



Coach How Gymnastics

INDEMNITY/ CONSENT AGREEMENT

ASSUMPTION OF RISK, RELEASE OF LIABILITY, INDEMNITY & CONSENT AGREEMENT

1. Acknowledgement of Inherent Risks

I understand and acknowledge that gymnastics and related activities, like all sports, involve inherent risks, dangers, and hazards. These can lead to personal injury, including, in rare cases, permanent disability, paralysis, and death. While Coach Ng Sya How takes great care to provide a safe environment, I acknowledge that these risks cannot be eliminated and are an inherent part of participation.

2. Assumption of Risk

On behalf of myself, my child/ward, and our heirs, assigns, and next of kin, I voluntarily and fully accept and assume all such risks, both known and unknown, whether arising from the actions, omissions, or oversights of any person, or from other causes.

3. Release of Liability

In consideration for being permitted to participate in classes organised by Coach Ng Sya How, I, on my own behalf and on behalf of my child/ward, our heirs, assigns, and next of kin, hereby:

a) Release, Waive, and Discharge Coach Ng Sya How from any and all liability, claims, demands, actions, and causes of action howsoever arising out of or related to any loss, damage, or injury (including death) that may be sustained by me or my child/ward during participation in any class, activity, or event.

b) Release, Waive, and Discharge Alpha Gymnastics and its Releasees. I acknowledge that Coach Ng Sya How rents the premises at 750 Chai Chee Rd, #01-13B ESR BizPark @ Chai Chee, Singapore 469000 from Alpha Gymnastics. Alpha Gymnastics is a mere provider of the premises and does not endorse, manage, or control the classes organised by Coach Ng Sya How. I hereby release, waive, and discharge Alpha Gymnastics, its parent companies, subsidiaries, affiliates, successors, assigns, directors, officers, employees, coaches, volunteers, and agents (collectively, the "Releasees") from any and all liability, claims, demands, or causes of action arising from participation in any class or activity.

4. Indemnity Agreement

I further agree to indemnify and hold harmless Coach Ng Sya How and the aforementioned Releasees from any and all losses, liabilities, damages, or costs (including reasonable legal fees) they may incur arising from or related to my or my child's/ward's participation in any class, programme, or event, or any breach of this agreement.



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5. Declarations & Consent

a) Medical Fitness:

I hereby declare that, to the best of my knowledge, the information provided in Part A is true and complete. I confirm that I/my child/ward is in good physical health and medically fit to safely participate in gymnastics and related activities. I understand that safe and effective participation depends on this full disclosure.

b) Consent for Emergency Medical Treatment:

In the event of an emergency, I hereby grant permission to Coach Ng Sya How to secure and authorize any necessary medical treatment for myself or my child/ward. I accept responsibility for any costs incurred for such treatment.

c) Personal Belongings:

I acknowledge and agree that I am solely responsible for the security of my personal belongings and those of my child/ward during training. I will not hold Coach Ng Sya How or Alpha Gymnastics responsible for any loss, theft, or damage to such property.

d) Compliance with Rules:

I agree to abide by all safety rules, regulations, and instructions set by Coach Ng Sya How and Alpha Gymnastics, as may be amended from time to time.

6. Terms & Conditions

I acknowledge and agree to the following terms:

1. Payments for sessions are non-refundable and non-transferable.
2. I have read and will comply with all rules and guidelines provided.

FINAL ACKNOWLEDGEMENT

By checking the box in the registration form in the website, I certify that:

- I am at least 18 years of age and am signing this form on my own behalf, or as the parent or legal guardian of the participant named in Part A.
- I have read this entire document and fully understand its terms.
- I acknowledge that I am signing this agreement freely and voluntarily.