

Momentum Movement Academy – Informed Consent and Acknowledgement of Risk

For Participants under 19 years

Thank you for choosing to register your child in Momentum Movement Academy. We request your understanding and cooperation in maintaining your child's safety and health by reading and signing the following informed Consent and Acknowledgement of Risk form.

The informed Consent and Acknowledgement of Risk form is an agreement between the custodial parent/guardian of the child participant named below, the child participant Momentum Movement Academy. The intent of this form is to inform you and your child of the activities and expectation of our program so that the choice to participate in the program is made freely and with understanding of the associated benefits, risks, and responsibilities.

PLEASE READ CAREFULLY

I, _____ (name of Parent or Guardian), am authorized and request to have _____ (my "Child") participate in the Ninja, Parkour, Climbing and Tumbling activities, the "Program" offered by Momentum Movement Academy.

Benefits and Risks:

The activities offered as part of the "Program" are designed to pose appropriate challenges for participants. The activities include climbing, swinging, jumping, rolling, running, lifting and being physically challenged. The enjoyment and education benefit derived from these activities is, in part, a result of risks inherent in these activities. The benefits of participation include developing self-confidence, physical literacy, self-esteem, and strategic problem-solving.

While Momentum Movement Academy tries to minimize risk, it is neither possible nor desirable to eliminate all risk.

I understand that:

- a) The Ninja/Parkour/Climbing/Tumbling activities involve many inherent risks, which include but are not limited to the possibility of physical injury and that injuries sustained in this activity can be severe and even fatal.
- b) The activities require a minimum level of physical, mental and emotional health (collectively "health") and that my child is physically, mentally and emotionally fit to participate in the program; and that the probability of an injury occurring depends in part of my Child's level of fitness and health as well as on the awareness, care and skill with which my Child conducts him or herself in the Program.
- c) Choosing to have my Child participate in the program brings with it the assumption by me and by my child of the above stated potential risks, and I assume full responsibility for all damages and loss resulting from their participation.

- d) I am free to withdraw my Child from the Program at any time. I have disclosed all relevant health conditions that may affect my Child's ability to participate in the Program to Momentum Movement Academy at the time of registration.
- e) My Child must follow and obey all instructions and rules given by those responsible for or in charge of the Program; and accept that the instructions and rules are in place to provide a safe environment for the entire group and that failure to follow instructions and rules may result in removal from the program.
- f) And acknowledge that I have inquired about the nature of the program and any activity that I am not completely familiar with and I have been informed of any inherent risks.

Participant's Name (Please Print Clearly)

Parent or Legal Guardian's Name (Please Print Clearly)

Signature of Parent or Legal Guardian

Date