



## Adult Participant Waiver, Release of Liability, & Assumption of Risk

### Welcome to Amandine's Ballet Club (ABC)!

Our classes and rehearsals are designed for adults of all backgrounds, levels, and bodies. Ballet is joyful, expressive, and empowering—and like any physical activity, it involves some inherent risks. This waiver helps ensure that everyone participates with clarity, consent, and shared responsibility. Please review the full document before signing up for our services. We look forward to seeing you in the studio!

### **By signing up for ABC services, I acknowledge and agree to the following:**

---

#### **1. Age Requirement**

I confirm that I am **18 years of age or older** and legally able to sign this agreement.

#### **2. Voluntary Participation**

I understand that participation in ballet classes, rehearsals, workshops, and performances offered by ABC (“Activities”) is completely voluntary. I choose to participate of my own free will.

#### **3. Assumption of Risk**

I understand that ballet and physical movement may involve risks, including but not limited to:

- Muscle strain or soreness
- Slips, falls, or collisions
- Joint or soft-tissue injuries
- Other physical injuries that may occur during movement

I accept full responsibility for my participation and for listening to my body, modifying movements as needed, and stopping if something feels unsafe or painful.

#### **4. Release of Liability**

I release and hold harmless **Amandine's Ballet Club (ABC)**, its instructors, organizers, volunteers, and any rented studio spaces from any and all claims, demands, or causes of action arising from my participation in the Activities, **except in cases of negligence or intentional misconduct.**



## **5. Health & Medical Responsibility**

I acknowledge that:

- Instructors are not medical professionals.
- It is my responsibility to ensure I am physically able to participate.
- I will communicate any injuries, limitations, or concerns to the instructor as needed.

ABC welcomes dancers of all bodies, abilities, and experience levels. Dancers are encouraged to communicate any access needs, injuries, or movement limitations so instructors can offer modifications and support.

## **6. Personal Conduct & Safety**

I agree to:

- Follow instructor guidance and studio policies
- Respect my own physical limits
- Maintain awareness of others in the space

## **7. Media Permission**

A Ballet Club occasionally captures photos or videos for community sharing and promotional purposes. I understand I may be photographed/filmed during classes, rehearsals, or performances.

## **8. Emergency Procedure**

In the event of an injury or emergency, ABC may contact emergency services if needed

## **9. Acknowledgment**

I confirm that I have read and understood this waiver, and I agree to its terms. I understand that this agreement applies to all current and future Activities with ABC.



ABC Director

**Name:** Amandine Kuebler

**Signature:** *Amandine Kuebler*

**Date Signed:** 5/13/2026