Colorado Association of Recreational Athletics

PARTICIPANT RELEASE AGREEMENT

The CARA Gymnastics Committee, a section of CPRA (Colorado Parks and Recreation Association), has taken steps to insure that all participating programs and/or departments have participated in safety training and feel the care of the gymnasts is one of our utmost concerns.

1. **Readiness to Compete:** I will only participate in those CARA Gymnastics competitions for which I believe I am physically and psychologically prepared to compete. Prior to participation in Gymnastics events, I will have practiced my exercises, and will perform only those exercises which I have accomplished to the degree of confidence necessary to assure I can perform them by myself, without injury.

2. **Medical Attention:** I hereby give my consent to CARA Gymnastics and the Host Organization of any CARA Gymnastics event to provide, through a medical staff of its choice, customary medical/athletic training attention, transportation and emergency medical services as warranted in the course of my participation in CARA Gymnastics events.

3. **Awareness:** I am fully aware of and appreciate the risks, including the risk of catastrophic injury, paralysis, and even death, as well as other damages and losses associated with participation in a gymnastics event. I release CARA Gymnastics, the Host Organization, CPRA and sponsor(s) of any CARA Gymnastics event, along with the employees, officers and directors of these organizations (collectively the "released parties"), from any claims, losses, or damages arising from or in any way connected occurring as a result of the negligence of any one of the Released Parties, but not including claims, losses or damages occurring as a result of the intentional or reckless conduct of any one of the Released Parties.

***Required of any athlete who is not yet 18 years old:** As parent or legal guardian of this athlete, I hereby verify by my signature below, that I fully understand and accept each of the conditions listed in the above agreement for permitting my child to participate in any CARA Gymnastics event. I release the Released Parties from any claims, losses or damages arising from or in any way connected with my child's participating in the event, including losses or damages occurring as a result of the negligence of any one of the Released Parties, but not including claims, losses or damages occurring as a result of the intentional or reckless conduct of any one of the Released Parties. Whenever possible, CARA Gymnastics suggests both parents/guardians be required to sign below, and the parents/guardian(s) should keep a copy of this form.

Gymnast's Name (print) _____ **Level**_____ **Boy or Girl** (circle one)

Gymnast's Signature_____ **Birth date**_____/_____/_____

Gymnast's Primary Medical Insurance Carrier_____

Parent/Guardian Name (print) _____ **Phone**_____

Parent/Guardian Signature_____**Date**_____

Parent/Guardian Name (print) _____**Phone**_____

Parent/Guardian Signature_____**Date**_____