Sokol Cedar Rapids, Inc., Open Gym and Participation Wavier and Release of Liability

Please read the following carefully before agreeing to sign below.

SOKOL CEDAR RAPIDS, INC. IS NOT RESPONSIBLE FOR ANY INJURY TO ANY PERSON WHILE PRACTICING, TRAINING, TAKING CLASS, COMPETING, PARTICIPATING IN OPEN GYM, SPECIAL EVENTS, TEAM PRACTICE AT SOKOL CEDAR RAPIDS, INC., ITS OWNERS, OFFICERS, AGENTS, OR EMPLOYEES.

Sokol Cedar Rapids, Inc is not responsible for any loss of property by the athlete or the athlete's family members and guest while at the Sokol Cedar Rapids facility.

"I" when used in this document refers to each parent(s) or legal guardian of the athlete signing below if the athlete is under 18 years of age, or it refers to the athlete signing below if the athlete is 18 years of age or older.

I am aware that gymnastics, open gym, and other physical programs are vigorous sporting activities involving height and rotation in a unique environment and as such they pose a risk of injury. I, understand the gymnastics, open gym and other physical programs and related activities always involve certain risks, including but not limited to death, serious neck, and spinal injuries, complete or partial paralysis, brain damage and serious injury to virtually all bones, joints, muscles, and internal organs, and that the mats and other safety equipment and apparatus provided for my protection, including the active participation of coaches or teachers who may spot or assist may be inadequate to prevent serious injury. The risk of harm may be limited by all the safety equipment and trained coaches, but never eliminated. I understand that participation in gymnastics, open gym, other physical programs, and related physical programs involves activities incidental to active participation, including moving from 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 student in the gym. I am voluntarily participating or allowing my child to participate in this activity with knowledge of the risks involved and hereby agree to accept all inherent risks of property damage, personal injury, or death.

I further agree to indemnify and hold harmless Sokol Cedar Rapids, Inc, its officers, employees, and volunteers for all claims of injury arising because of me or my child's engaging or receiving instructions at Sokol Cedar Rapids, Inc., its officers, employees, and volunteers for any such claims.

I affirm that 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 for any injuries to me or my child due to participating in activities at Sokol Cedar Rapids, Inc.

_____ _____ _____

Parent or Guardian Signature **Phone** **Date**

Athlete or Participants Name_____

Athlete or Participant Signature_____ _____

If over 18 years of age **Date**