

# Gymnastics Activity Waiver



**Please read the following carefully and sign below if you understand and agree.**

By the very nature of the activity, gymnastics carries a risk of physical injury. No matter how many spotters are present, what heights are used, or the type of landing surface that exists, the risk cannot be eliminated. This risk not only includes minor injuries, such as scrapes and bruises, but also much more serious injuries, such as broken bones, muscle strains, and dislocation along with catastrophic injuries possibly resulting in permanent paralysis or death.

I, the parent / guardian or consenting adult in care of this minor child, have read the risk of assumption and understand all of its terms. I hereby execute it voluntarily and with full knowledge and understanding of its significance. The minor child in question has also been made aware of the risks involved in the practice of this sport.

I, on behalf of myself and/or the minor child in my care, do hereby release Dakota Star Gymnastics Club Inc. [111 Old Red Trail NE. Mandan, North Dakota], its owners, employees, and board members from any and all damages and or personal injuries that may be incurred in connection to our association with Dakota Star Gymnastics Club, Inc. I also permit DSG's use of video and photos from this event on their social media and website.

This signed waiver is a full release of any and all claims given in consideration for its owners and employees sponsoring the Dakota Star Gymnastics Program and must be returned to the gym's office before this child can participate in any gymnastics related classes or events.

Name of Child : \_\_\_\_\_  
Please Print First & Last Name

Name of Parent/Guardian : \_\_\_\_\_  
Please Print First & Last Name

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

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