



CONSENT & WAIVER FORM - 18 & OVER

In regards to participating in the Panther Cheer Athletics program(s), I waive any and all claims I may have against and release all liability and agree not to sue Panther Cheer Athletics, Stephanie Kennedy, Dawn Silver, Panther Cheer Athletics employees, agents or volunteers for any personal injury, death, property damage or loss sustained as a result of my participation in the program, arising out of any cause whatsoever. I am aware of the usual risks and dangers inherent in participation in all of the activities associated with the Panther Cheer Athletics Program and the possibility of injury, death, property damage or loss resulting from the activities.

It is my responsibility to ensure that I am wearing suitable clothing during participation in all activities associated with the program: team t-shirts, shorts and cheer shoes for practices and uniform and other items deemed necessary by the coaches. This includes braces and/or athletic equipment that an athlete may be required to wear in order to participate.

I have read and understand the Panther Cheer Athletics rules & regulations that apply at all times and are in place as safety protect measures. I understand that I must report any and all injuries to my Coach(es) no matter how insignificant they may appear and/or whether or not they were a result of participation with Panther Cheer Athletics.

Accidents can be a result of the nature of the activity and can occur with or without any fault on either part of the athlete or Panther Cheer Athletics, its employees, agents, volunteers or the facility where the activity is taking place. I am accepting the risk of an accident occurring and agree that the activities carried out in the course of a cheerleading club are suitable for me.

Panther Cheer Athletics Rules & Regulations:

1. Athletes must come prepared for class and arrive on time.
2. Athletes are asked to wait for their class to commence before entering the training area.
3. No use of equipment is permitted unless under the supervision of their coach.
4. No food or beverages are to be consumed on the gym floor or training area. This includes chewing gum, candy and water. These items are restricted to the viewing area.
5. No outside shoes can be worn on trampolines or the fast track.
6. No parents or siblings are allowed on the gym floor or training area without the coach's permission.
7. All injuries must be reported to your Coach immediately no matter how insignificant the injury seems and/or whether or not it is cheer-related.
8. Cheerleaders must wear appropriate clothing to the gym and hair must be tied back and away from the eyes. Once athletes receive team shorts and t-shirts, they will be worn at all practices to ensure uniformity.
9. Absolutely NO jewelry may be worn to practices. Please do not bring these items to the gym.
10. Athletes' names and/or pictures may be featured on our Panther Cheer Athletics Website. By signing this policy form, you give permission for PCA to use their picture and/or likeness and/or name on public documents like newsletters and websites.

In signing this Consent and Waiver, I am not relying on any oral or written representation or statements made by Panther Cheer Athletics, its servants, agents, employees or authorized volunteers to induce me to permit my child to take part, other than set out in the Consent and Waiver. I am 18 years of age or older and have read and understood the terms of this Consent and Waiver and understand that it is binding upon me, my heirs, executors and administrators.

Date: _____

Participant Name: _____

Signature _____

Signature of Witness: _____



**BC CHEERLEADING ASSOCIATION
PARTICIPANT'S INFORMED CONSENT FORM (18 & older)
PLEASE READ CAREFULLY**

Risk:

I _____ (name of athlete) understand that participating in cheerleading may result in personal injury (including but not limited to: injury to bones, joints, ligaments, muscles, tendons, internal organs, and other aspects of the skeletal system and potential impairment to other aspects of the body, and in rare occurrences, death, complete or partial paralysis or brain damage) and property damage or loss. The definition of participating in a cheerleading program includes but is not limited to: it is an activity that uses organized routines made up of elements from stunting, gymnastics & dance to cheer on sports teams at games and matches or as a competitive sport.

Rules:

I understand that the rules and regulations are designed for the safety and protection of participants and hereby agree to inform my son/daughter of the importance of abiding by the rules and regulations set down by the club/team I am training with and the BC Cheerleading Association rules & regulations.

Media Release:

I hereby grant to the BC Cheerleading Association the right to use, without payment of any fee or charge, any written information, photograph, video tape or other visual media of my son / daughter taken during a BC Cheerleading Association sanctioned event for the purpose of furthering BC Cheerleading Associations objectives.

I, as the participant named herein, hereby declare that I have read, understood and agree to the contents of this Informed Consent in its entirety.

Date: _____

Participant Name: _____

Club/Team Name: _____

Signature of Witness: _____