

ONTARIO CHEERLEADING FEDERATION

O.C.F. PARTICIPATION AGREEMENT

(To Be Used for Participants Under the Age of Majority)

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;
- Dry land 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.

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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 Ontario Cheerleading Federation and _____ [Insert Club], their respective directors, officers, members, employees, coaches, volunteers, officials, participants, agents, owner's/operators of the facility and representatives' (collectively the "Federation") from any and all claims, demands, actions, injuries, expenses and costs, which might arise out of my participation.

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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.

Printed Name of Participant

Signature of Participant

Date

Printed Name of Parent or Guardian

Signature of Parent or Guardian

Date

School or Club Name

Location