not physicians or medical practitioners of any kind. With that in mind, I hereby release the Gym-Nation staff to render temporary first aid to my child or children in the event of any injury or illness, and if deemed necessary to call our doctor and to seek medical help, including transportation by a Gym-Nation staff member and or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should the Gym-Nation staff deem it to be necessary. The child will be transported at my expense. I give my permission to Gym-Nation and/or appropriate medical facility to make whatever emergency measures as deemed necessary for the care and protection of my child while under the supervision of Gym-Nation.

I understand that Gym-Nation, its coaches, instructors and other staff members will not accept the responsibility for injuries sustained by any students during the course of any and all instruction, open workouts, or in the course of any exhibition, competition, or clinic in which he or she may participate or while traveling to or from the event. The terms hereof serve as a release and assumption of risk for my heirs, estate, and for all member of my family. In consideration for allowing me or my child/guardian to participate, I hereby assume all the risks associated with the sport of gymnastics, dance, cheer, wrestling, martial arts and do agree to hold M&K Gymnastics dba Gym-Nation, its owners, employees or agents harmless from any and all liability, causes of action, debts, claims, or demands of any nature whatsoever which may arise in connection with my participation in any activities related to the sport. The terms serve as a release.

Student's Name: \_\_\_\_\_ Sex: M / F Age: \_\_\_\_\_  
 DOB: \_\_\_\_\_  
 Parent/Guardian: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Parent Cell Phone: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email \_\_\_\_\_

\_\_\_\_\_  
 Parent/Guardian  
 Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Waivers are mandatory for all non-members that take part in any activity at Gym-Nation. They are good for one calendar year after they have been signed.*