



Mystique Cheer and Dance

Waiver Form

In consideration of _____ (myself / my child), being allowed to participate in any way in the Mystique Cheer and Dance program, related events and activities, the undersigned _____ acknowledges, appreciates, and agrees to the following:

I realize that cheerleading is a vigorous physical activity that involves running, jumping, kicking, lifting and rotation; coordinated body movements (tumbling, gymnastic skills, etc.).

I understand that participation in cheerleading involves certain inherent risks and that regardless of the precautions taken by Mystique Cheer and Dance or the participants some injuries may occur. These injuries include but are not limited to:

1. Sprains, strained muscles
2. Broken bones, dislocated joints
3. Permanent disability
4. Quadriplegia
5. Death

These injuries may result from hazards such as but not limited to:

1. Stepping on uneven ground
2. Falling or being dropped by team mate
3. Being struck or run into by a team mate

I willingly agree to comply with the program's stated and customary terms and conditions for participation. In order to properly protect my own/ my child's safety and that of fellow participants, I agree to follow these rules as well as any others that may be given by my own/ my child's coach, official, of the Mystique Cheer and Dance Program.

Further, in recognition of the importance of shared responsibility for safety, I will remove myself / my child and immediately report any noted deviations from the safety rules as well as any observed hazardous conditions or equipment to the coach, or the named person in charge of Mystique Cheer and Dance.

I HAVE CAREFULLY READ THE FOREGOING DOCUMENT AND THE HEALTH AND SAFETY AND RISK ASSESSMENT POLICY ON THE MYSTIQUE CHEER AND DANCE WEBSITE.

I HAVE HAD THE OPPORTUNITY TO ASK QUESTIONS AND HAVE THEM ANSWERED.

I AM CONFIDENT THAT I FULLY KNOW, UNDERSTAND, AND APPRECIATE THE RISKS INVOLVED IN ACTIVE PARTICIPATION IN CHEERLEADING.

HAVING BEEN INFORMED of the above, I / I the parent of the above-named registrant do hereby give my approval of my own/ my child's participation in any / all of the activities during the current 2022-2023 season.

I ASSUME ALL THE RISKS AND HAZARDS INCIDENTAL TO THE CONDUCT OF THE ACTIVITIES, and I, for myself,

my spouse, my child, and on behalf of my/our heirs, assigns, personal representatives and next of kin, do further RELEASE, ABSOLVE, INDEMNIFY, AND HOLD HARMLESS Mystique Cheer and Dance, the organizers, sponsors, supervisors, volunteers, other participants, advertisers, officials, and, if applicable, owners and lessors of premises used to conduct practices, events and competition, any or all of them. In case of injury to myself/ my child's, I HEREBY WAIVE ALL CLAIMS against the organizers, the sponsors, or any of the supervisors appointed by them. I am voluntarily requesting permission for myself/ my child to participate and compete.

UNDERSTANDING OF RISK: I understand the seriousness of the risks involved in participating in this program, my personal responsibilities for adhering to rules and regulation, and accept them as a cheerleader.

Signature of athlete(if over 16):.....

Signature of parent/guardian (if athlete under 16):.....

Date:.....