



ASHLAND FAMILY YMCA PERMISSION FORM AND LIABILITY WAIVER RELEASE

PARTICIPANT LIABILITY RELEASE

YMCA participant hereby expressly agrees that all personal exercising and use of all the facilities of the YMCA shall be undertaken by the participant at the participant's sole risk. The participant agrees that the YMCA shall not be liable for any claims, demands, injuries, damages, actions, or causes of actions whatsoever, to the participant or the participant's personal property, arising out of or connected with use of any of the services or facilities, including the pool, at the YMCA building in Ashland, Oregon or other YMCA facilities wherever located and includes a release of the YMCA from either active or passive negligence by the YMCA, its servants, agents, or employees. The participant does hereby expressly forever release and discharge the YMCA from all such claims, demands, injuries, damages, actions, or causes of actions arising from the participant him/herself or any member of his/her family who is a minor, both in the minor's behalf and in the participants behalf as a parent. The participant specifically agrees to hold the YMCA harmless from any claims by said participant, or his/her family including minor children, and to defend the YMCA and reimburse them for any judgments, liens, costs, or expenses, including attorney fees and litigation costs, arising from said claims.

FITNESS CENTER WAIVER & RELEASE

In consideration of being permitted to enter the YMCA facility and/or Weight Room for any purpose, including but not limited to observation, use of the room and equipment, or participation in any way, the undersigned for him/herself agrees to release the YMCA from any loss, damage, or cost they may incur due to the presence of the undersigned. The undersigned hereby assumes full responsibility for the risk of bodily injury, death, or property damage while in, about, or upon the premises of the YMCA facility, including weight room, or while using the equipment.

YMCA GYMNASTICS / PARKOUR / NINJA COURSE

Gymnastics/Parkour, like any other athletic activity involving bodily motions that subject the body to contact with other objects that don't move, involves risk of injury. Your child can be injured, and these injuries can be serious. These injuries can include broken bones and are painful. There is NO LANDING SURFACE that can entirely prevent this from happening. Also, no coach, no equipment, and no procedure can completely eliminate risks. Paralysis or death can result from landing improperly on your head or neck.

I certify that I have been notified of risk in gymnastics/parkour/ninja course. I have been notified that the Ashland Family YMCA does not carry accident insurance on its members or participants. All expenses incurred in the treatment of injuries due to accidents will be the responsibility of the participant or his/her own insurance carrier. I agree as a result of injury to hold harmless the Ashland Family YMCA and all staff.

Student Name: _____

Date: _____

Guardian Name: _____

Guardian Signature: _____