**Waiver and Release Form**

Name of gymnast/dancer:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(parent’s name), fully understand that Amy Twiggs, Jamie Dalton, Candace Tolman, Savannah Langston, and Krysten Robinson are not physicians or medical practitioner’s of any kind. With the above in mind, I hereby release Amy, Jamie, Candace, Savannah, and Krysten to render first aid to my child or children in the event of any injury or illness, and if deemed necessary by Amy, Jamie, Candace, Syvannah and/or Krysten to call a doctor and to seek medical help, including transportation by Amy, Jamie, Candace, Syvannah and/or Krysten to any healthcare facility or hospital, or the calling of any ambulance for said child should Amy, Jamie, Candace, Krysten and/or Syvannah deem this to be necessary.

Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Amy Twiggs, Jamie Dalton, Candace Tolman, Krysten Robinson and Syvannah Langston recognize their obligation to make the students and their parents aware of the risks and hazards associated with the sport of gymnastics, trampoline, tumbling, cheerleading, and dance. Students may suffer injuries, possibly minor, serious, or catastrophic in nature. Gymnastics, trampoline, tumbling, cheerleading, and dance can be dangerous and can lead to injury.

Parents should make their children aware of the possibility of injury and encourage their children to follow all the safety rules and the coach’s instructions. Amy, Jamie, Candace, Krysten and/or Syvannah will not accept any responsibility for injuries sustained by any student during the course of gymnastics, trampoline, tumbling, cheerleading, or dance instruction, or open workouts or in the case of any exhibition, competition, or clinic in which he or she may participate while traveling to or from the event. With the above in mind, and being fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered by Amy, Jamie, Candace, Krysten and/or Syvannah. I waive and release all rights and claims for damages that I or my child may have against Amy, Jamie, Candace, Krysten and/or Syvannah. I also affirm that I now have and will continue to provide proper hospitalization, health, and accident insurance coverage which I consider adequate for both my child’s protection and my own protection. I also understand that it is the parent’s responsibility to warn the child about the dangers of gymnastics and dance injuries. The parent should ward the child according to what the parent feels is appropriate. Amy, Jamie, Candace, Krysten and/or Syvannah will only warn the child through safety messages and our teaching style and progressions. I understand it will be a supervised program and Amy, Jamie, Candace, Krysten and/or Syvannah will not be held liable for any injury that results from my child’s participation in the gymnastics and dance program. I release Amy, Jamie, Candace, Krysten and/or Syvannah from any and all liability in case of any physical, mental, and/or emotional accident to my child.

Parent/Guardian Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_