

## Liability Waiver and Acknowledgment of Risk, Terms & Conditions

**BY TAKING PART / WATCHING RICHMOND GYMNASTICS ONLINE CLASSES YOU  
ARE AGREEING TO THE TERMS AND CONDITIONS IN OUR  
DISCLAIMER.**

Richmond Gymnastics strongly recommends that you consult with your physician/doctor before beginning any exercise or gymnastics/dance program.

You and/or your child should be in good physical condition and be able to participate in the exercise. Richmond Gymnastics is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

I understand and agree that in participating in any online gymnastics' instruction, dance class, workshop, rehearsal or performance, there may be a possibility of physical injury. I voluntarily agree, therefore, to assume all risks and responsibility for any such injury or accident, which might occur to myself or my child during any of Richmond Gymnastics classes, rehearsals, performances, or activities. I also exempt, release, and indemnify Richmond Gymnastics, its owners, agents, volunteers, assistants, employees, guest artists, and/or students from any and all liability claims, demands, or causes of action whatsoever from any damage, loss or injury, to me, my children, or property which may arise out of or in connection with participation in any classes or activities conducted by Richmond Gymnastics.

I further hereby voluntarily agree to waive my rights and that of my heirs and assigns to hold Richmond Gymnastics, its owners, agents, volunteers, assistants, employees, guest artists, and/or students liable for such damage, loss or injury, I understand that I should be aware of my physical limitations and agree not to exceed them. By allowing my child to participate, I certify that I am the parent or legal guardian and have the right to waive these rights.

For insurance purposes, our virtual or digital activity will only be based around fitness, conditioning and flexibility, even though the activity is taking place at home.

Before undertaking any exercise consider the following:

- Making sure your child/gymnast has enough space around them before starting;
- Making sure they understand their physical and mental limits;
- Making sure participation is at the same level it would be during a normal week i.e. not doing hours of activity every day if they only take part once or twice per week normally.

Richmond Gymnastics holds the rights to the choreography, set exercises and the structure of the classes and they have been put together exclusively for Richmond Gymnastics members only. Under no circumstances must this programme or any of its contents be used for any other purpose. The links, passwords and all its content either in part or in its entirety must not be shared with any third party by any means.

By taking part in Richmond Gymnastics Online Videos I confirm that I have read, understood and agree to be bound by the above statement.

Thank you.