MOMENTUM CHEER WAIVER & RULES AGREEMENT

By attending classes run by Momentum Cheer UK, I agree to the following:

- Cheerleading is an athletic contact sport that may result in injury and I recognise the risks. It involves hands on contact by instructors in order to remain safe. I authorise instructors to coach in this way. I voluntarily authorise Momentum Cheer to administer and/or obtain routine or emergency medical treatment for the registered athlete as deemed necessary in medical judgement.
- Photos and videos of athletes are often taken by Momentum Cheer at competitions, practices, and events. These pictures may then be used in updates, promotional print/digital material, and sometimes in press content. I authorise the staff of Momentum Cheer to take photos and videos of the registered athlete and use these images in this way.
- I agree that Momentum Cheer does not take responsibility for any possessions lost, stolen, or damaged whilst on the premises or during any momentum activity.
- I hereby agree that the registered athlete will follow all below rules established by Momentum Cheer. I understand the rules in force. I understand that I will be held liable for any damage of property, gym etc. that are a result of my personal actions.

General Rules:

All classes must be paid for before the class starts.

All athletes must listen to and respect coaches, helpers, and other athletes at all times.

All athletes must treat the building and equipment with respect and care, including taking rubbish home.

During all activities, it is essential that all athletes are attentive and follow coaches' instructions.

All athletes must wear sports-appropriate clothing and footwear, with hair kept away from the face and jewellery removed.

Chewing gum, cigarettes, and alcohol are not allowed in the gym.

Athletes must leave the gym promptly after classes.