

**RELEASE OF LIABILITY**  
**READ CAREFULLY - THIS AFFECTS YOUR LEGAL RIGHTS**

In exchange for participation in the activity of Aerial silks/yoga swing/team building games organized by Amy Meinert, of Zimmerman, Minnesota, and/or use of the property, facilities and services of Amy Meinert, I agree for myself and (if applicable) for the members of my family, to the following:

- 1. AGREEMENT TO FOLLOW DIRECTIONS.** I agree to observe and obey all posted rules and warnings, and further agree to follow any oral instructions or directions given by Amy Meinert, or the employees, representatives or agents of Amy Meinert.
- 2. ASSUMPTION OF THE RISKS AND RELEASE.** I recognize that there are certain inherent risks associated with the above described activity and I assume full responsibility for personal injury to myself and (if applicable) my family members, and further release and discharge Amy Meinert for injury, loss or damage arising out of my or my family's use of or presence upon the facilities of Amy Meinert, whether caused by the fault of myself, my family, Amy Meinert or other third parties.
- 3. INDEMNIFICATION.** I agree to indemnify and defend Amy Meinert against all claims, causes of action, damages, judgments, costs or expenses, including attorney fees and other litigation costs, which may in any way arise from my or my family's use of or presence upon the facilities of Amy Meinert.
- 4. FEES.** I agree to pay for all damages to the facilities of Amy Meinert caused by any negligent, reckless, or willful actions by me or my family.
- 5. CONSENT.** I, parent/guardian of \_\_\_\_\_, consent to the participation of my above named child, in the activity of Aerial silks/yoga swing/team building games, and agree on behalf of the above minor to all of the terms and conditions of this Agreement. By signing this Release of Liability, I represent that I have legal authority over and custody of above named child.
- 6. MEDICAL AUTHORIZATION.** In the event of an injury to the above minor during the above described activities, I give my permission to Amy Meinert or to the employees, representatives or agents of Amy Meinert to arrange for all necessary medical treatment for which I shall be financially responsible. This temporary authority will begin on the first date of attending Confidence Crew with Amy Meinert and will remain in effect until terminated in writing by the undersigned or when the above described activities are completed. Amy Meinert shall have the following powers:
  - a. The power to seek appropriate medical treatment or attention on behalf of my child as may be required by the circumstances, including without limitation, that of a licensed medical physician and/or a hospital;
  - b. The power to authorize medical treatment or medical procedures in an emergency situation; and
  - c. The power to make appropriate decisions regarding clothing, bodily nourishment and shelter.
- 7. APPLICABLE LAW.** Any legal or equitable claim that may arise from participation in the above shall be resolved under Minnesota law.
- 8. NO DURESS.** I agree and acknowledge that I am under no pressure or duress to sign this Agreement and that I have been given a reasonable opportunity to review it before signing. I further agree and acknowledge that I am free to have my own legal counsel review this Agreement if I so desire. I further agree and acknowledge that Amy Meinert has offered to refund any fees I have paid to use its facilities if I choose not to sign this Agreement.
- 9. ARM'S LENGTH AGREEMENT.** This Agreement and each of its terms are the product of an arm's length negotiation between the Parties. In the event any ambiguity is found to exist in the interpretation of this Agreement, or any of its provisions, the Parties, and each of them, explicitly reject the application of any legal or equitable rule of interpretation which would lead to a construction either "for" or "against" a particular party based upon their status as the drafter of a specific term, language, or provision giving rise to such ambiguity.
- 10. ENFORCEABILITY.** The invalidity or unenforceability of any provision of this Agreement, whether standing alone or as applied to a particular occurrence or circumstance, shall not affect the validity or enforceability of any other provision of this Agreement or of any other applications of such provision, as the case may be, and such invalid or unenforceable provision shall be deemed not to be a part of this Agreement.

**11. DISPUTE RESOLUTION.** The parties will attempt to resolve any dispute arising out of or relating to this Agreement through friendly negotiations amongst the parties. If the matter is not resolved by negotiation, the parties will resolve the dispute using the below Alternative Dispute Resolution (ADR) procedure.

Any controversies or disputes arising out of or relating to this Agreement will be submitted to mediation in accordance with any statutory rules of mediation. If mediation is not successful in resolving the entire dispute or is unavailable, any outstanding issues will be submitted to final and binding arbitration under the rules of the American Arbitration Association. The arbitrator's award will be final, and judgment may be entered upon it by any court having proper jurisdiction.

**12. EMERGENCY CONTACT.** In case of an emergency, please call

\_\_\_\_\_  
(Relationship: \_\_\_\_\_) at (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ (Best number to be reached).

**I HAVE READ THIS DOCUMENT AND UNDERSTAND IT. I FURTHER UNDERSTAND THAT BY SIGNING THIS RELEASE, I VOLUNTARILY SURRENDER CERTAIN LEGAL RIGHTS.**

By: \_\_\_\_\_ Date: \_\_\_\_\_  
parent/guardian

**REQUIRED**

**Parent/Guardian Contact Information:**

Name \_\_\_\_\_ Best number to be reached in case of  
emergency (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

Email address \_\_\_\_\_

Please provide email address so you can be updated each week about the information discussed in group and how to best support your girl as she develops life-long skills. By providing your email you are agreeing to be contacted by Amy Meinert regarding Confidence Crew information.