

## North Valley Gymnastics

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## RELEASE and WAIVER OF LIABILITY, ASSUMPTION OF RISK, and INDEMNITY AGREEMENT (Adult)

Full Name:		Home Phone:	
Home Address:		Cell Phone:	
City/State/Zip:			
Email Address:			
Emergency Contact Name:		Emergency Contact Phone:	
ACKNOWLEDGMENT of RISK and WAIVER of LIABILITY  In consideration of participating in any Activity at North Valley Gymnastics, 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 "releases" 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, cost, and damages I incur as a result of my participation in the Activity.  I hereby release, discharge, and covenant not to sue North Valley Gymnastics, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASES" herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in party by the negligence of the "releases or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releases, I will indemnify, save, and hold harmless each of the Releases 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 fre			
PRINTED NAM	E of Participant		
Signature of par	ticipant	Date	