



### Waiver

The coaches and instructors of the Integrity Athletics programs are safety conscious and follow safety procedures as prescribed by USA Gymnastics and USA Volleyball. I (parent/guardian) understand that severe injuries, including permanent paralysis or death can occur in sports or activities involving height or motion, those activities including but not limited to gymnastics, tumbling, trampoline, dance, cheerleading, martial arts and volleyball. I am intending to be legally bound, waive and release Integrity Athletics, its officers, directors, shareholders, employees, contractors and volunteers of any and all responsibility for any injury or illness. In the event of an injury, every effort will be made to contact parents or guardians. If necessary, I authorize the staff of Integrity Athletics, its partners and affiliates to administer any minor first aid and/or authorize medical treatment. The above-named student has had a medical examination within the last twelve (12) months and is capable of participating in the sport of gymnastics, tumbling, trampoline, dance, cheerleading, martial arts and volleyball. This agreement extends to my heirs or executors who may act on my behalf. I am aware that individual and group publicity photos and videos are taken from time to time and in consideration for my or my child(ren)'s participation I hereby grant permission for my child's likeness to be used in Integrity publicity or advertising.

### Lindsay's Law Confirmation

The State of Ohio requires parent acknowledgement of receipt of the following information surrounding Sudden Cardiac Arrest (SCA). A Sudden Cardiac Arrest (SCA) occurs when the heart suddenly and unexpectedly stops beating, cutting off blood flow to the brain and other vital organs. Sudden cardiac arrest is fatal if not treated immediately, most often by a defibrillator. In accordance with this law, the Ohio Department of Health, the Ohio Department of Education, the Ohio High School Athletic Association, the Ohio Chapter of the American College of Cardiology and other stakeholders jointly developed guidelines and other relevant materials to inform and educate students and youth athletes participating in or desiring to participate in an athletic activity, their parents, and their coaches about the nature and warning signs of sudden cardiac arrest. In order to participate in activities at Integrity Athletics, you must review the Ohio Board of Health information below and confirm receipt by signing the waiver.

- [Lindsay's Law Informational Video](#)
- [SCA Informational Handout](#)
- [Acknowledgment of Receipt](#)

By signing this waiver online, you confirm receipt of the information provided by the Ohio Department of Health and acknowledge that it has been shared with your student-athlete.

I want to do my part to help Integrity Athletics keep my child(ren), her teammates, the coaches, other families and everyone else at the facility as safe as possible under the Covid-19 pandemic. I have read, understood and agree to the policies and procedures put in place by Integrity Athletics. I understand that the coaches and everyone at the gym will make a strong effort to maintain social distancing but that there will be times when incidental contact and less than prescribed physical distancing will occur. I am aware and agree that spotting is an essential part of training my athlete in order to keep her safe and to prevent injury. I will allow my child to be spotted when spotting is necessary. I further understand that I am voluntarily allowing my child to participate in programs and activities offered Integrity Athletics, knowing that it is impossible to keep her, myself or anyone else who enters the facility completely safe from exposure to the Covid-19 virus. I accept that risk.

Athlete Name: \_\_\_\_\_ Parent Email: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_