

# Me and My Shadow Participant Release of Liability Waiver

## (For Me and My Shadow program participants ONLY)

Our Me & My Shadow program is designed to provide opportunities for growth, exploration and interaction for parent and child. The following will help you and your child have a fun and rewarding experience in gymnastics. Any parent or guardian who plans to participate must understand the following:

1. Only one parent or guardian is allowed per child during busy classes.
2. Siblings may sit on the sidelines with a quiet activity, but may not participate in class or travel with the group.
3. Active participation is required of the accompanying adult. Please make sure you are willing and able to navigate uneven surfaces, lift and assist your child, and sit on the floor for circle time activities. We are always happy to provide assistance, but it's best to know what you are signing up for!
4. Cell phones are not allowed inside of the gym. Your little one deserves your full attention.
5. At the start of class and each rotation, please help your child to sit and listen/watch instructions. Now is the time to introduce the idea of waiting for turns and listening to brief directions. We appreciate your support in teaching this important social skill.
6. If your child wanders from the group, try to corral them back to the activity of the moment. If your child is having a difficult moment, take them for a walk to get a drink, or to have a quiet time out until they are calm enough to return to the group.
7. If you have any questions, or concerns about your child's participation, please ask. We are here to help you and your child experience the joy of movement and discovery through gymnastics. We look forward to working with your family!

Please provide the named below of any adult parents and/or participants that you are authorizing to accompany your child in this program. Each of these participants should be fit and able to participate in all program activities. Additionally, each authorized participant will be required to sign the Release of All Claims below before entering class sessions with your child.

### Name(s) of adult parents/participants:

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### RELEASE OF ALL CLAIMS

In consideration of the permission granted to myself to enroll and participate at Dunne's School of Gymnastics, Inc., I hereby release and hold harmless the Dunne's School of Gymnastics, Inc., its employees, instructors, agents, directors, officers, and volunteers from any and all claims, demands, liability, harm, injury or damage which may result to myself while enrolled at this school and including all risks connected therewith. I further release the landlords of the facility from any injury which may occur while on premises of such property.

I fully understand that I assume all the risks in connection with enrolling and participating in the activities of this school.

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_