



**VIKING GYMNASTICS LTD.  
ADULT RELEASE AND HOLD HARMLESS**

I consent to participating in the dance and fitness training programs and other activities of Viking Gymnastics LTD (“Viking”). This consent is given with full knowledge that such activities are inherently dangerous and may carry with it a risk of harm or injury to myself.

On behalf of myself and my representatives, heirs and successor or assigns (the “Indemnifying Parties”), hereby indemnify, release, hold harmless, covenant not to sue and forever discharge, to the fullest extent permitted by law, Viking Gymnastics LTD. (“Viking”) and its related incorporated or unincorporated entities, affiliates or connectional organizations, their owners, agents, employees, officers, directors, affiliates, volunteers, attorneys, successors, and assigns, (each an “Indemnified Party”) of and from any and all claims, demands, expenses, personal injury, wrongful death, causes of action, lawsuits, damages (including punitive, special, consequential, indirect, exemplary or incidental damages) (the “Claim” or “Claims”), losses, actual attorneys fees, costs, expenses, liabilities and settlement amounts and liabilities of every kind and nature, whether known or unknown, in law or equity (“Loss” or “Losses”) that I ever had or may have arising from or out of or directly or indirectly related to my participation in any dance and fitness activities and/or all other programs, trips or activities, sponsored or conducted by, or for the benefit of Viking regardless of when the Loss or Claim is asserted.

I further agree to assume all risks associated with my participation in dance and fitness activities. I have had an opportunity to ask questions about the above listed activity(ies), and any questions I have asked have been answered to my complete satisfaction. The nature of the activity(ies) has been fully disclosed to me and I acknowledge that at all times, I had the opportunity to decline participation. I understand the risks of my participation in the activity(ies) and knowing and appreciating these risks, I voluntarily choose to participate, assuming all risks of injury or death due to my participation.

I have been given an opportunity to examine and inspect any and all equipment provided by Viking for my use and I have been advised to examine such equipment prior to each time I make use of such equipment.

I have advised Viking, in writing, of any and all physical limitations which may limit my ability to safely participate in the activities described above.

I authorize and direct any representatives of Viking, if they deem it necessary in their reasonable judgment, to obtain emergency medical treatment for myself and I agree to be financially responsible for such medical care.

I hereby give Viking Gymnastics, LTD, its agents and/or assignees permission to use, reuse, publish, and republish my name, photographs, and/or videos taken of myself for publicity and promotional purposes.

This Release, is governed by the laws of the State of Illinois and is intended to be as broad and inclusive as is permitted by law. If any provision of this Release is held invalid or unenforceable by a court of competent jurisdiction, the remaining provisions will continue to be fully effective. This Permission and Release contains the entire agreement between the parties and may not be modified except in writing, signed by the parties against whom the proposed modification is asserted.

I am of lawful age and legally competent to sign this Permission and Release. I understand the terms of this Permission and Release and I have signed it of my own free will.

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Printed Name

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Signature Required

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Date

