



## GYMNASTICS, TUMBLING, CHEER & DANCE

### RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT (“AGREEMENT”)

In consideration of participating in the gymnastics, tumbling, cheer and/or dance activities, I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the activity. I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the “RELEASEES” named below, and that there may be other risks either not known to me or not readily foreseeable at this time, and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue P.M.H. Holdings, LLC dba MEGA Gymnastics, its respective administrator, directors, agents, officers, volunteers, employees, other participants, sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered on of the “RELEASEES” herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the “RELEASEES” or otherwise including negligent rescue operations and further agree that if, despite their release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the “RELEASEES,” I will indemnify, save and hold harmless each of the “RELEASEES: from any loss, liability, damage, or cost, which any may incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance notwithstanding, shall continue force and effect.

\_\_\_\_\_  
Printed Name of Participant

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Date

AND I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the Minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue and AGREE TO INDEMNITY AND SAVE AND HOLD HARMLESS each of the “RELEASEES” from all liability, claims, demand, losses or damages on the minor's account caused or alleged to have caused in whole or in part by the negligence of the “RELEASEES” or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above RELEASEES,” I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the “RELEASEES” from any litigation expenses, attorney fees, loss liability, damage, or cost any “RELEASEE” may incur as result of any such claim.

\_\_\_\_\_  
Printed Name of Parent/Legal Guardian

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date

### PERMISSION TO SEEK MEDICAL TREATMENT

I \_\_\_\_\_ (parent/guardian), here by give MEGA permission to seek medical treatment for \_\_\_\_\_ (child's name) in case of emergency while participating in Activities at MEGA Gymnastics.

\_\_\_\_\_  
Signature of Parent/Legal Guardian

\_\_\_\_\_  
Date