

# Crystal Lake Gymnastics Training Center

Crystal Lake, IL 60014  
Phone: 815-477-4111  
Fax: 815-479-1476

Gymnast Name \_\_\_\_\_

## Club Waiver and Release Form

I fully understand that CLGTC staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the CLGTC staff to render temporary first aid to my child or children in the event of any injury or illness, and if deemed necessary by the CLGTC staff to call our doctor and to seek medical help, including transportation by a CLGTC staff member and or its representatives, whether paid or volunteer, to any health care facility or necessary.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

We, the staff of CLGTC recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sport of gymnastics, tumbling, cheerleading and dance. Students may suffer injuries, possibly minor, serious, or catastrophic in nature. Gymnastics, 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 the safety rules and the coaches' instructions.

CLGTC and its coaches and other staff members, will not accept responsibility for injuries sustained by any student during the course of gymnastics, tumbling, dance or cheerleading instruction, or open workouts, or in the course of any exhibition, competition, or clinic in which he or she may participate or while traveling to or from the event.

With the above in mind, and being full aware of the risks and possibility of injury involved, I consent to have my child or children participate in the programs offered by CLGTC. I, my executors or other representatives, waive and release all rights and claims for damages that I or my child may have against CLGTC and or its representative whether paid or volunteer.

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 injury. The parent should warn the child according to what the parent feels is appropriate. CLGTC will only warn the child through "Safety Messages" and our teaching style and progressions.

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