

ONTARIO CHEERLEADING FEDERATION

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

(TO BE SIGNED BY PARTICIPANTS OF THE AGE OF MAJORITY OR OLDER)

WARNING!

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

This is a binding legal agreement. As a Participant in the programs, activities and events of the Ontario Cheerleading Federation and {*Insert Club*}, the undersigned acknowledges and agrees to the following terms:

Disclaimer

The Ontario Cheerleading Federation and [*Insert Club*], their respective directors, officers, members, employees, coaches, volunteers, officials, participants, agents, owner's/operator's of the facility, and representatives (collectively the "Federation") are not responsible for any injury, damage or loss of any kind suffered by a Participant during, or as a result of, any program, activity or event, caused in any manner whatsoever including, but not limited to, the negligence of the Federation.

Description of Risks

In consideration of my participation in such programs, activities and events, 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 from:

- 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.

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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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Release of Liability

In consideration of the Federation allowing me to participate, I agree:

- To assume all risks arising out of, associated with or related to my participation;
- To be solely responsible for any injury, loss or damage that I might sustain while participating; and
- To release the Federation from liability for any and all claims, demands, actions and costs that might arise out of my participating, even though such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by the negligence of the Federation.

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Acknowledgement

I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, executors, administrators and representatives.

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

Name of Participant (Please Print)

Signature of Participant

Date