



"LIFE WITHOUT LIMITS"

❖ HIGH ENERGY GYMNASTIX ❖ 140 LONG ROAD ❖ 17732 EDISON AVE. CHESTERFIELD MO 63005 ❖ 636.532.7762 ❖

54 The Legends Parkway – Eureka MO 63025  
hinrggymnastix.com

NAME OF GROUP or EVENT: \_\_\_\_\_

Parent/Legal Guardian: Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Email: \_\_\_\_\_

Parent/Legal Guardian Cell Phone: \_\_\_\_\_ Parent/Legal Guardian Cell Phone: \_\_\_\_\_

Food Allergies: \_\_\_\_\_ Medical Condition(s): \_\_\_\_\_

### Snyder Insurance Services, Inc.

#### RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT

In consideration of participating in the High Energy Gymnastics (Hi-NRG) class or other program, I represent that I understand the nature of this Activity and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity. I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis, and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, cost, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue High Energy Gymnastics (Hi-NRG), its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages, on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and future agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the Releasees from any loss, liability, damage, or cost, which any may incur as the result of such claim.

I have read the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

\_\_\_\_\_ **Printed Name of Participant - Date of Birth** \_\_\_\_\_

\_\_\_\_\_ **Printed Name of Participant - Date of Birth** \_\_\_\_\_

**PARENTAL CONSENT:** AND I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the Minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby Release, discharge, covenant not to sure and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasee may incur as the result of any such claim.

**Initial:** \_\_\_\_\_ I give permission to Hi-NRG to take photos of my child/children for use of marketing within the establishment and on the Hi-NRG website, social media, newsletters, and other advertising.

**Initial:** \_\_\_\_\_ I give permission to Hi-NRG to contact me via text or email.

**Signature** \_\_\_\_\_ **Printed Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

