



Hawks Cheerleading Club PARTICIPATION, RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

Athlete Name: _____

WARNING!

By signing this document you will waive certain legal rights, including the right to sue. Please read carefully.

ALL SPORT, INCLUDING CHEERLEADING, HAS ITS RISKS

I desire to voluntarily participate in cheerleading. I hereby acknowledge that I am aware of the risks and hazards associated with or related to cheerleading. The risks and hazards of cheerleading include, but are not limited to, injuries relating to:

- Executing strenuous and demanding physical techniques;
- Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements and quick turns and stops;
- Exerting and stretching various muscle groups;
- Dryland training;
- Falling or colliding with the floor, mats, walls, stands, equipment or with other participants;
- Failing to properly use any piece of gymnastics equipment or from the mechanical failure of any piece of gymnastics equipment;
- Contacting or being struck by other participants (including spotters), spectators or equipment;
- Travel to and from competitive events and associated non-competitive events.

_____ Initial

Furthermore, I am aware that:

- Injuries sustained in cheerleading can be severe and even fatal;
- Injuries sustained in cheerleading can render me permanently paralyzed;
- I may experience anxiety while challenging myself during the activities, events and programs;
- Rules are designed to enhance the safety of myself and others and are to be followed at all times;
- My risk of injury increases as I become fatigued.

_____ Initial

I AGREE TO BE RESPONSIBLE FOR MYSELF:

I agree that there are risks in cheerleading as described above. By participating voluntarily in these events, activities and programs, I am exposed to these risks and hazards. I agree to accept them and be responsible for any injury or other loss which I might receive while participating in these events, activities and programs.

In consideration of my participation in cheerleading programs, activities and events, I hereby release the Oshawa Hawkeyes Football Club, the Hawks Cheerleading Club, their respective directors, officers, managers, members, employees, coaches, volunteers, officials, participants, agents, owner's/operators of the facilities and representatives' from any and all claims, demands, actions, injuries, expenses and costs which might arise out of my participation.

_____ Initial

I HAVE READ THIS DOCUMENT CAREFULLY AND I ACKNOWLEDGE MY RESPONSIBILITIES AND THE EFFECT OF THIS WAIVER OF LIABILITY

I ACKNOWLEDGE MAKING THIS AGREEMENT

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

Name of participant
(please print)

Name of Guardian/Parent
(please print)

Signature of participant
(If over 18 years of age)

Signature of Guardian or Parent

Date

Date
