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I fully understand that International Sports Center Staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release the International Sports Center 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 International Sports Center Staff, to call our doctor and to seek medical help, including transportation by an International Sports Center Staff member and or its representatives, whether paid or volunteer, to any health care facility or hospital, or the calling of an ambulance for said child should the International Sports Center Staff deem necessary.

We, the staff of International Sports Center recognize our obligation to make our students and their parents aware of the risks and hazards associated with the sport of gymnastics, tumbling, and cheerleading. Students may suffer injuries, possibly minor, serious or catastrophic (paralysis or even death) in nature. Gymnastics, Tumbling, and Cheerleading 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 coaches' instructions.

The International Sports Center, its coaches and other staff members, will not accept responsibility for injuries sustained by any student during the course of gymnastics, tumbling, 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 fully aware of the risks and possibility of injury involved, I consent to have my child or children participate in the program offered by all rights and claims for damages that I or my child may have against the International Sports Center and or its representatives 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 parents' responsibility to warn the child according to what the parent feels is appropriate. International Sports Center will only warn the child through "Safety Messages", our teaching style and progressions.

X _____ **Date** _____
(Parent or Guardian Signature)