

General Waiver for all members and their family members
JL Freelancing, LLC (DBA Manifold Gymnastics)

PLEASE NOTE: This waiver of Liability, Release, Acknowledgement of Risk, and Indemnification Agreement ("Waiver Agreement") is intended to be, and is, legally binding.

If any aspect of this Waiver Agreement requires clarification, have a JL Freelancing employee fully explain it before signing. By signing the JL Freelancing Registration you are agreeing to all terms set forth in this Waiver Agreement. You and/or the person on whose behalf you are signing, are waiving the right to bring any type of action, whether in court or otherwise, to recover compensation or obtain any other remedy for any personal injuries, damages to property, any accident or incident of any type, or death, arising out of or related to your use of JL Freelancing, its facilities, grounds, climbing walls, exercise areas, classes, equipment, whether the use is supervised or unsupervised. While JL Freelancing offers these activities in a controlled environment, there is still an assumed risk of injury to persons. In agreeing to this Waiver Agreement, I hereby acknowledge, understand, and agree on my behalf, and upon behalf of the person for whom I am signing, that the use JL Freelancing, its facilities, equipment, climbing walls, classes and/or participating in activities sponsored by JL Freelancing have inherent risks. These risks include, but are not limited to, any injury of damage resulting from:

Negligence of employees, volunteer assistants, independent contractors of JL Freelancing LLC. Negligent misuse of the facility, climbing walls, or equipment of JL Freelancing falling off or impacting against the climbing walls, impact surface, floors, or anything else; rope abrasion, entanglement or other activities occurring on the premises; cuts or abrasions resulting from any cause whatsoever; failure of the climbing walls or equipment, whether inside or outside; personal health problems, whether mental or physical; negligence of other climbers, visitors, or observers or persons who may be present in or around the climbing area or facility; and/or negligence or lack of adequate training of any person(s) who seek to assist with medical or other help either before or after any injury or damage may occur.

JL Freelancing AGREEMENT AND RELEASE OF LIABILITY

In consideration of being allowed to participate in the activities and programs of JL Freelancing and to use its facilities, equipment and machinery in addition to the payment of any fee or charge, I, for myself, my heirs and assigns, hereby waive, release, and forever discharge JL Freelancing and Jayleen Landstrom and their officers, agents, employees, representatives, executors and all others from any and all, responsibilities or liability from injuries or damages resulting from my participation in any activities or my use of equipment, classes, climbing walls or machinery in the above mentioned activities. I do hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities of JL Freelancing or any of the equipment.

I understand and am aware that gymnastics, dance, and climbing including the use of the equipment, are all potentially hazardous activities. I also understand that fitness activities involve a risk of injury or even death, and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby expressly assume and accept any and all risks of injury or death.

I do hereby declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation or use of equipment, climbing wall or machinery except as herein stated. I acknowledge that I have either had a physical examination and been given my physician's permission to participate, or that I have decided to participate, in the activity of, fitness, and climbing and the use of the equipment, climbing wall and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment and machinery in my activities.

RHABDOMYOLYSIS ("RHABDO") RELEASE AND WAIVER

In consideration for continued access to the training facility identified here I hereby acknowledge the significant risks associated with the physical training and programming at this facility. I acknowledge and attest to having fully and carefully read and reviewed this "RELEASE AND WAIVER" including all subparagraphs prior to engaging in any physical activity at this facility.

Rhabdomyolysis (hereinafter referred to as "Rhabdo") can occur when an individual's physical activity is so intense that muscular cells begin to break down and the contents and/or remaining materials enter the bloodstream. Rhabdo may be caused by many other systemic or environmental causes. However, Exertional Rhabdo can occur in athletes of all levels of fitness, resulting in muscle cell destruction. The skeletal muscle breakdown impairs kidney function as those organs are unable to handle increased enzymes that are released into the bloodstream. This induces severe physiological changes in the body. The symptoms of Rhabdo include muscle pain, stiffness and extreme weakness, darkening of the urine (similar to the color of tea or cola), decreased urine output, altered mental status, swelling of the body part involved, either with or without pain. A Rhabdo symptom is pain out of proportion to the amount of soreness that one would generally expect, often producing pain much quicker than one would expect after a workout. I understand that any concerns on my part that I am experiencing any of the symptoms of Rhabdo require immediate presentation to a hospital for emergency treatment. I acknowledge that no third party, either from the facility or otherwise, will be capable of monitoring my urine output or color, and it is my responsibility to be continually cognizant of this symptom and all other symptoms and to monitor them in my own body at all times. I agree that I will remove myself from participation and seek medical treatment of my own accord should I have any concerns regarding possible symptoms of Rhabdo. I understand that statistically individuals most likely to experience Rhabdo are those who are in good shape by general standards or who were previously in good physical shape. This includes individuals who were prior athletes. I acknowledge that often the more mentally tough an athlete is and the more athletic they were in the past or currently are, the greater the risk of exposure to Rhabdo. I agree to monitor myself in a manner that is proportionate to the potential injury that can be occasioned by this condition. I acknowledge and understand that I am the only individual capable of determining if I am experiencing Rhabdo symptoms. I hereby agree and do willingly assume responsibility for any risks that I expose myself to and accept full responsibility for any injury or death that may result from participating in this significantly demanding physical activity. I for myself and on behalf of my heirs, assigns, personal representatives and/or next of kin, forever WAIVE, RELEASE, DISCHARGE and COVENANT NOT TO SUE and/or their officers, directors, representatives, partners, officials, principals, agents or employees, subsidiaries, or assigns, as well as their independent contractors.

General Waiver for JL Freelancing DBA Manifold Gymnastics

We, the staff of JL Freelancing, LLC dba Manifold Gymnastics recognize our obligation to make students and their parents aware of the risks and hazards associated with the sport of gymnastics, tumbling and strength training. Students may suffer injuries, possibly minor, serious, or catastrophic in nature. Gymnastics, tumbling and strength training can be dangerous and lead to injury!

Parents should make their children aware of the possibility of injury and encourage their children to follow all the safety rules and the coaches' instructions. The parents should warn the child according to what the parent feels is appropriate. Manifold Gymnastics will only warn the child through "Safety Messages", our teaching style and progressions.

Manifold Gymnastics/Studios, its coaches and other staff members, will not accept responsibility for injuries sustained by any student during the course of gymnastics, tumbling and open gym workouts, or in the course of any exhibition, competition or in which he or she may participate in the programs offered by Manifold Gymnastics.

I fully understand that Manifold Gymnastics/Studios staff members are not physicians or medical practitioners of any kind. With the above in mind, I hereby release Manifold Gymnastics staff to

render temporary first aid to my child or children in the event of injury or illness and, if deemed necessary by the Manifold Gymnastics staff, to call our doctor and to seek medical help, including transportation by a Manifold Gymnastics staff member and/or its representatives, whether paid or volunteer, to any health care facility or hospital, or calling of an ambulance for said child should the Manifold Gymnastics staff deem this to be necessary.

I also understand that it is the parents' responsibility to warn the child about the dangers of gymnastics and injury. I, my executors and other representatives, waive and release all rights and claims for damages that I or my child may have against JL Freelancing, LLC dba Manifold Gymnastics and/or its representatives whether paid or volunteer. I have further read and fully understand the information above and sign this waiver and release of liability and am fully aware of its content and meaning. This membership is non-refundable.

Dental & Medical Care Authorization: I do hereby authorize a staff member of JL Freelancing, LLC dba Manifold Gymnastics to request to consent to any reasonable necessary medical or dental examination or treatment, including anesthesia, surgical and hospital care, to be rendered to the above named minor on the recommendation and supervision of any dentist, physician or surgeon licensed to practice medicine by any state. JL Freelancing, LLC dba Manifold Gymnastics is not responsible for any lost/stolen articles, or damages to personal property brought to any operating site of Manifold Gymnastics.