



## ROPE SKIPPING ALBERTA RELEASE, WAIVER AND ASSUMPTION OF RISKS 2025-2026

THIS IS A LEGAL DOCUMENT. BY SIGNING THIS DOCUMENT, YOU AGREE TO WAIVE CERTAIN LEGAL RIGHTS INCLUDING THE RIGHT TO SUE ROPE SKIPPING ALBERTA. PLEASE READ CAREFULLY

Name of Participant: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Birthdate: \_\_\_\_\_ (d/m/y)  
Club Name: \_\_\_\_\_

**ASSUMPTION OF RISKS** I understand that joining Rope Skipping Alberta activities and programs may involve many risks and dangers. These include, but are not limited to: traveling to and from the event, equipment breaking, slipping and falling, bumping into others or objects, health problems like heart attacks, concussions, muscle or tendon injuries, broken bones, urinary issues, or making a previous injury worse. There's also the chance that others, including coaches, might make mistakes. I accept and fully understand all these risks and the possibility of injury or death from participating in these activities.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT** in consideration of and exchange for Rope Skipping Alberta allowing my participation in its activities and programs, I agree:

1. Give up any and all claims that I have now or might have in the future against Rope Skipping Alberta. I also agree to release them from any responsibility for any loss, damage, or injury, including death, that I or my family might suffer because of my participation in these activities.
2. Give up claims for losses that happen for any reason, including mistakes, failure to fulfill commitments, or failure to take proper care by Rope Skipping Alberta.
3. Give up claims for losses that happen because Rope Skipping Alberta didn't take reasonable steps to keep me safe or protect me from the risks and dangers of their activities.

**MEMBER RESPONSIBILITIES** I agree to follow the rules of Rope Skipping Alberta. While participating in their activities, I will wear safe clothing and proper footwear for rope skipping, avoid wearing jewelry, and not chew gum. If I participate in Rope Skipping Alberta activities outside of regular practice spaces or without a certified coach, I understand that it is completely my choice and at my own risk. I accept all the risks and dangers of doing rope skipping at home or any other place outside my usual practice area, and I fully understand that participating without a certified coach or first-aid provider is risky.

**MEDIA RELEASE** I agree to let Rope Skipping Alberta use photos, videos, and audio recordings taken of me at any skipping event. These can be used for promotional purposes, websites, newspaper articles, press releases, or live streaming, forever.

Date \_\_\_\_\_

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Witness' Name

\_\_\_\_\_  
Participant's Signature (Legal Guardian for Participant, if under age of 18)

\_\_\_\_\_  
Witness' Signature