



Waiver and Release of Liability

DISCLAIMER: SOKOL CEDAR RAPIDS, INC. 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 IN ANY OTHER WAY INVOLVED IN GYMNASTICS, TEAMS, OR OPEN GYM ACTIVITIES AT SOKOL CEDAR RAPIDS, INC. FOR ANY REASON WHATSOEVER, INCLUDING ORDINARY NEGLIGENCE ON THE PART OF SOKOL CEDAR RAPIDS, INC., ITS OWNERS, OFFICERS, AGENTS, OR EMPLOYEES.

In consideration of my and/or my child's participation, I hereby release and covenant not-to-sue Sokol Cedar Rapids, Inc. the Sokol officers, and any of their employees or agents from any and all present or future 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, cheerleading and other physical programs offered are vigorous sporting activities involving height and rotation in a unique environment and as such they pose a risk of injury. I understand that gymnastics, cheerleading, and other physical programs and related activities always involve certain risks, including but not 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 of a coach or teacher who will spot or assist in the performance of certain skills, may be inadequate to prevent serious injury. The risk of harm may be limited by all of the safety equipment and trained coaches, but never eliminated. I understand that participation in gymnastics, cheerleading, other physical programs and related activities involves activities incidental to active participation, including moving from event to event, conditioning, stretching and other activities which may leave me and/or my child 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 and/or allowing my child to participate 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 Sokol Cedar Rapids, Inc. and all other listed for any and all claims arising as a result of me and/or my child's engaging or receiving instructions Sokol Cedar Rapids, Inc., activities incidental thereto, whenever, wherever or however the same may occur.

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

I affirm that I am of legal age and am freely signing this agreement for myself and/or in my capacity as parent or legal guardian for the below named child. 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 the ordinary negligence of Sokol Cedar Rapids, Inc., or any person listed above.

I hereby give my consent for the Sokol Cedar Rapids, Inc. to use my or my child's photograph and likeness to be used in its publications, including its website. I release them from any expectation of confidentiality for myself and/or the undersigned child and attest that I am the parent or legal guardian of the child listed below.

Parent's Signature _____ Parent Phone _____

Parent's Signature _____ Parent Phone _____

Emergency contact phone _____ Alternate Emergency Contact _____

Date: _____ Parent E-Mail Address _____

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

Athlete E-Mail Address _____ Athlete Phone/Cell _____

Preferred contact method Phone E-Mail Other _____