

SPRINGBOARD X DANSE

SPRINGBOARDX WAIVER AND RELEASE OF LIABILITY

I understand that Springboard Danse Ltd. ("Springboard") and Arts Umbrella are offering the 'SpringboardX' program at the Arts Umbrella on January 25, 2020.

I acknowledge and understand that my participation in SpringboardX involves an inherent risk of physical injury. I understand that dance instruction, workshops, rehearsals, and performances requires a broad range of movements that may strain the human body. If I experience any pain or discomfort in class, I will take the appropriate measures to stop dancing or to ask support from the instructor to make appropriate adjustments. I understand that dance instruction, workshops, rehearsals, and performances may involve both physical and verbal corrections from the instructor, delivered at times through physical touch. If I am uncomfortable with physical corrections, I will notify the instructor at the beginning of class.

I understand and expressly assume all risks involved in connection with dance instruction, workshops, rehearsals, and performances during the SpringboardX program, including but not limited to risk of bodily injury occurring as a result of contact with other students, instructors, walls, equipment, floors, and other objects located in or near dance studios. I warrant that I am physically fit and able to participate in all activities involved in dance instruction and assume absolute responsibility for the risks inherent in such instruction.

I hereby elect to voluntarily participate in instruction, rehearsals, performances, workshops, and other similar activities in connection with SpringboardX knowing that these activities may be hazardous to me and my property. In consideration of being permitted to participate in the rehearsals, performances, workshops, and other similar activities, I hereby release, waive, discharge and covenant not to sue the Springboard Danse, its parents, subsidiaries or other affiliates, officers, agents or employees ("Releasees") from any and all liability, claims, demands, actions and causes of action of any kind or nature arising out of or related to any loss, damage or injury, including death, that I or any of my property may sustain resulting from my participation in or in any way connected with my participation in such activity/activities, regardless of whether such loss is caused by the negligence of the Releasees and regardless of whether such liability arises in tort, contract, strict liability or otherwise.

SPRINGBOARDX MEDIA RELEASE

I understand that the SpringboardX program may be photographed and/or recorded and I give permission for Springboard Danse, its successors and assigns to use my voice, image and likeness in any media or promotional materials relating to my performance in or observation of the SpringboardX program, including, without limitation, a videotape recording of such program, without compensation to, or right of review and/or approval by, me or my heirs, executors, administrators and assigns.