



North Shore Trampoline Inc- Participants Agreement

Description of Risk

I am aware that there are physical risks and hazards inherent in trampolining and in my participation in trampolining activities at North Shore Trampoline Inc, including my use of equipment such as Trampolines, Double Mini, Warm Up area, crash mats and other equipment.

The risk and hazards of trampolining include, but are not limited to:

- Injuries from executing strenuous and demanding physical trampolining techniques.
- Injuries from collisions with the wall and other equipment, or falls to the floor or mat.
- Injuries from physical contact with other participants (including spotters who are there to enhance my safety and learning).
- Injuries from my failure to properly use the equipment; and
- Injuries resulting in mechanical failure of any of the equipment.

Furthermore I am aware:

- That injuries sustained in trampolining can be severe or even fatal.
- That the rules of the gymnasium is designed to enhance the safety of myself and others and are to be followed at all times;
- That the trampoline poses a greater risk of injury than other equipment in the gymnasium, and therefore requires special training and safety precautions; and
- That my risk of injury increases when I become fatigued.

Release

I agree to be solely responsible for any injuries, loss or damage which I might sustain when participating at trampolining and while using the equipment at the North Shore Trampoline Club, and I agree to release the North Shore Trampoline club and their respective board members, employees, coaches, students, volunteers and members of all responsibility for such injury, loss or damage.

Acknowledgement

I acknowledge that I have read this agreement and that I fully understand, appreciate and accept the physical risks associated with trampolining activities and use of any equipment at North Shore trampoline club.

Printed Name of Participant

Signature of Participant

Printed Name of Parent
guardian (if participant is under 18)

Signature of Parent or guardian (if or
participant is under 18)

Date _____