

This form must be signed and returned to participate in gymnastic activity.

In consideration of membership in the United States Gymnastics Federation, herein after referred to as the USAG and being allowed to participate in USAG events and/or member club activities, the parent(s) and/or legal guardian(s) of the minor participant below agree:

1. The parent(s) and/or guardian(s) will instruct the minor participant that prior to participation in any USAG and/or member club activity or event and regularly thereafter, that he/she should inspect the facilities and equipment to be used, and if he or she believes anything to be unsafe, the participant should immediately advise the instructor of such condition and refuse to participate.
2. Participant shall be instructed to and shall carefully review and follow all USA Gymnastics Guidelines.
3. I/We fully understand that:
 - (A) There are several risks and dangers associated with participation in Gymnastics and acrobatic activities but not limited to those of bodily injury, partial and/or total disability, paralysis and death;
 - (B) The social and economic losses and/or damages, which could result from those risks and dangers described above, could be severe;
 - (C) These risks and dangers may be caused by the negligence of the participant or the negligence of the others, including, but not limited to the "Releasees" named below.
 - (D) There may be other risks not known to us or are not reasonably foreseeable at this time.
4. I/We accept and assume such risks and responsibility for the loss and/or damages following such injuries, disability, paralysis or death, however caused and whether caused in whole or in part by the negligence of the "Releasees" named below.
5. I/WE HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE USA GYMNASTICS, its member clubs, events, hosts, other participants, coaches, instructors, officials, sponsors, advertisers, owners, and leasees of the promises used to conduct the event each of them, their officers, directors, agents, employees, all which are referred to as "Releasees," from all liability to the under-signed, my/our personal representatives, assignees, executors, heirs, and next of kin for any and all claims, demands, losses or damages on account of any injury, including but not limited to the death of the participant or damage of the participant or damage of property, caused or alleged to be cause in whole or in part by the negligence of the "Releasee" or otherwise.
6. On behalf of the participant and individually, the undersigned parent(s) and/or legal guardian(s) for the minor participant execute this waiver and release. If, despite this release, the participant makes a claim against any of the "Releasees", the parent(s) and/or legal guardian(s) will reimburse the "Releasees" and their insuring company for any money which they have paid to the participant, or on his/her behalf, and hold them harmless.
7. I/We agree that this waiver and Release Agreement covers each and every event sponsored by USAG and/or its member clubs and fully understand that the "Releasees" are released as to each and every activity and event.

I/We have read the above waiver and release, understand that I/We give up substantial rights by signing it and sign it voluntarily.

Parent or Guardian (Signature / Relationship)

Date

Parent or Guardian (Signature / Relationship)

Date

Witness

Printed Name of Participant: _____

Address of Participant: _____ **Town** _____ **State** _____ **Zip** _____

Printed Name of Parent or Guardian: _____

MEMBER INSTITUTION: YWCA White Plains & Central Westchester | 515 North Street | White Plains, NY 10605