

COMPANION RELEASE AND INDEMNITY
PLEASE READ CAREFULLY

RE: Use of Premises and Equipment of "White Rock Gymnastics and Diving Training Academy"

TO: "White Rock Gymnastics and Diving Training Academy", operating as "WRGDTA" (referred to in this document as "White Rock Gymnastics and Diving Training Academy") and its directors, officers, employees, representatives, officials, landlord and agents (collectively referred to in this document as the "Agents")

In consideration of your acceptance of my being permitted to use the premises and equipment and/or any activity associated therewith, I agree to RELEASE, SAVE HARMLESS AND INDEMNIFY "White Rock Gymnastics and Diving Training Academy" and/or its agents from and against all claims, actions, costs and expenses and demands in respect to death, injury, loss or damage to my person or property wheresoever and howsoever caused, arising out of, or in connection with my use of the premises and equipment notwithstanding that the same may have been contributed to or occasioned by any act or failure to act, including, without limitation, negligence, of "White Rock Gymnastics and Diving Training Academy" and or anyone or more of its agents. I further agree and acknowledge that:

1. The rules and guidelines governing the use of the premises and equipment are solely for that purpose and it remains my sole responsibility to act and govern myself in such a manner as to be responsible for my own safety;
2. I am aware of the risks inherent in helping my child with gymnastics activities and the use of gymnastics premises, facilities and equipment and I assume the risks and waive notice of all conditions, dangers or otherwise relating to or arising out of such use. I am aware that I am not participating in any gymnastics activity but rather helping my child with his/her gymnastics activity.

I further agree to HOLD HARMLESS AND INDEMNIFY "White Rock Gymnastics and Diving Training Academy" and its agents from any and all actions, claims, demands, losses, judgements or costs of any nature to any third party resulting from my use of the premises and equipment herein and I agree not to make any claims or take any proceedings against any other person, society, corporation or other legal entity who might claim contribution or indemnity from "White Rock Gymnastics and Diving Training Academy" and/or its agents in respect of matters which are the subject of this Release.

I agree that this Release shall bind my heirs, executors, administrators and assigns. I confirm that I am the full age of at least nineteen years and I have read this Release and understand it.

General Gym Rules For Children:

- Do gymnastics safely
- Ask your coach's permission before getting on equipment
- Ask your coach's permission before attempting new skills
- Be cautious and aware of your surroundings when moving in gym
- If you leave the class, tell your coach

Date: _____ Companion Name: _____

Companion Signature: _____

Witness Signature: _____